PREVENTION: IT WORKS!

ACTIVITIES BOOK
TO COMPLEMENT THE CAP-ESPACE PROGRAM

A SAFE CHILDHOOD FREE FROM VIOLENCE
CHILDREN ABLE TO PROTECT THEMSELVES
INFORMED AND SENSITIZED ADULTS
Hello,

Now that you have participated in an ESPACE workshop, here is an activity book that proposes a few games and exercises. It will remind you of the prevention strategies with the support of adults to protect your fundamental rights to feel SAFE, STRONG AND FREE.

Enjoy yourself!
WORD BUILDING

- Answer the four riddles and you will find the answer each time.

1. The first part of this word is the name of an animal ___________________
The second part is the second to last letter of the alphabet ___________________
The whole word means someone who scares me and forces me to give them something that belongs to me ___________________

2. This word begins with the same letter as the word ribbon ___________________
   This word rhymes with kites ___________________
   This word is something that everyone has ___________________

3. The first half of this word means dry in French ___________________
The second half rhymes with pet ___________________
   This word is something that you don’t have to keep if it makes you uncomfortable ___________________

4. The first letter of this word is the third letter of the alphabet ___________________
The next part means belonging to us ___________________
The last part means how old I am ___________________
The whole word means inner strength ___________________

5. The first half of the word is the opposite of she ___________________
The second half has two letters ___________________
   This word means what we go for if we have a problem ___________________

Solutions on page 12
WORD SEARCH PUZZLE

• Circle the words in connection with the prevention strategies
• Place the letters of the solution in order

Clue: He is respectable.

Solution: __ __ __ __ __ __ __ __
MISSING WORDS

• Fill in the missing words in the text using the words in the box.

| mean | solutions | intimidation | classroom | to accompany | try | sobbing | teacher | professor | agreement | surprise | threatened |

Day of surprises

It's Friday and your professor decided to organise a ________. He prepared all sorts of game workshops to reward the whole ________ for everyone’s good behavior for the week. During this pleasant day, with relaxation as the main theme, some of your classmates notice that Joey is not feeling good. They try to find out what is wrong, but Joey doesn’t answer them. Martin decides to go tell your ________ that Joey really doesn’t seem to be well. When your teacher goes to see Joey to ask him how he feels, he bursts out ________ and tells him that a student from another class tells him ________ things every time he sees him. That morning, he __________ to hurt him at recess. Joey doesn’t feel safe and doesn’t want to go to recess. Everyone tries to find some ____________ to help him. Some of you offer ____________ him at the next recesses. One person even proposes to join him on the way back home. Your teacher makes an _____________ with him: Joey will talk to his parents about it tonight. Monday, he will give his teacher an update so he can assess the situation and make sure that the ________ stops.

What would you do in a similar situation? ________________________________

When someone takes away our rights, it’s important to talk about it until it stops. Who would you talk about it with?
DAY OF SURPRIZES (CONTINUED)

- Write in the bubbles the comforting words and actions that you can find in the text.
FIND THE MISSING WORD

- Find the missing words in the sentences and place them in the grid.

1. Safe, strong and free are ___________ that everyone has.
2. When we feel protected, we feel ____________.
3. ____________ is an inner strength that we all have.
4. I use my self-defense only when I’m in ____________.
5. I have rights but I also have ________________.
6. _______ is a small word that clearly says I do not agree.
7. To feel safer and braver we can ask for help from our ________________.
8. It’s important not to keep a secret that makes me sad. I can talk about it with a ___________ who can help me.
9. Telling a person that I ____________ can help me to find solutions.
10. Threatening someone by using words, looks or actions that frighten them is ________________.
11. Pretending to be interested in someone just to get something from them is ________________.
12. If my rights have been taken away or I don’t feel safe in a situation I can ask for ____________.

Solutions on page 12
**CODDED MESSAGE**

- Discover the four messages using the following code.

<table>
<thead>
<tr>
<th>A= hatred</th>
<th>B= threat</th>
<th>C= threat</th>
<th>D= type</th>
<th>E= threat</th>
<th>F= threat</th>
<th>G= threat</th>
<th>H= threat</th>
<th>I= threat</th>
<th>J= threat</th>
<th>K= threat</th>
</tr>
</thead>
<tbody>
<tr>
<td>L= threat</td>
<td>M= threat</td>
<td>N= threat</td>
<td>O= threat</td>
<td>P= threat</td>
<td>Q= threat</td>
<td>R= threat</td>
<td>S= threat</td>
<td>T= threat</td>
<td>U= threat</td>
<td>V= threat</td>
</tr>
<tr>
<td>W= threat</td>
<td>X= threat</td>
<td>Y= threat</td>
<td>Z= threat</td>
<td>'= threat</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. ![Encoded Message 1](image1)

2. ![Encoded Message 2](image2)

3. ![Encoded Message 3](image3)

4. ![Encoded Message 4](image4)

Solutions on page 12
PLACE THESE DRAWINGS IN CHRONOLOGICAL ORDER

- Put the following drawings in chronological order and color them if you want.

1. I don’t feel like going to school. Everyone will laugh at me.
2. It has to stop. We should talk about it with an adult.
3. You’re right, do you want to come with me?
4. Oh no... I’ve had enough of being insulted and ridiculed on internet.
5. You look sad...
6. You did well in coming to see me. I’ll do my best to help you.

You have the right to feel good and safe wherever you are.

For someone to talk to or to report cyberbullying
www.cyberaide.ca / 1 866 658-9022
jeunessejecoute.ca / 1 800 668-6868
DRAW THE COMIC STRIP

• Draw the comic strip using the text in the bubbles.

1. I would like to take advantage of us being alone to kiss you and caress you.

2. I don’t know if I feel like it, it embarrasses me.

3. Come on, you’re so boring! Everyone does it!

4. No, I would rather wait to feel ready.

5. Ok, I’m sorry, I insisted. I’ll wait till we’re both ready.

6. Thank you for understanding me. Do you want to go biking?
**PLAN OF LOVE RELATIONS**

- Decode the message with the help of the grid.

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>k</td>
<td>T</td>
<td>m</td>
<td>w</td>
<td>s</td>
<td>e</td>
</tr>
<tr>
<td>B</td>
<td>h</td>
<td>a</td>
<td>i</td>
<td>n</td>
<td>l</td>
<td>d</td>
</tr>
<tr>
<td>C</td>
<td>v</td>
<td>b</td>
<td>i</td>
<td>q</td>
<td>r</td>
<td>u</td>
</tr>
<tr>
<td>D</td>
<td>y</td>
<td>c</td>
<td>p</td>
<td>t</td>
<td>d</td>
<td>z</td>
</tr>
<tr>
<td>E</td>
<td>f</td>
<td>e</td>
<td>n</td>
<td>r</td>
<td>j</td>
<td>p</td>
</tr>
<tr>
<td>F</td>
<td>o</td>
<td>s</td>
<td>l</td>
<td>g</td>
<td>x</td>
<td>m</td>
</tr>
</tbody>
</table>

---

**CYCLE 3**
SOLUTIONS TO THE GAMES

WORD BUILDING (p. 2)

WORD SEARCH PUZZLE (p. 3)
Solution: My safe space

MISSING WORDS (p. 4)
It’s Friday and your professor decided to organise a surprise. He prepared all sorts of game workshops to reward the whole class for everyone’s good behavior for the week. During this pleasant day, with relaxation as the main theme, some of your classmates notice that Joey is not feeling well. They try to find out what’s wrong, but Joey doesn’t answer them. Martin decides to go tell your teacher that Joey really doesn’t seem to go well. When your teacher goes to see Joey to ask him how he feels, he bursts out sobbing and tells him that a student from another class tells him mean things every time he sees him. That morning, he threatened to hurt him at recess. Joey doesn’t feel safe and doesn’t want to go to recess. Everyone tries to find some solutions to help him. Some of you offer to accompany him to the next recesses. One person even proposes to join him on the way back home. Your teacher makes an agreement with him: Joey will talk to his parents about it tonight. Monday, he will give his teacher an update so he can assess the situation and make sure that the intimidation stops.

THE COMFORTING WORDS AND ACTIONS IN THE TEXT (p. 5)
1. pleasant day
2. relaxation
3. ask how he feels
4. Everyone tries to find some solutions to help him
5. offer to accompany him
6. teacher makes an agreement with him
7. Joey will talk to his parents about it

FIND THE MISSING WORD (p. 6)

CODED MESSAGES: (p. 7)
1. I can use my self-defence scream whenever I feel in danger.
2. No one has the right to force me into giving kisses or hugs if I don’t want to.
3. I have many skills and qualities, here are three of them: 1-__________ 2-__________ 3-__________
4. There are at least 3 people that I can go see if I have a problem: 1-__________ 2-__________ 3-__________

PLACE THE DRAWING IN CHRONOLOGICAL ORDER (p. 8)
Solution: d-e-a-f-b-c

PLAN OF LOVE RELATIONS (p. 11)
Solution: You choose the person you want to kiss.