

**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 to protect, with the support of adults, your fundamental rights to feel **SAFE, STRONG AND FREE**.

Enjoy yourself!



Pour une enfance
en sécurité et sans violence

www.espacesansviolence.org

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MISSING WORDS

- Find, in the box, the missing words in the text and write them in the right place.

Field no kicking right soccer boy

LARA WANTS TO PLAY SOCCER

Lara is in grade two. During recess, Philip, a _____ from her class, plays _____ with older kids in grades 5 and 6. By the way, Philip's older brother is in grade 6 and is also playing. Lara would very much like to play too but, when she goes on the _____, Philip starts _____ her feet and legs. Lara is surprised and doesn't know what to do. Philip's kicks are hurting her so she moves back and tells him: « _____, stop hitting me, I have the _____ to play too. »



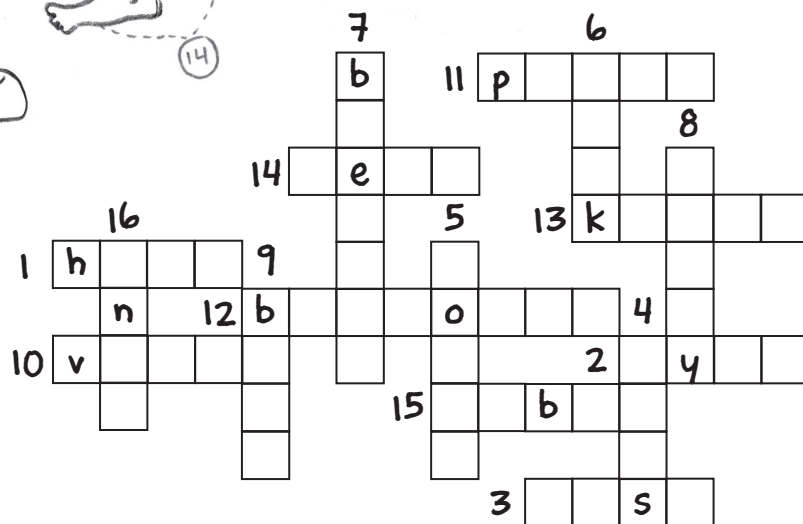
What would you do in a similar situation?



Solution on page 12

BODY PARTS CROSSWORD

- Write the numbered parts of the body in the grid



anus
mouth
hair
neck

back
buttocks
knees
nose

belly
ears
penis
feet

breasts
tibia
vulva
eyes

Solution on page 12

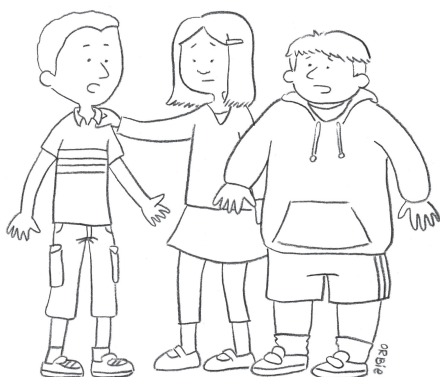
WORD SEARCH PUZZLE

- Circle the words in connection with prevention strategies in the grid.
- Write the remaining letters one after the other to find the solution.

e	r	m	k	l	a	t	s	u	r	t	e
c	o	u	w	i	t	n	e	s	s	e	s
n	t	t	k	o	s	t	l	u	d	a	p
u	a	u	e	c	b	s	f	s	i	i	a
o	c	a	f	a	i	l	d	t	s	b	r
n	u	l	p	r	c	k	e	o	t	i	e
e	d	a	s	k	i	h	f	p	a	t	n
d	e	i	r	u	n	e	e	a	n	s	t
c	e	d	p	l	e	h	n	r	c	a	s
e	g	a	r	u	o	c	c	d	e	f	a
r	u	o	b	h	g	i	e	n	s	e	y

adults	courage	distance	elbow
help	talk	parents	safe
self defence	mutual aid	tibia	witnesses
ask	denounce	educator	friends
kick	neighbour	run	say
stop	teacher	trust	

Solution :



It can sometimes be difficult to say « NO ». It's important to ask for help. We feel stronger when we are not alone.



Solution on page 12

STORY TO PLACE IN ORDER

- Color the drawings if you want
- Cut out the squares of the story
- Paste each of them in the appropriate square on the next page, in chronological order.



Solution on page 12

STORY TO PLACE IN ORDER (SUITE)

①		②	
③		④	

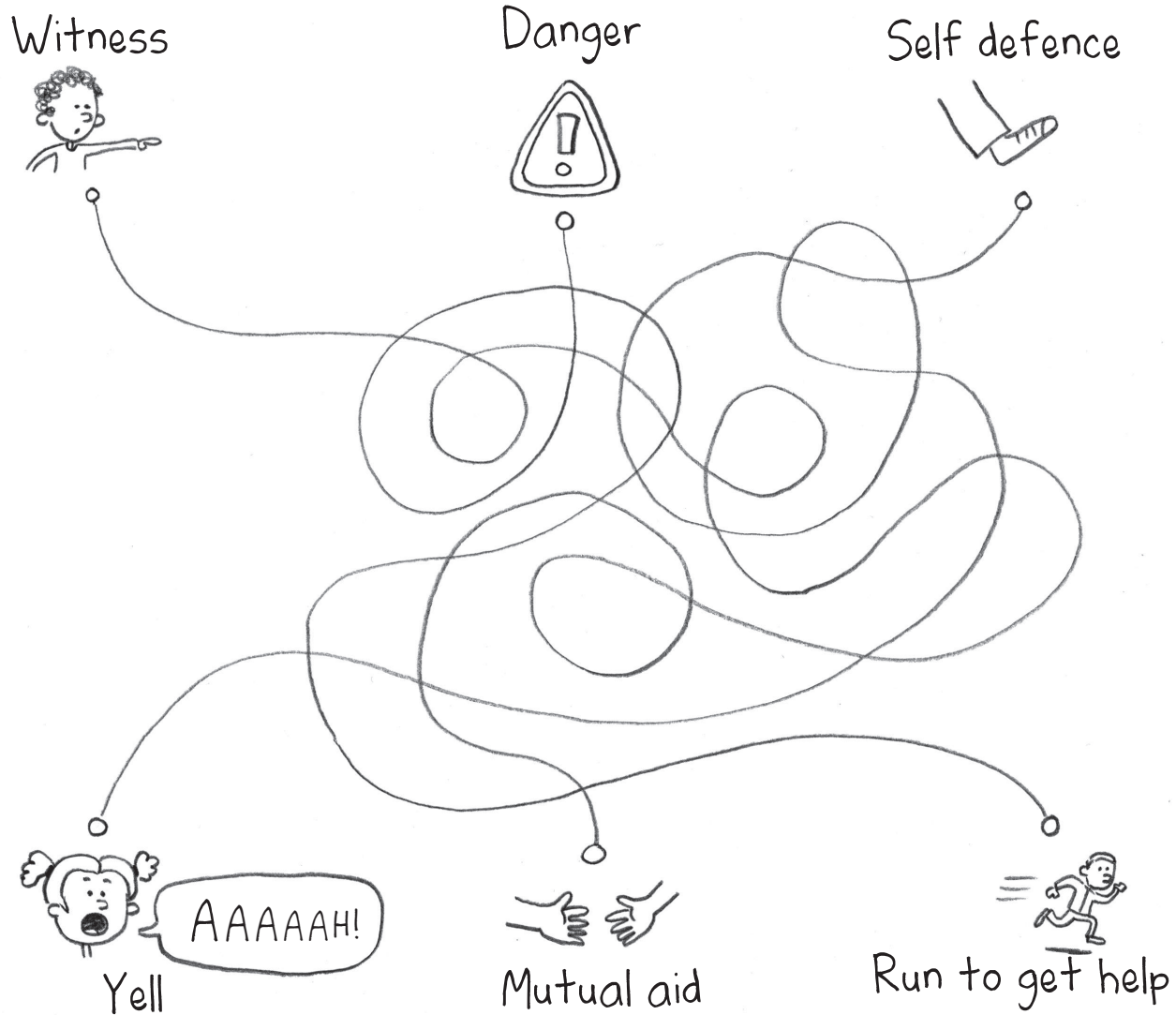


When something happens that makes you feel bad it's important to talk about it.

Solution on page 12

TANGLED FISCHING RODS

- Using a different color for each line, follow the route to find the right association to the words below.
- Write the words on the correct lines below.



Witness =

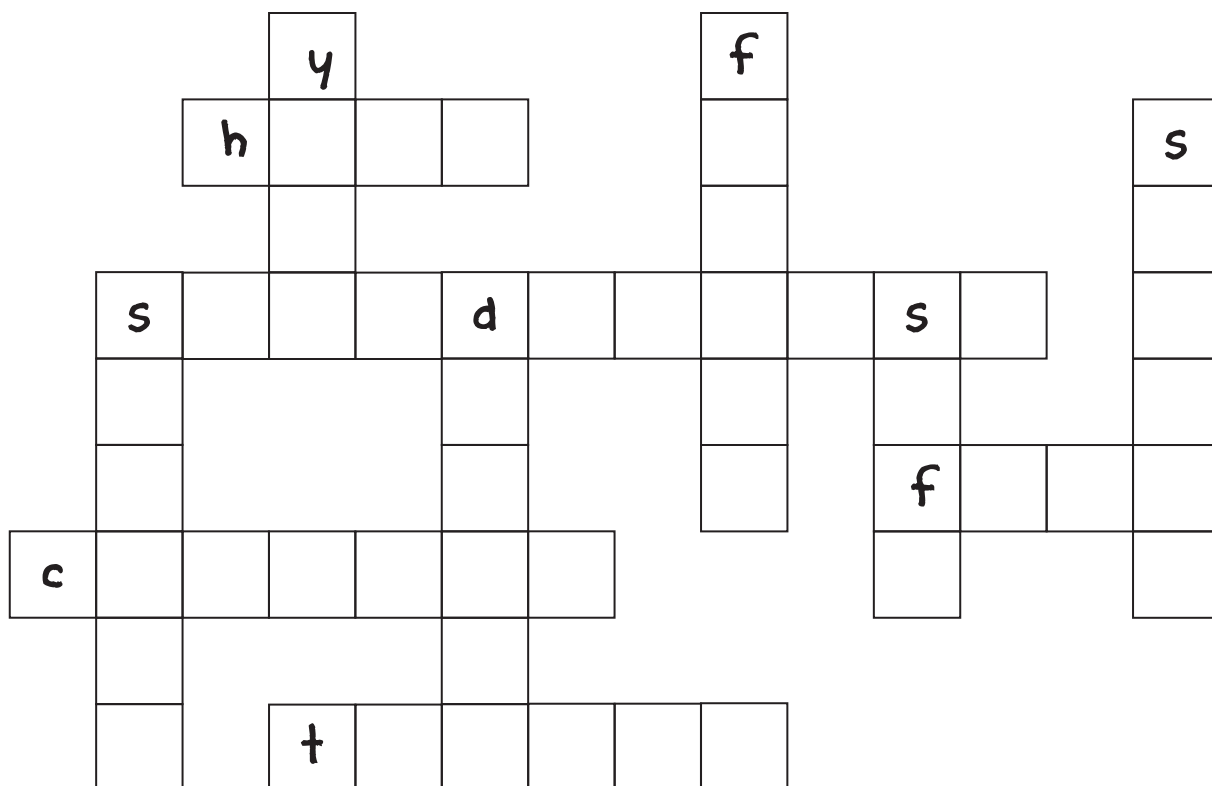
Danger =

Self defence =

Solution on page 12

CROSSWORD PUZZLE

- Write the words in the right places in the grid.



courage →
safe ↓
strong ↓
free →
selfdefense →
yell ↓

danger ↓
friend ↓
help →
threat →
secret ↓



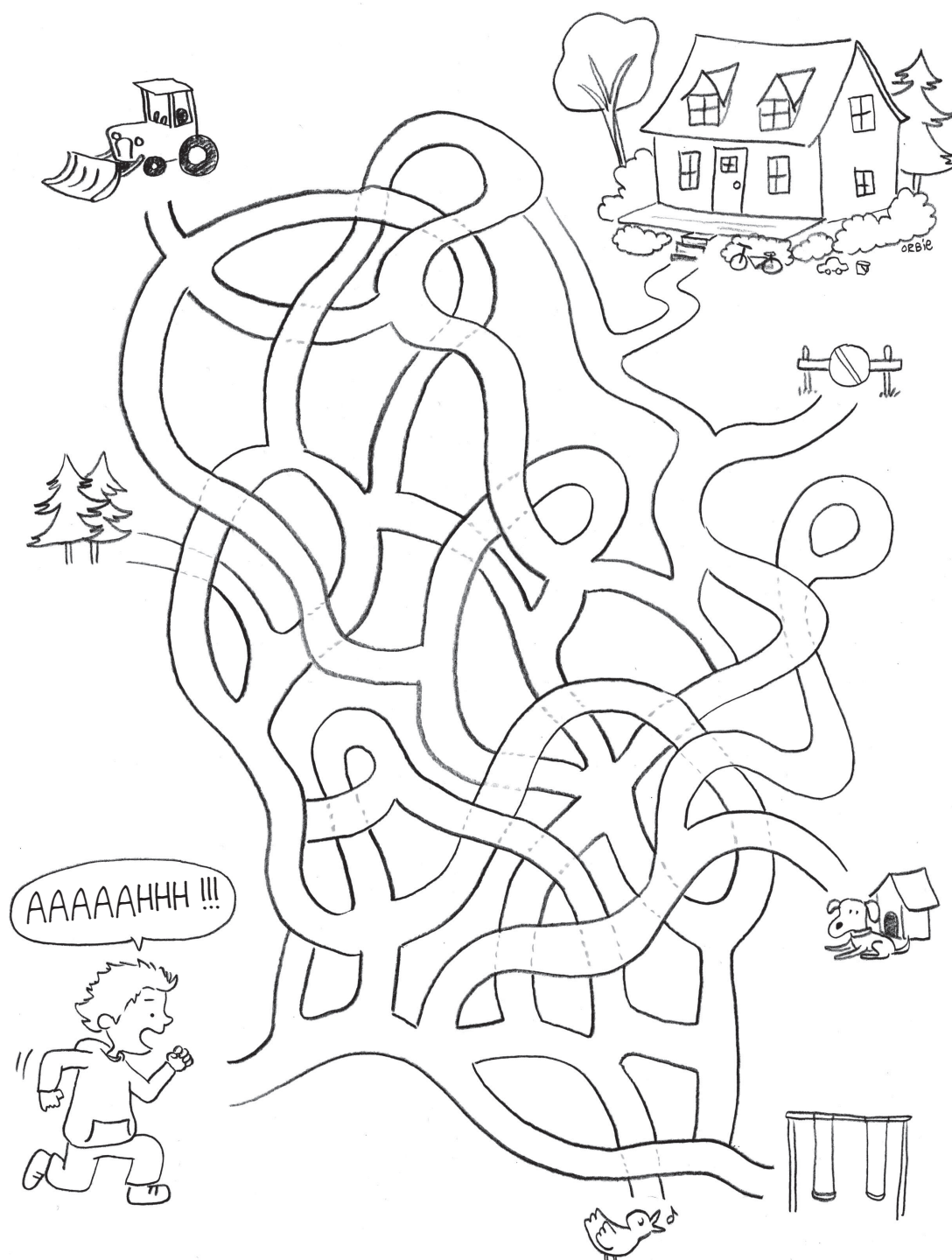
There are many strategies
to keep your rights.
Self-defence can be used
when you are in danger.

Solution on page 12

LABYRINTH

A neighbor wants to force Paolo to go with him. Paolo tried many times to tell him that he should tell his parents where he was going but the neighbor doesn't listen. Feeling in danger, Paolo decides to do his self-defence yell to get away. Can you help him find his way home?

He could then explain to his parents what happened to him.



FREE CHILD

- Personalise the ESPACE free child by giving it a face and some clothes.
- Color it and create a décor to your liking



To stay **SAFE, STRONG AND FREE**, it's important to talk to an adult when you need to. Who are your trusted adults around you that you could talk to?



1. _____

2. _____

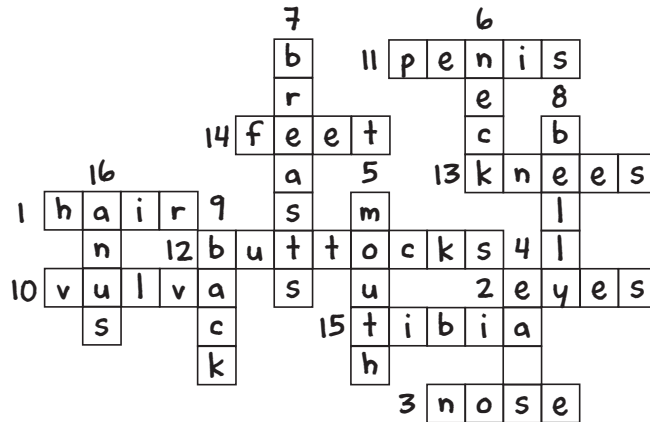
3. _____

SOLUTIONS AUX JEUX

MISSING WORDS (p. 2)

Lara is in grade two. During recess, Philip, a **boy** from her class, plays **soccer** with older kids in grades 5 and 6. By the way, Philip's older brother is in grade 6 and is also playing. Lara would very much like to play too but, when she goes on the **field**, Philip starts **kicking** her feet and legs. Lara is surprised and doesn't know what to do. Philip's kicks are hurting her so she moves back and tells him: «**No**, stop hitting me, I have the **right** to play too. »

BODY PARTS CROSSWORD (p. 3)



WORD SEARCH PUZZLE (p. 4)

Solution : ESPACE

STORY TO PLACE IN ORDER (p. 5-7)

Solution : 4 - 1 - 3 - 2

TANGLED FISHING RODS (p. 8)

Witness = Mutual aid

Danger = Run to get help

Self defence = Yell

CROSSWORD PUZZLE (p. 9)

