

**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

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

tibia	comfort	consequence	stop
come	hitting	leg	behavior

Hard recess

Mario sometimes has _____ problems. Today, during recess, he hit Rémi in the back while he was on the ground. The students present were telling him to _____, but he wouldn't stop, it was as if he didn't hear them. Emilie yelled for help so that an adult would _____. Jules ran to tell a monitor that was close by. At this time, Raphaëlle decided to kick Mario on the tibia to make him stop _____ Rémi. Surprised by the sudden pain to his tibia, Mario held his _____ and stopped hitting. When the supervisor arrived, Mario calmed down. Rémi was crying. His friends tried to _____ him. After questioning the students on what had happened, the monitor gave a _____ ticket to Mario and a warning ticket to Raphaëlle. The witnesses then explained to the monitor that the kick on the tibia was so that Mario would stop hitting Rémi, to prevent him being injured.



Do these behaviors go against the school rules?



Why _____

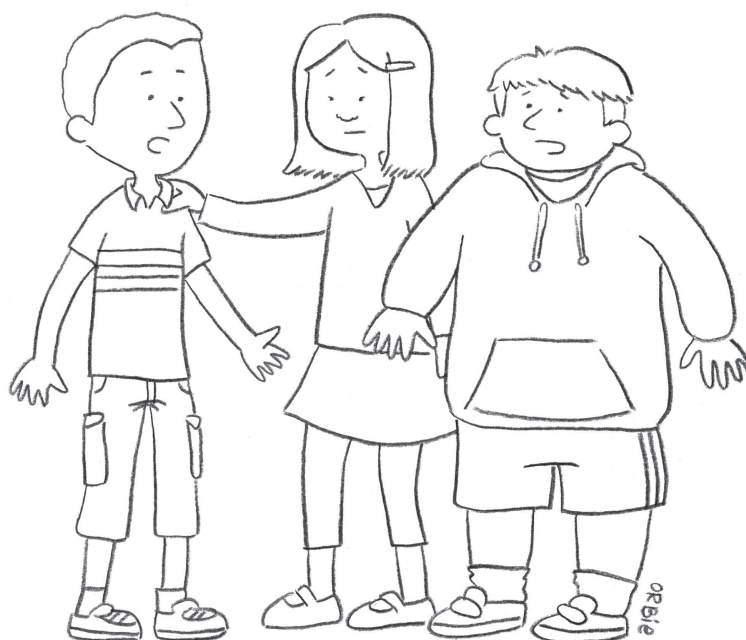
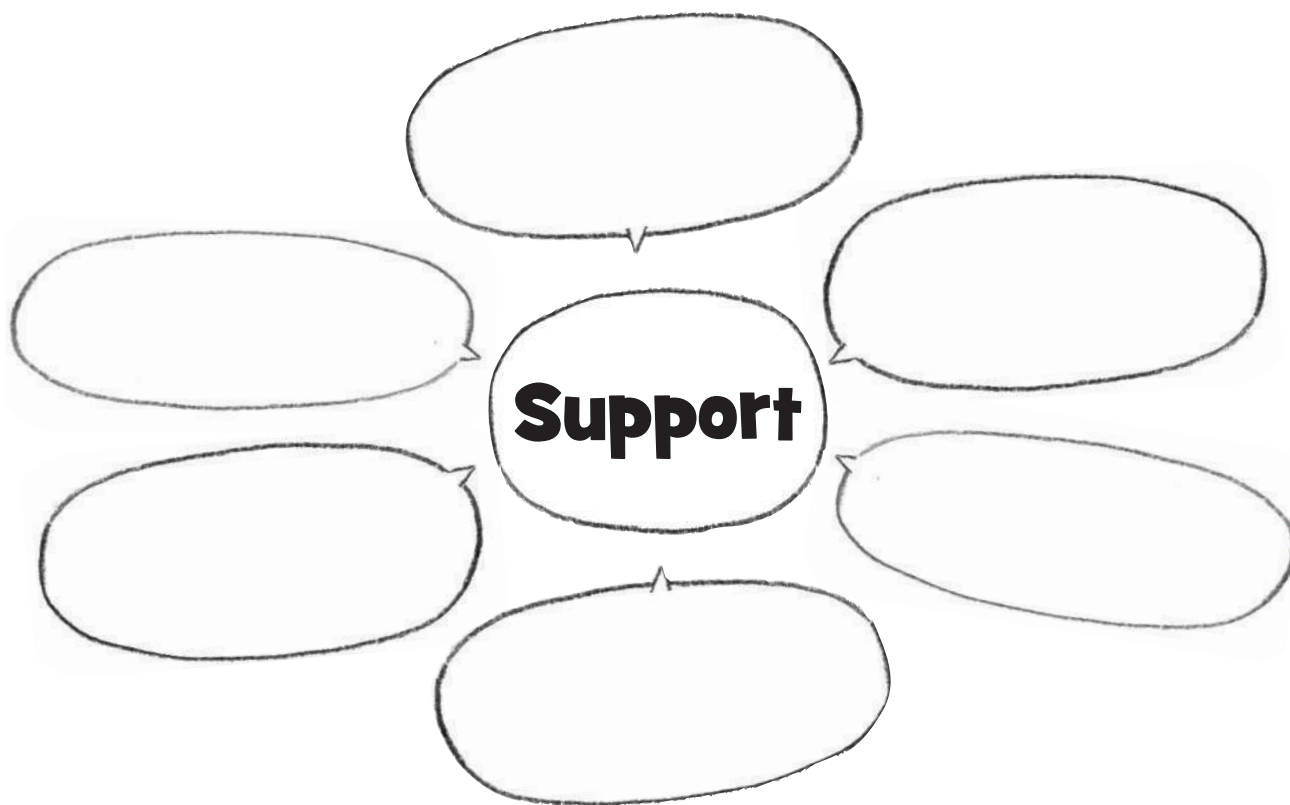


What would you do in a similar situation? _____

Solution on page 22




HARD RECESS (CONTINUED)

- Write in the bubbles the actions done to give Rémi and Mario support.









Solution on page 22

REBUS

1. It is  your f , the per  is the only **1**
res  sible **4** his  her actions.

It is ____ your f____, the per____ is the only ____
res____sible ____ his ____ her actions.

2. No  has the  to **4** ce you **2** give 
re **C** ve  **N**  if **U**  want **2**.

No_____ has the _____ to _____ce you
____ give _____ re_____ve _____ if _____
want _____.



Solution on page 22

FUNDAMENTAL RIGHTS

- Draw a situation where you feel safe. With whom, when, where do you feel safe? Or, if you prefer, write a text, a poem or a song...
- Give your creation a title and show the authors name, meaning your name.



Title: _____

Author: _____

THE FUNDAMENTAL RIGHTS

- Draw a situation where you feel strong. With whom, when, where do you feel strong? If you prefer, write a text, a poem or a song...
- Give a title to your creation and write the author's name, meaning your name.



A large empty rectangular box for drawing or writing.

Title: _____

Author: _____

THE FUNDAMENTAL RIGHTS

- Draw a situation where you feel free. With whom, when, where do you feel strong? If you prefer, write a text, a poem or a song...
- Give a title to your creation and write the author's name, meaning your name.



Title: _____

Author: _____

Solution on page 22

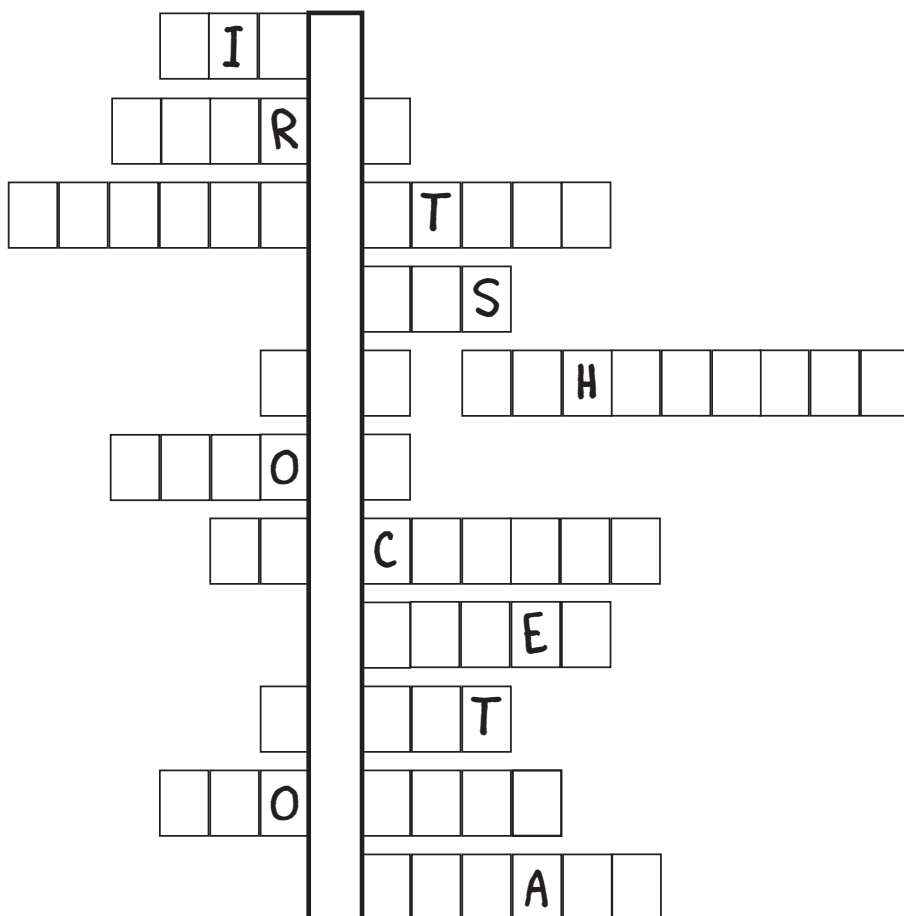
CRISS-CROSS PUZZLE

- Write the words in the right places in the grid and you will discover a strategy to keep your rights.

GIFT
SECRET
MANIPULATION
LIES

BAD BEHAVIOUR
STRONG
BLACKMAIL
DANGER

GUILT
VIOLENCE
THREATS



Strategie : _____

- Name three other strategies to keep your rights.

Solution on page 22

WORD SEARCH PUZZLE

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

A	C	S	M	R	U	O	B	H	G	I	E	N
H	F	O	E	D	E	N	O	U	N	C	E	U
E	U	F	N	S	F	R	I	E	N	D	S	R
L	T	U	I	F	S	T	N	E	R	A	P	P
P	O	T	S	R	I	E	K	I	C	K	E	O
A	I	B	I	T	M	D	N	L	A	L	D	L
A	D	U	L	T	S	A	E	T	A	A	U	I
E	G	A	R	U	O	C	T	N	I	T	C	C
T	E	A	C	H	E	R	I	I	C	W	A	E
T	S	U	R	T	E	F	A	S	O	E	T	A
D	S	E	C	R	U	O	S	E	R	N	O	S
E	C	N	E	F	E	D	F	L	E	S	R	K

Adults	Stop	Parents	Denounce	Witnesses
Help	Ask	Teacher	Resources	Friends
Self defence	Neighbour	Courage	Trust	Safe
Affirmation	Talk	Police	Educator	
Kick	Confidence	Tibia	Run	

Clue : it' appreciated, especially in difficult situations.

Solution : _ _ _ _ _



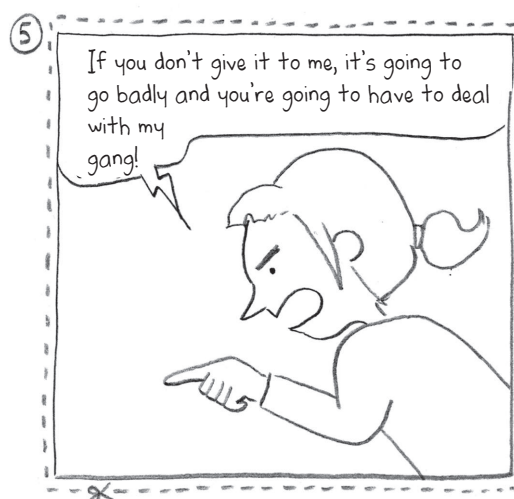
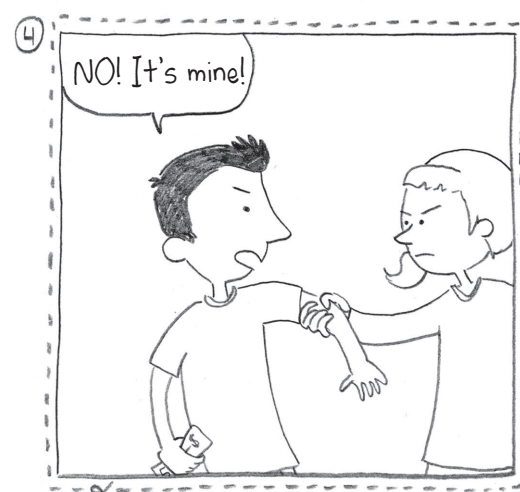
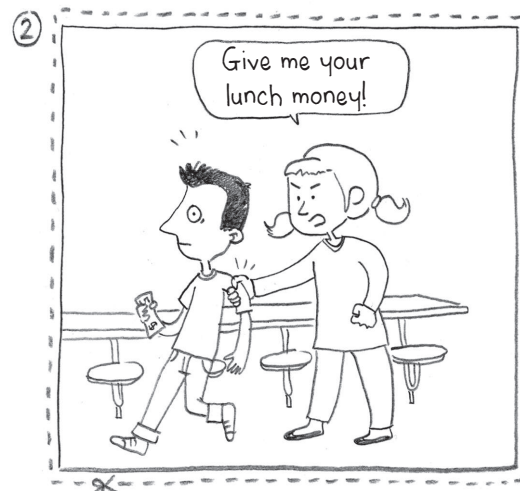
It is often possible to protect our rights using simple solutions. But sometimes, we may have to react physically to get away and go for help.

Solution on page 22

STORY TO PUT IN ORDER

- Cut out all the squares.
- Place each of them in the appropriate squares on the next page in order to put the story in chronological order.

SCENARIO 1



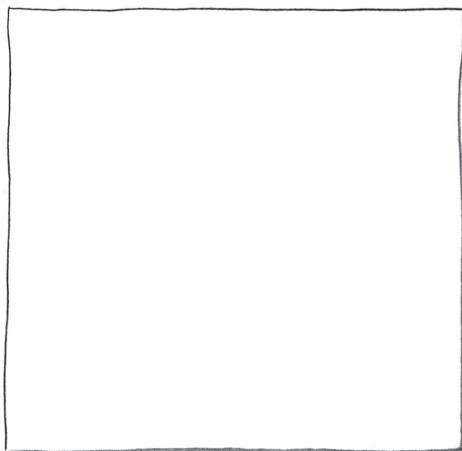
Solution on page 22

PUT THE DRAWINGS IN CHRONOLOGICAL ORDER

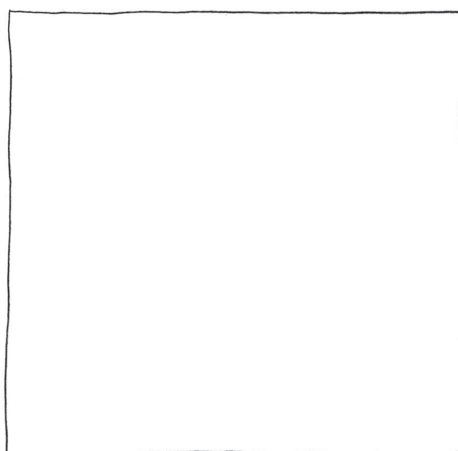
- Now, glue the drawings in the right squares.

SCENARIO 1

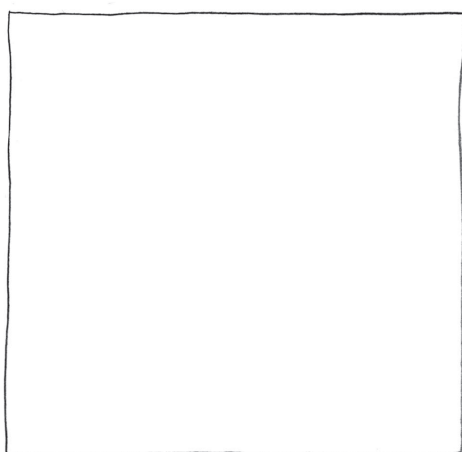
①



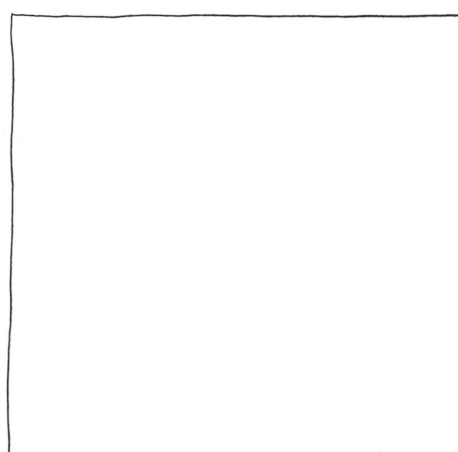
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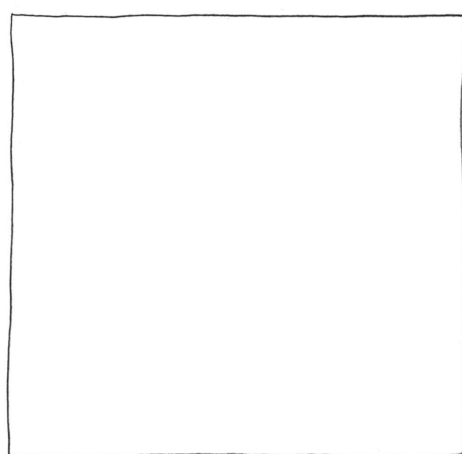
③



④



⑤



When a person threatens you, it's important to assert yourself. You can get help if you feel it's necessary.

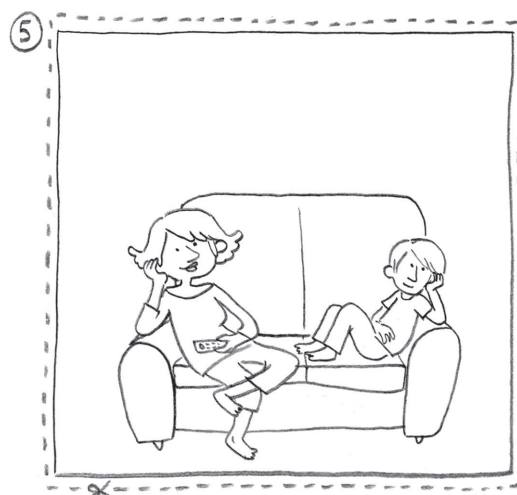
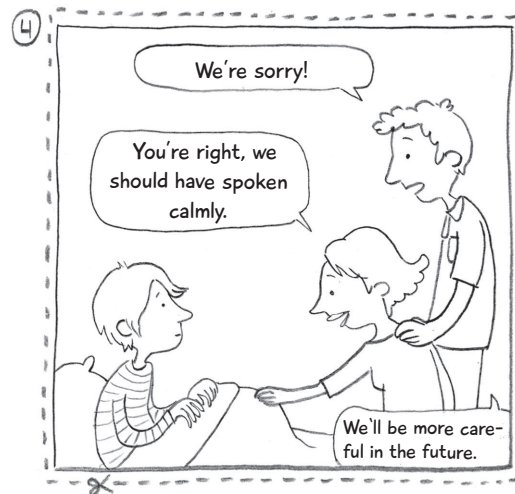
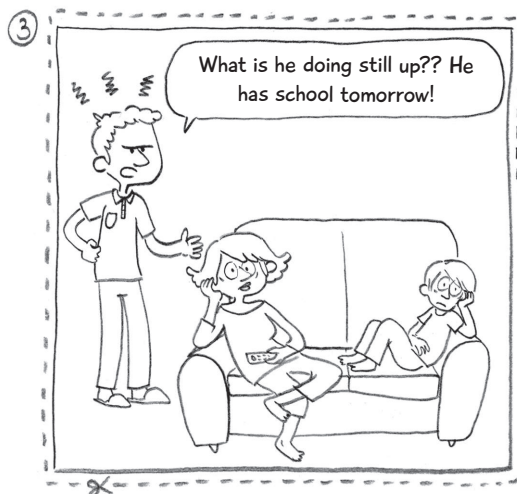
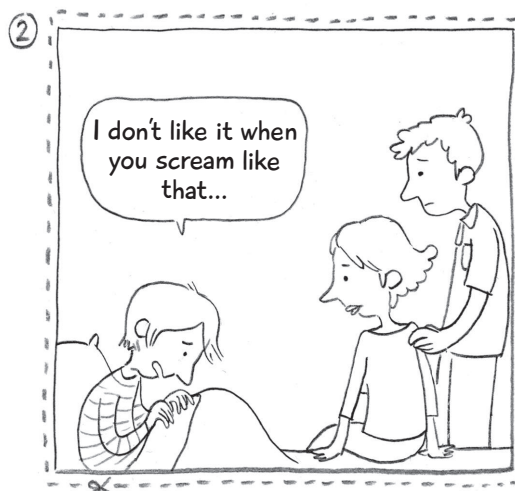
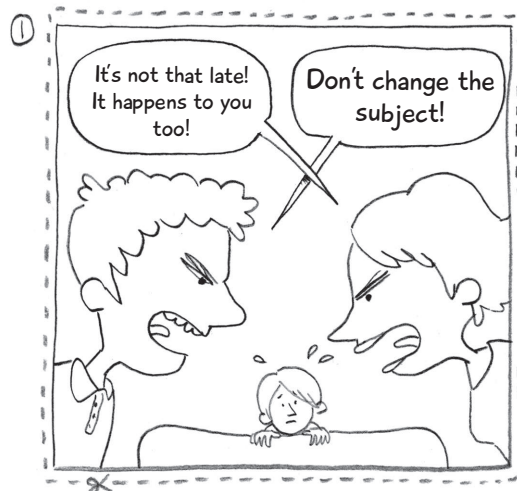
- Why do you think she called him stupid? _____

Solution on page 22

STORY TO PUT IN ORDER

- Cut out all the squares.
- Place each of them in the appropriate squares on the next page in order to put the story in chronological order.

SCENARIO 2



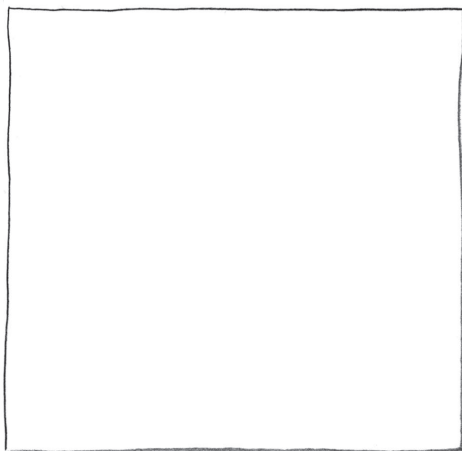
Solution on page 22

PUT THE DRAWINGS IN CHRONOLOGICAL ORDER

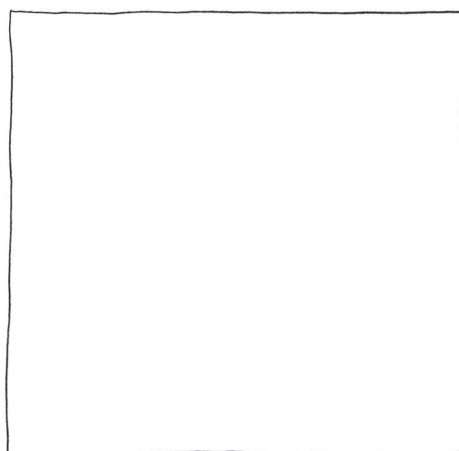
- Now, Glue the drawings in the right squares.

SCENARIO 2

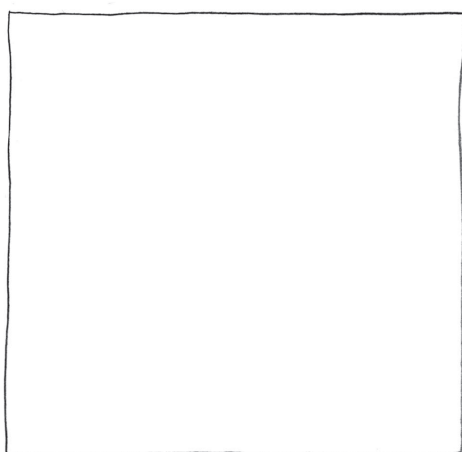
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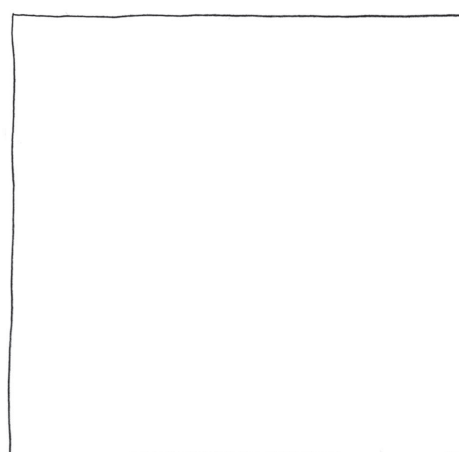
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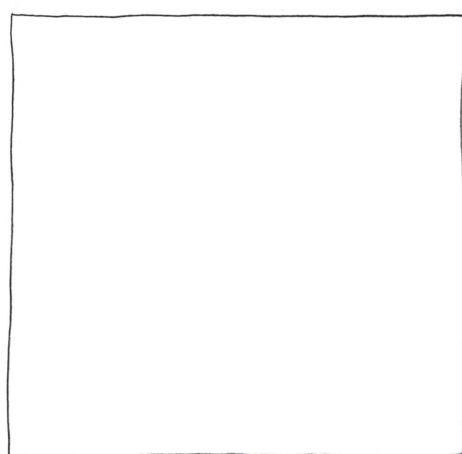
③



④



⑤



When adults argue,
it's not the children's fault.
If you don't feel safe,
it's important to talk
about it.

Solution on page 22

SOLUTIONS AUX JEUX

MISSING WORDS (p. 4)

Mario sometimes has behavior problems. Today, during recess, he hit Rémi in the back while he was on the ground. The students present were telling him to stop, but he wouldn't stop, it was as if he didn't hear them. Emilie yelled for help so that an adult would come. Jules ran to tell a monitor that was close by. At this time, Raphaëlle decided to kick Mario on the tibia to make him stop hitting Rémi. Surprised by the sudden pain to his tibia, Mario held his leg and stopped hitting. When the supervisor arrived, Mario calmed down. Rémi was crying. His friends tried to comfort him. After questioning the students on what had happened, the monitor gave a consequence ticket to Mario and a warning ticket to Raphaëlle. The witnesses then explained to the monitor that the kick on the tibia was so that Mario would stop hitting Rémi, to prevent him being injured.

HARD RECESS (SUITE) (p. 5)

Support:

- The children present tell him to stop.
- Emilie calls for help.
- Jules runs to tell a monitor.
- Raphaëlle decides to kick Mario.
- His friends try to console Rémi.
- The witnesses explain the situation to the monitor.

REBUS (p. 6)

1. Images: knot, halt, sun, one, pond, four, oar.

Phrase: It is not your fault, the person is the only one responsible for his or her actions.

2. Images: body, right, four, two, oar, c, hugs and kisses, u, don't, two.

Phrase: Nobody has the right to force you to give or receive hugs and kisses if you don't want to.

CRISS-CROSS PUZZLE (p. 13)

Strategie: Tell an adult

What are some other strategies to keep your rights when someone tries to take them away from us?

SAY NO, ASK FOR HELP, SELF-DEFENCE

HIDDEN WORDS (p. 14)

Solution: MUTUAL AID

STORIES TO PUT IN ORDER (p. 15 et p. 21)

Scenario 1 : 2-4-5-1-3

Scenario 2 : 5-3-1-2-4

