

**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!



Pour une enfance
en sécurité et sans violence

www.espacesansviolence.org

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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

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

Adults	Friend	Protection	Teamwork
Anger	Friendship	Proud	Teasing
Body	Fundamental	Responsibility	Together
Brave	Help	Rights	Trust
Call	Important	Secret	Untouchable
Communicate	Intimidation	Security	Value
Conflict	Joy	Self-defence	Well-being
Discuss	Love	Solidarity	Witness
Don't	Manipulation	Solution	Yell
Educator	Mine	Strength	You
Emotions	Parents	Support	
Esteem	Private	Talk	
Express	Problem	Teacher	

Clue: He is respectable.

Solution: _ _ _ _ _

Solution on page 12

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? _____

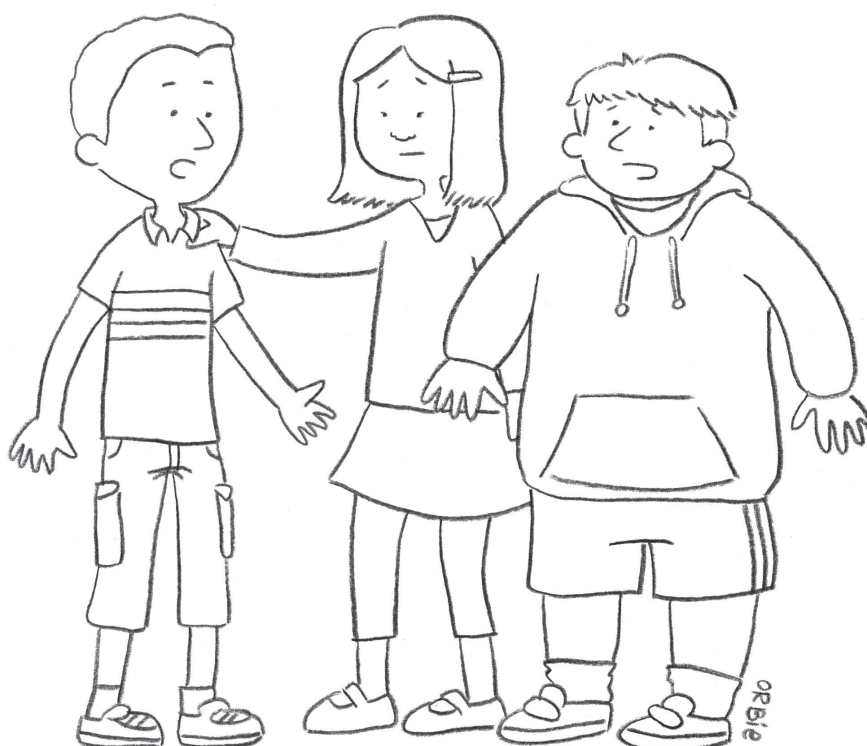
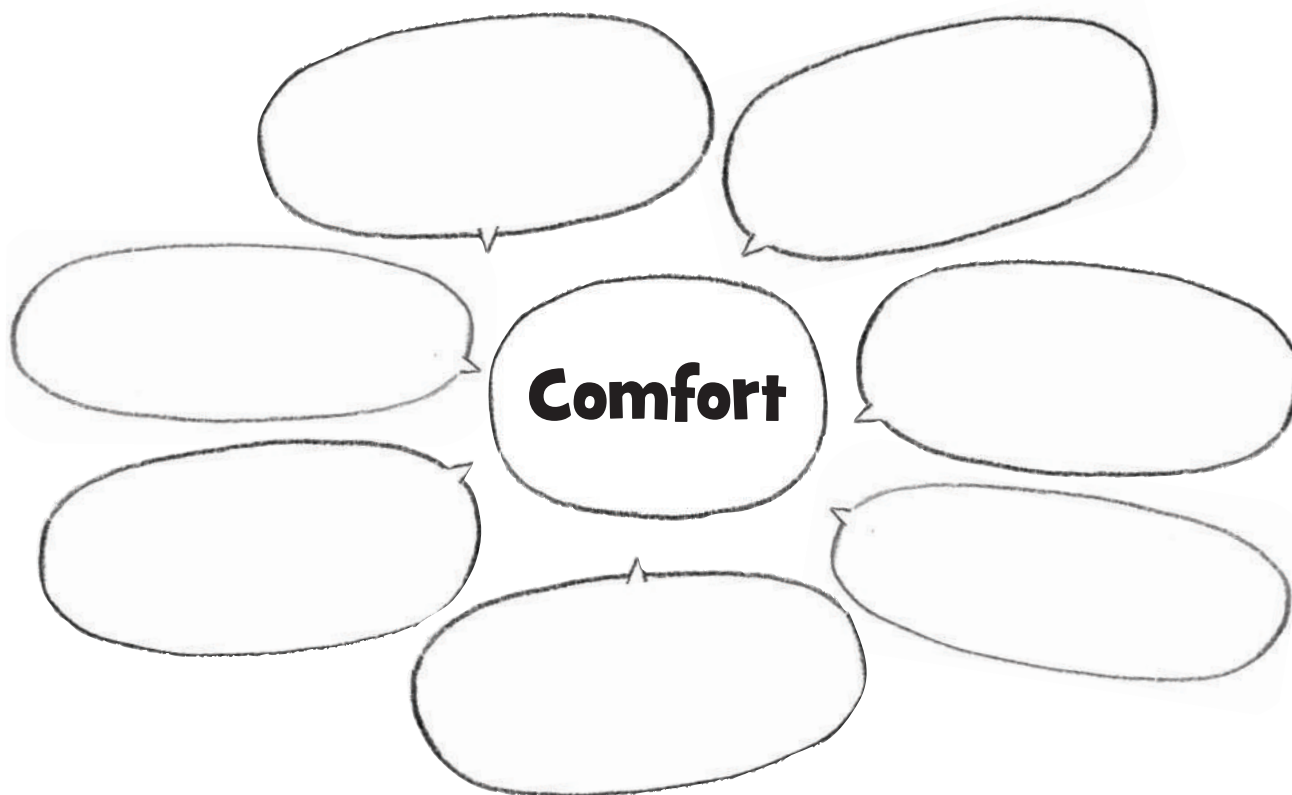


When someone takes away our rights, it's important to talk about it until it stops. Who would you talk about it with?

Solution on page 12

DAY OF SURPRISES (CONTINUED)

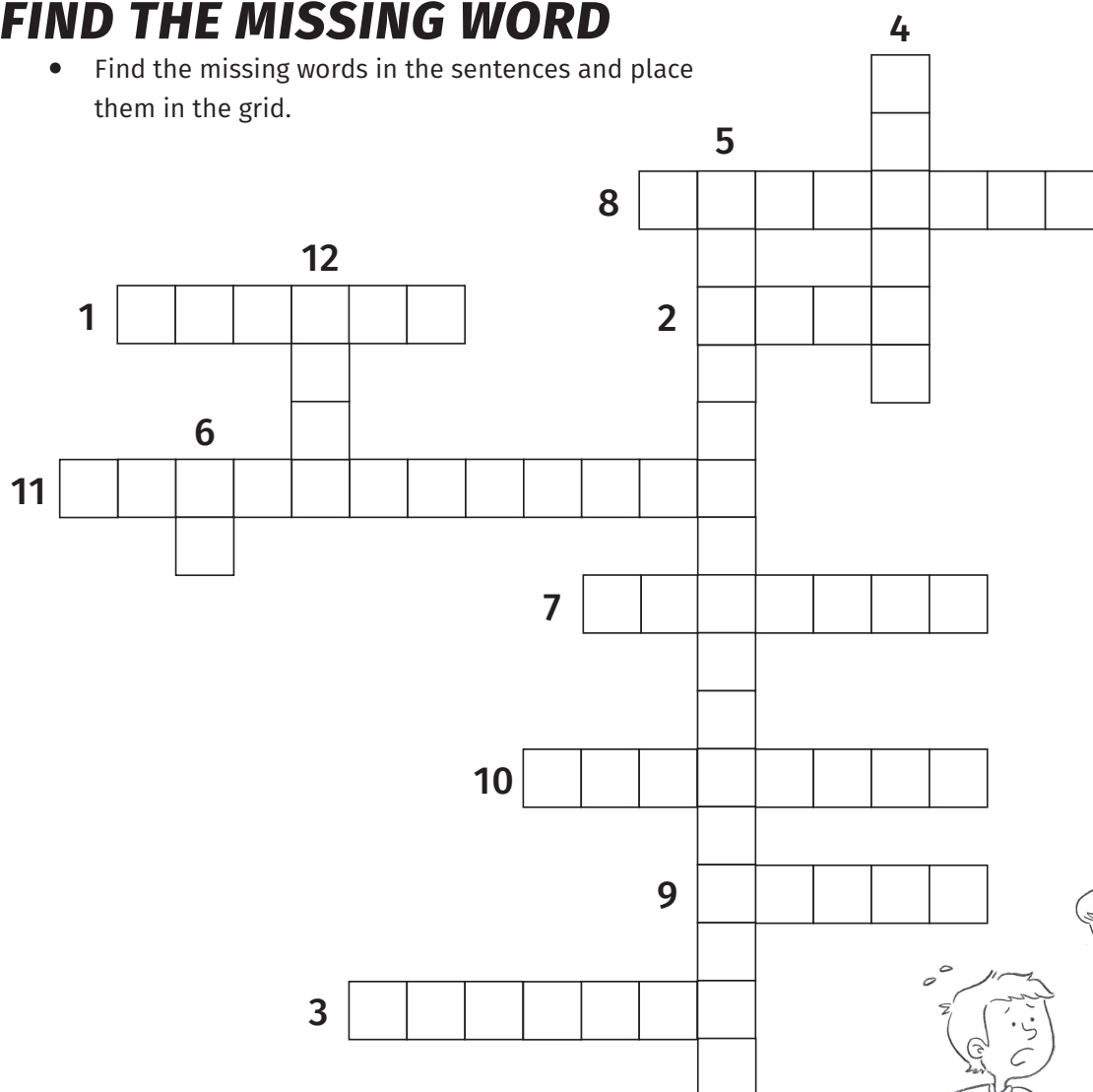
- Write in the bubbles the comforting words and actions that you can find in the text.



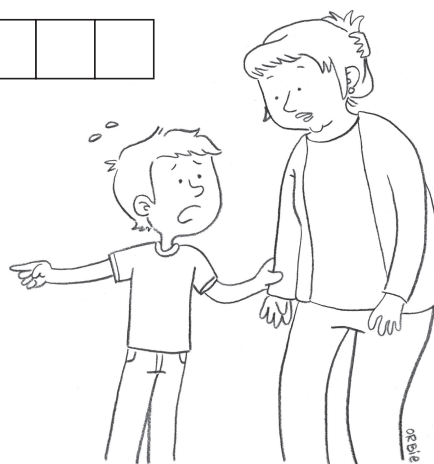
Solution on page 12

FIND THE MISSING WORD

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



- Safe, strong and free are _____ that everyone has.
- When we feel protected, we feel _____.
- _____ is an inner strength that we all have.
- I use my self-defense only when I'm in _____.
- I have rights but I also have _____.
- _____ is a small word that clearly says I do not agree.
- To feel safer and braver we can ask for help from our _____.
- It's important not to keep a secret that makes me sad. I can talk about it with a _____ who can help me.
- Telling a person that I _____ can help me to find solutions.
- Threatening someone by using words, looks or actions that frighten them is _____.
- Pretending to be interested in someone just to get something from them is _____.
- 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.

A=🔪	B=🏆	C=🔪	D=📷	E=🌙	F=👁️	G=🌿	H=🎵	I=📺	J=✈️	K=🕒
L=🕒	M=👁️	N=🕒	O=👤	P=📅	Q=⚡	R=⌚	S=📶	T=📶	U=🔒	V=🔒
W=✓	X=x	Y=⊖	Z=⊕	'=✍️						

1. 📺 🔪🕒 🔒📶🌙 👁️⊖ 📶🌙👤📷🌙👁️🕒🌙 📶🔪⌚🌙🔪👁️
✓🎵🕒🌙🔒🌙⌚ 📺 🌙🌙👤 📺🕒 📷🔪🕒🌙🌙⌚📅.

2. 🕒👤 👤🕒🌙 🎵🔪📶 📶🎵🌙 ⌚📷🌿🎵📶 📶👤 🌙👤⌚🌙 👁️🌙 📺🕒📶👤
🌿📷🔒📷🕒🌿 🕒📷📶📶🌙📶 👤⌚ 🎵🔒🌿📶 📺🌙 📺 📷👤🕒✍️📶 ✓🔪🕒📶
📶👤.

3. 📺 🎵🔪🔒🌙 👁️🔪🕒⊖ 📶🕒📷👤📶 🔪🕒📷 ⚡🔒🔪👤📷📶📷🌙📶👤
🎵🌙⌚ 🔪⌚🌙 📶🎵⌚🌙🌙 👤🌙 📶🎵🌙👁️ :

1- _____ 2- _____ 3- _____

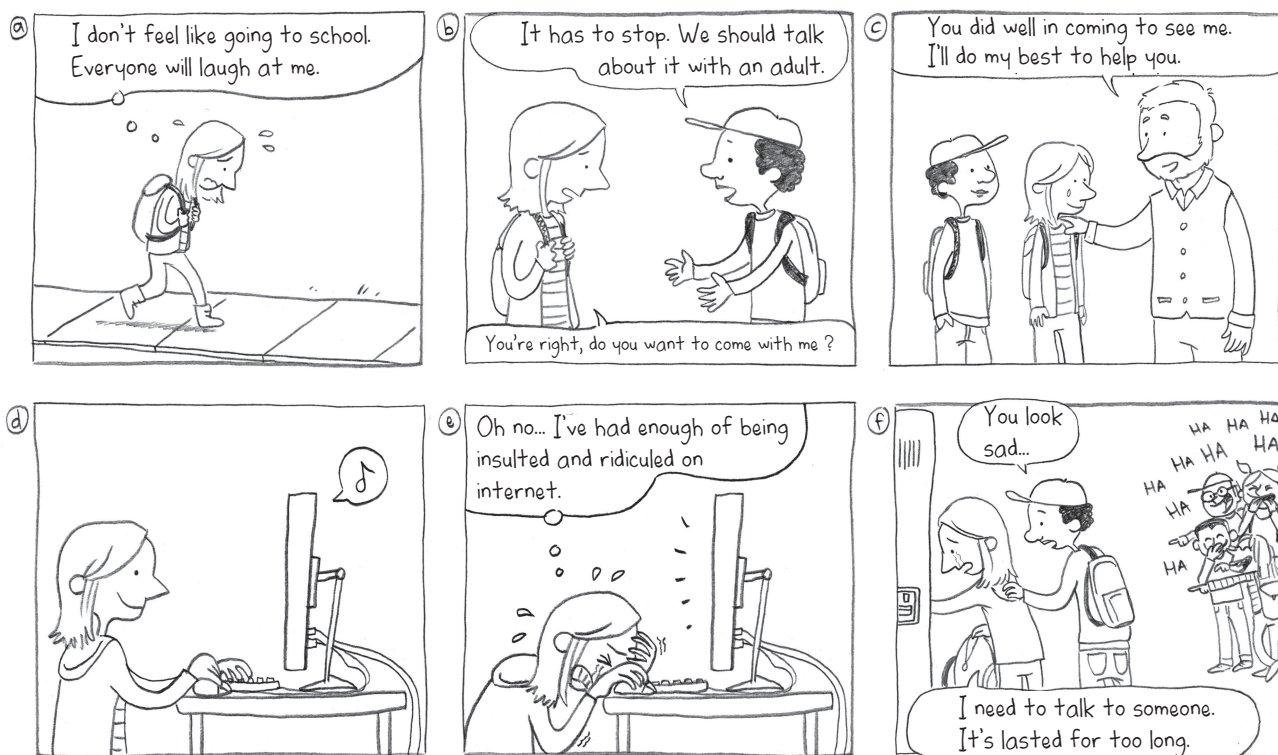
4. 📶🎵🌙⌚ 🔪⌚🌙 🔪📶 🕒🌙🔪📶📶 ⚡ 📅🌙👤📅🕒🌙 📶🎵🔪📶
🔪🔪🕒 🌿👤 📶🌙🌙 📺🌙 📺 🎵🔪🔒🌙 🔪 📅⌚👤🏆🕒🌙👁️ :

1- _____ 2- _____ 3- _____

Solutions on page 12

PLACE THESE DRAWINGS IN CHRONOLOGICAL ORDER

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



1. ____ 2. ____ 3. ____ 4. ____ 5. ____ 6. ____



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

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

Solution on page 12

DRAW THE COMIC STRIP

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

<p>① I would like to take advantage of us being alone to kiss you and caress you.</p>	<p>② I don't know if I feel like it, it embarrasses me.</p>
<p>③ Come on, you're so boring! Everyone does it!</p>	<p>④ No, I would rather wait to feel ready.</p>
<p>⑤ Ok, I'm sorry I insisted. I'll wait till we're both ready.</p>	<p>⑥ Thank you for understanding me. Do you want to go biking?</p>

PLAN OF LOVE RELATIONS

- Decode the message with the help of the grid.

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

D1 F1 C6 D2 B1 C4 F1 A5 E2 A2 B1 A6 E6 E2 E4 F2 C4 B4

B3 C4 C6 A4 B2 E3 A2 A2 C4 A1 C3 A5 F2



Solution on page 12

SOLUTIONS TO THE GAMES

WORD BUILDING (p. 2)

- 1.Bully 2.Rights 3.Secret 4.Courage 5.Help

WORD SEARCH PUZZLE (p. 3)

Solution : My safe space

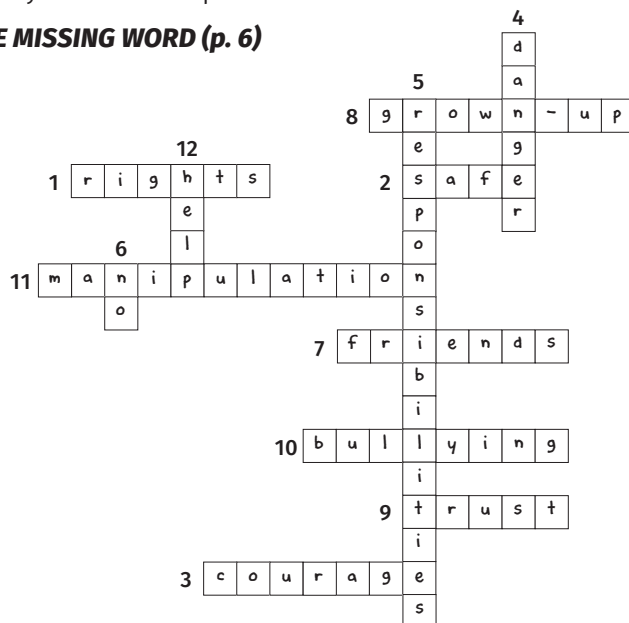
MISSING WORDS (p. 4)

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. Joev 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.

