

PREVENTION: IT WORKS!



ACTIVITY 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 suggests 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!



Pour une enfance
en sécurité et sans violence

www.espacesansviolence.org

©Regroupement des organismes ESPACE du Québec 2016

MISSING WORDS

- Fill in the missing words to complete the text using the word bank below.

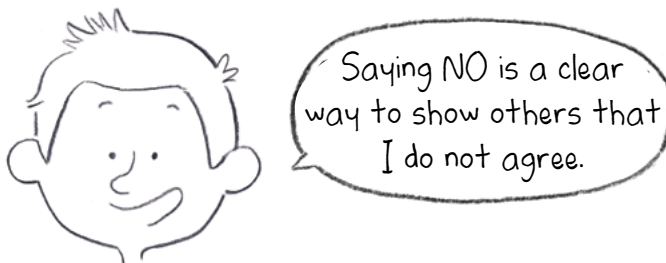
field No kicking right soccer boy

LARA WANTS TO PLAY SOCCER

Lara is in second grade. During recess, Philip, a _____ from her class, is playing _____ with grade five and six students. Philip's older brother, who is in sixth grade, is also playing. Lara would very much like to play too, but when she steps onto the _____, Philip starts _____ her on the 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. »



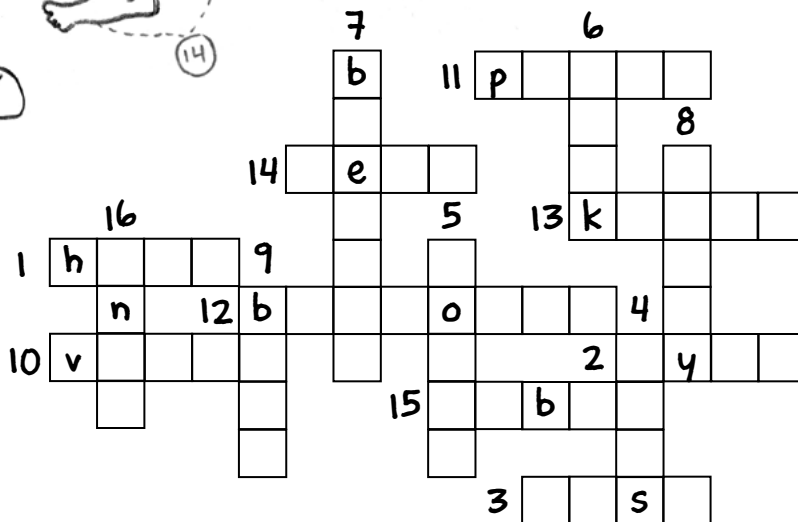
What would you do in a similar situation?



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

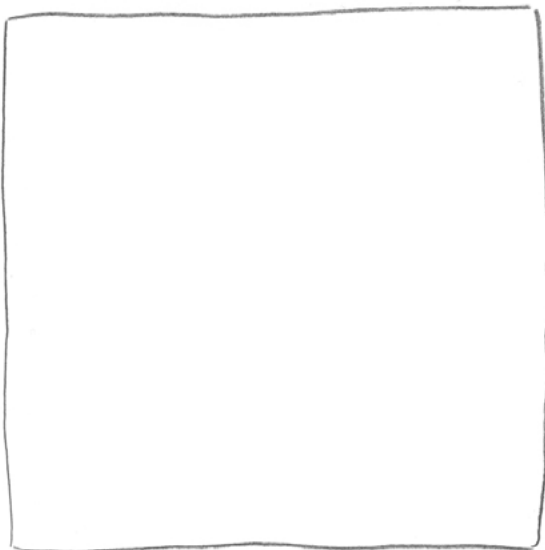
- Colour the drawings if you want to
- Cut out the squares of the story
- Paste each of them in the appropriate square on the next page, in chronological order.



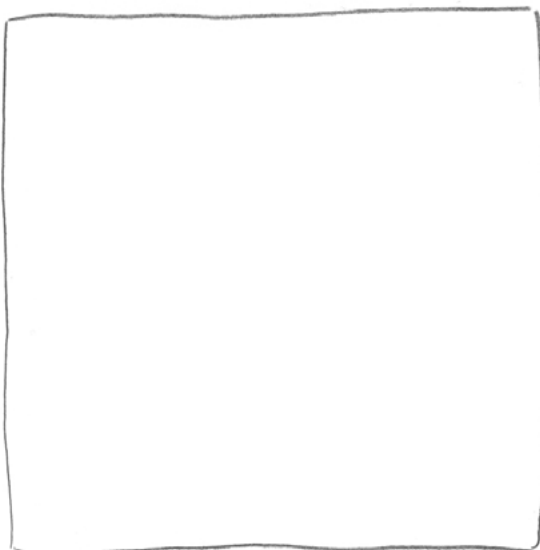
Solution on page 12

STORY TO PLACE IN ORDER (CONTINUED)

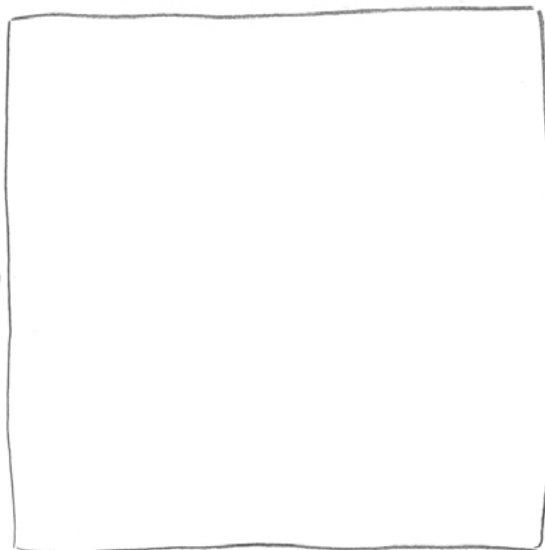
①



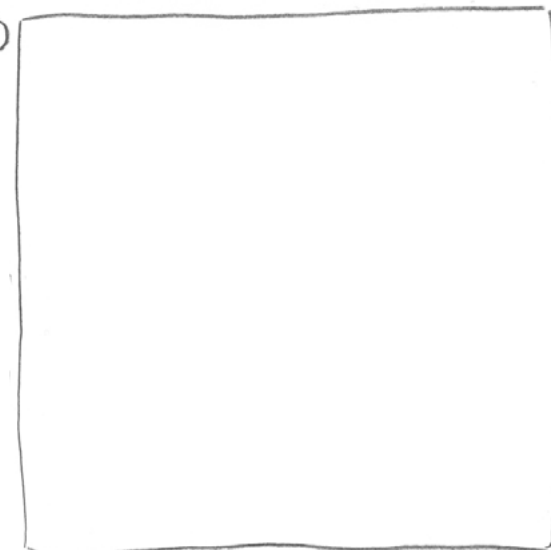
②



③



④

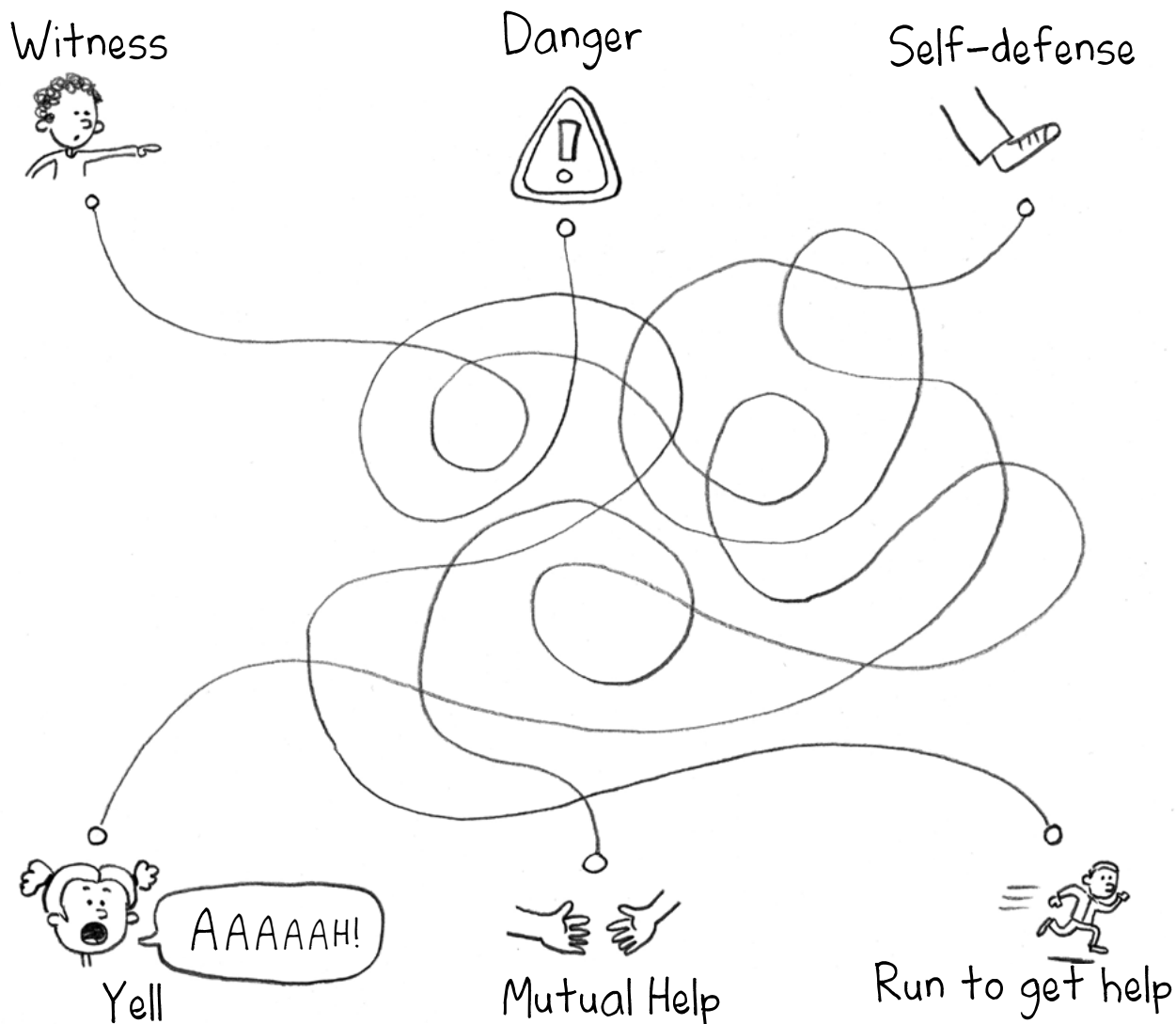


When something happens that makes you feel bad, it's important to talk about it.

Solution on page 12

TANGLED FISHING RODS

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



Witness =

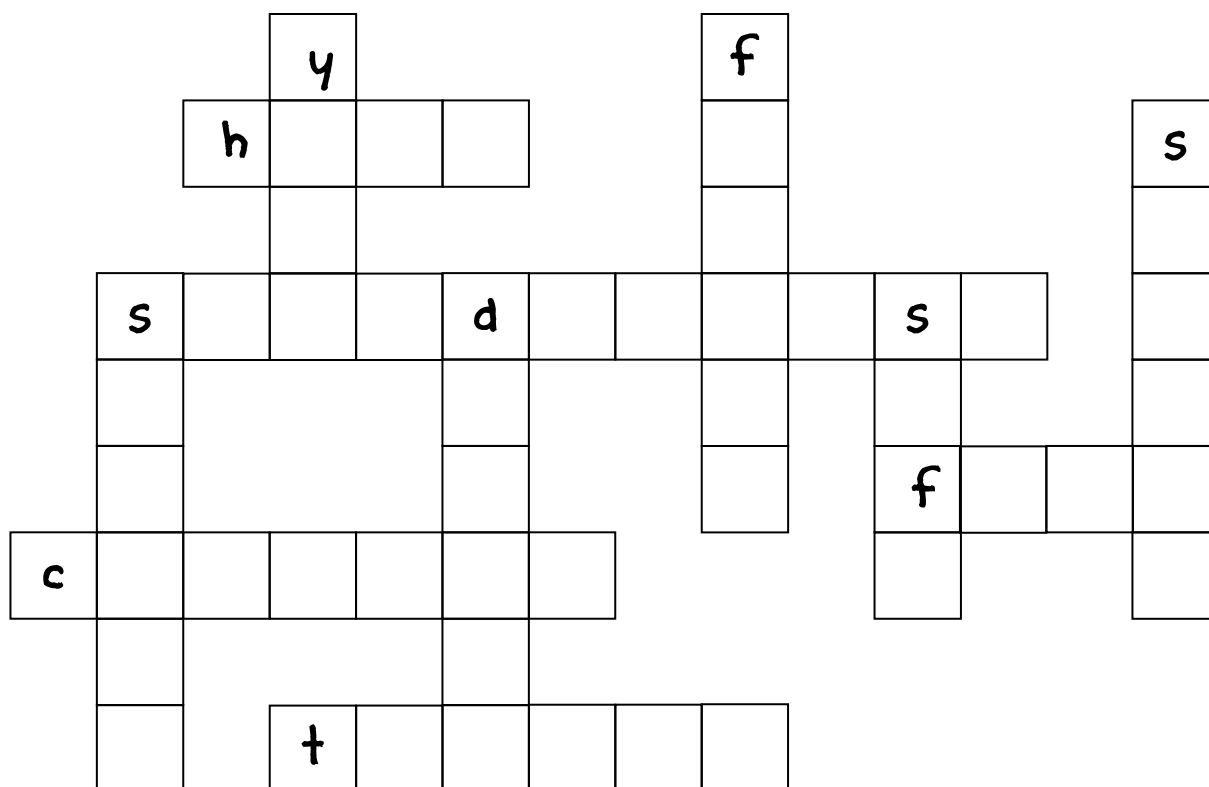
Danger =

Self-defense =

Solution on page 12

CROSSWORD PUZZLE

- Fill out the grid using the words provided below.



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

danger ↓
friend ↓
help →
threat →
secret ↓



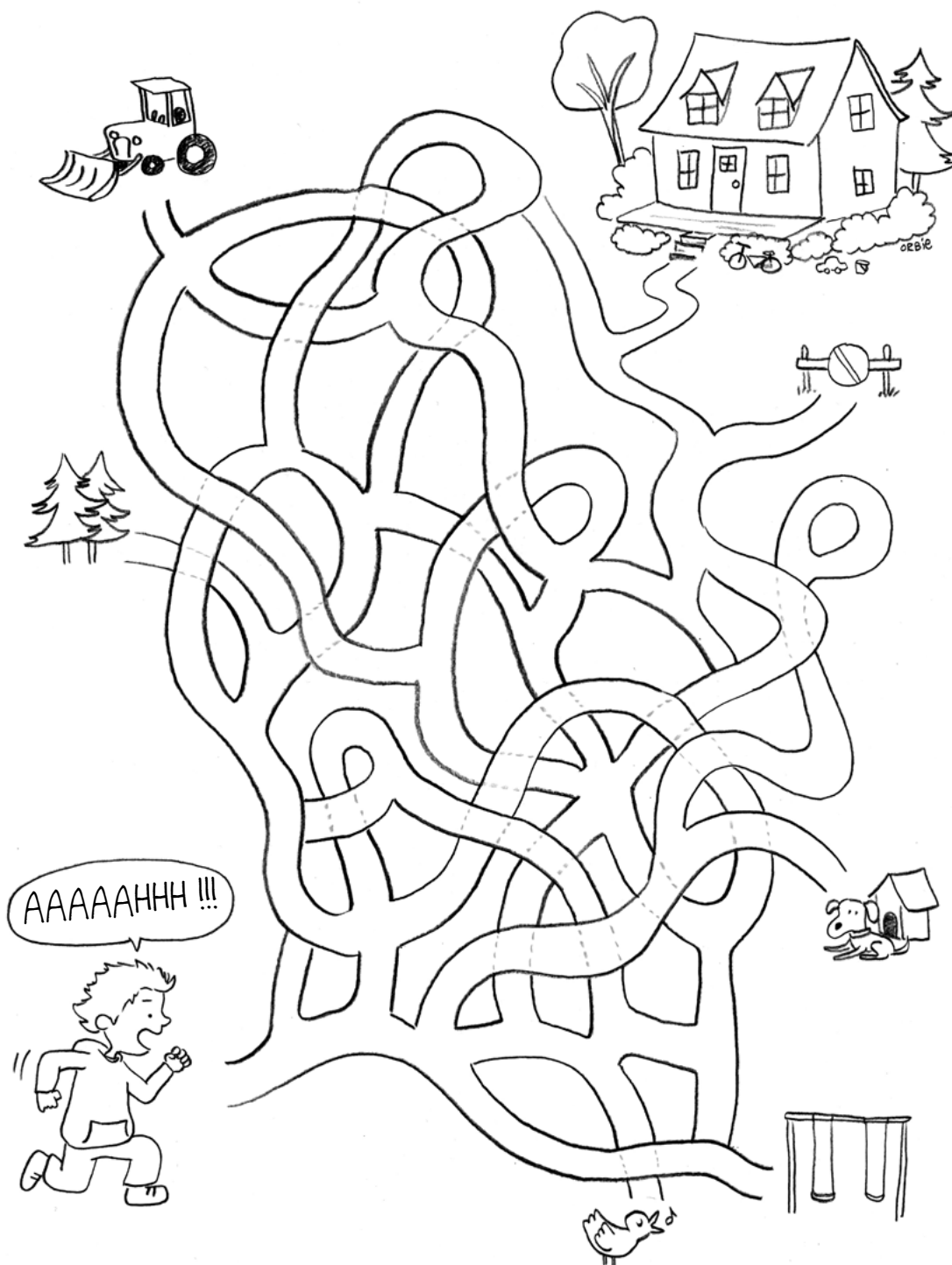
There are many strategies
to protect your rights.
Self-defense can be used
when you are in danger.

Solution on page 12

LABYRINTH

A neighbour wants to force Paolo to follow him. Paolo has tried several times to tell him he wants to warn his parents first, but the neighbour won't listen. Feeling in danger, Paolo decides to use his Self-defense yell and to run away. Can you help him find his way home?

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



FREE CHILD

- Personalize the ESPACE free child by giving it a face and some clothes.
- Colour it and create surroundings to your liking



To remain 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. _____

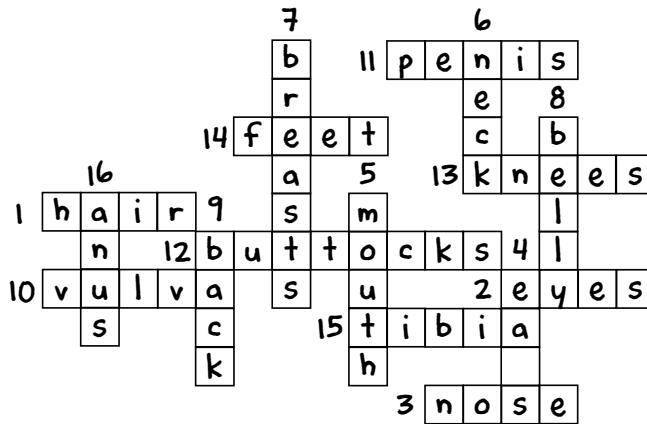
3. _____

SOLUTIONS

MISSING WORDS (p. 2)

Lara is in second grade. During recess, Philip, a **boy** from her class, is playing **soccer** with grade five and six students. Philip's older brother, who is in sixth grade, is also playing. Lara would very much like to play too, but when she steps onto the **field**, Philip starts **kicking** her on the 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

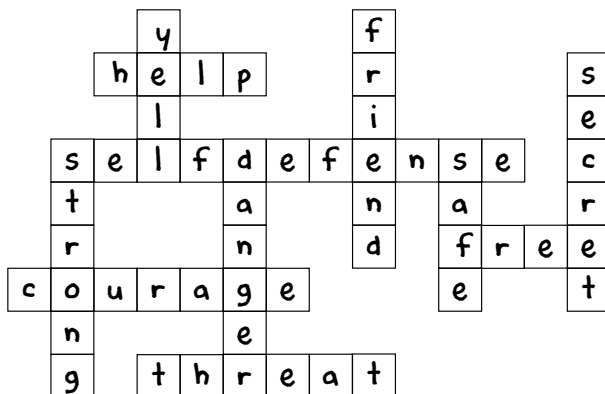
TANGLED FISHING RODS (p. 8)

Witness = Mutual Help

Danger = Run to get help

Self-defense = Yell

CROSSWORD PUZZLE (p. 9)



www.espacesansviolence.org