

# 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 fundamentals right to feel **SAFE, STRONG AND FREE**.

Enjoy!



Pour une enfance  
en sécurité et sans violence

[www.espacesansviolence.org](http://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 ask 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    bullying    class    to accompany    try    sobbing  
teacher    agreement    surprise    threatened

### A day full of surprises

It's Friday and your teacher has decided to organize a \_\_\_\_\_. He has prepared all sorts of game workshops to reward the whole \_\_\_\_\_ for their's good behavior during the week. On this pleasant and relaxing day, some of your classmates notice that Joey is not feeling well. They try to find out what is wrong, but Joey doesn't answer. Martin decides to go tell your \_\_\_\_\_ that Joey really doesn't seem to be feeling well. When your teacher goes to see Joey and asks him how he feels, Joey bursts out \_\_\_\_\_ and tells him that a student from another class says \_\_\_\_\_ things to him every time he sees him. This morning, he \_\_\_\_\_ to hurt him at recess.

Joey doesn't feel safe and doesn't want to go to recess. Everyone tries to find \_\_\_\_\_ to help him. Some of you offer \_\_\_\_\_ him for the next recesses. One person even offers to join him on the way back home. Your teacher makes an \_\_\_\_\_ with him: Joey will talk to his parents about it tonight. On 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? \_\_\_\_\_

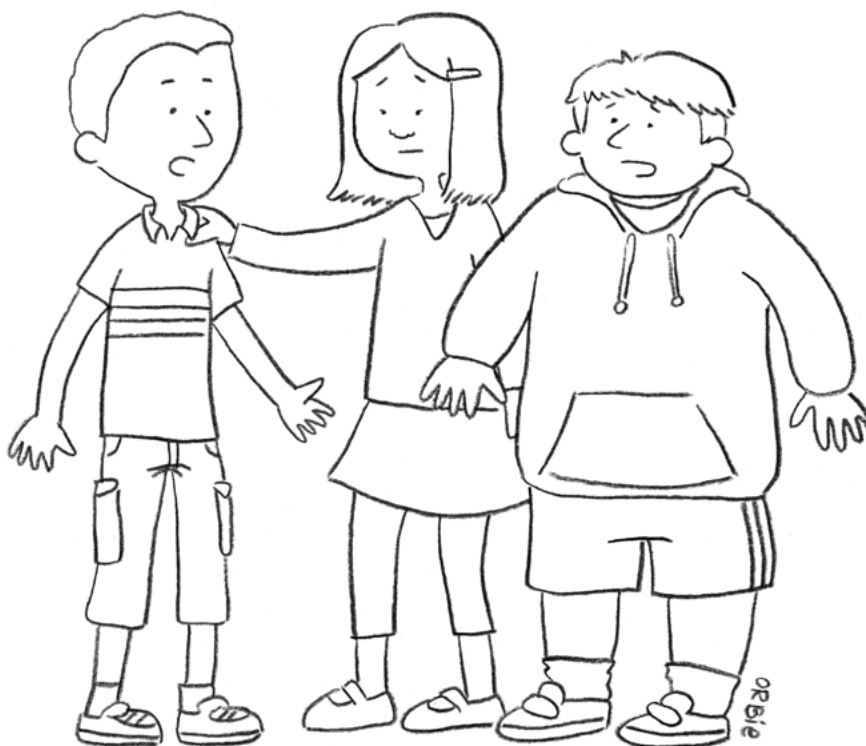
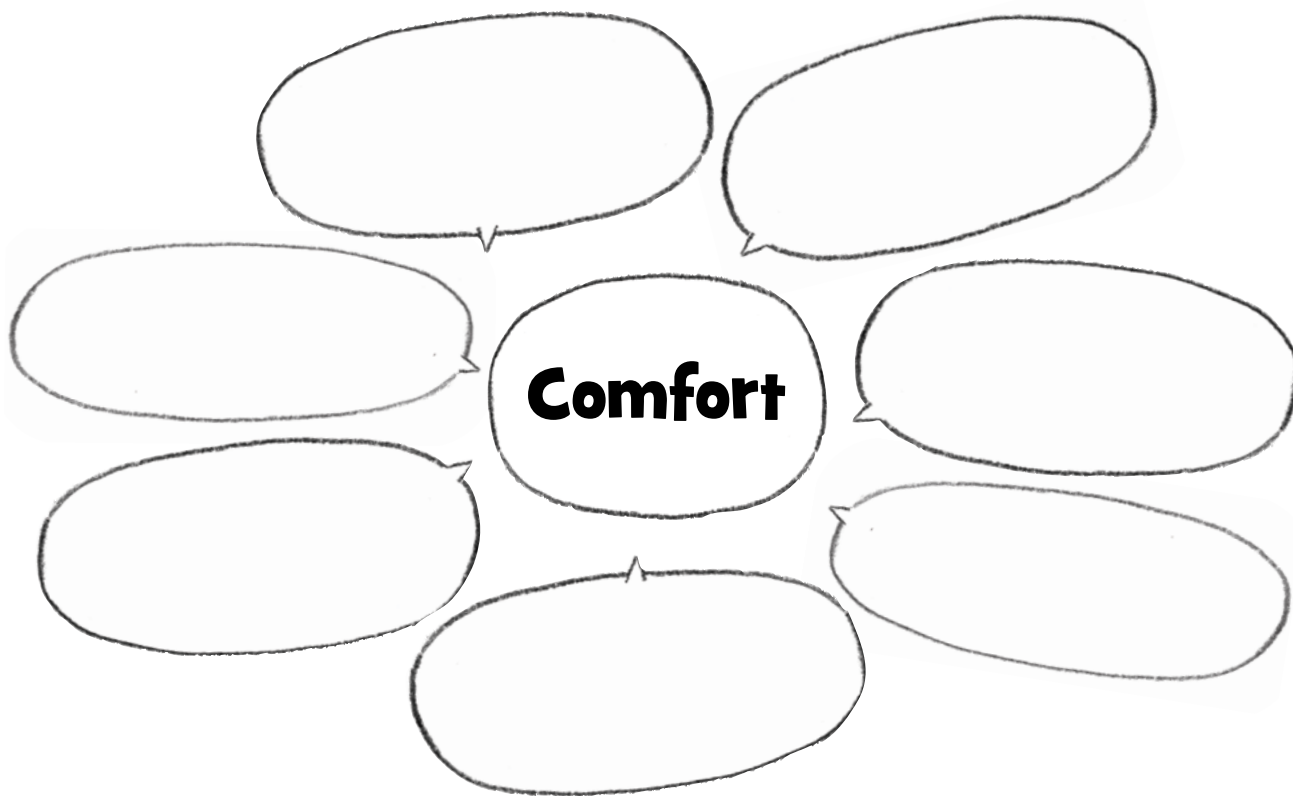


When someone takes away our rights, it's important to talk about it until it stops. Who would you talk about it with?

Solution on page 12

# A DAY FULL OF SURPRISES (CONTINUED)

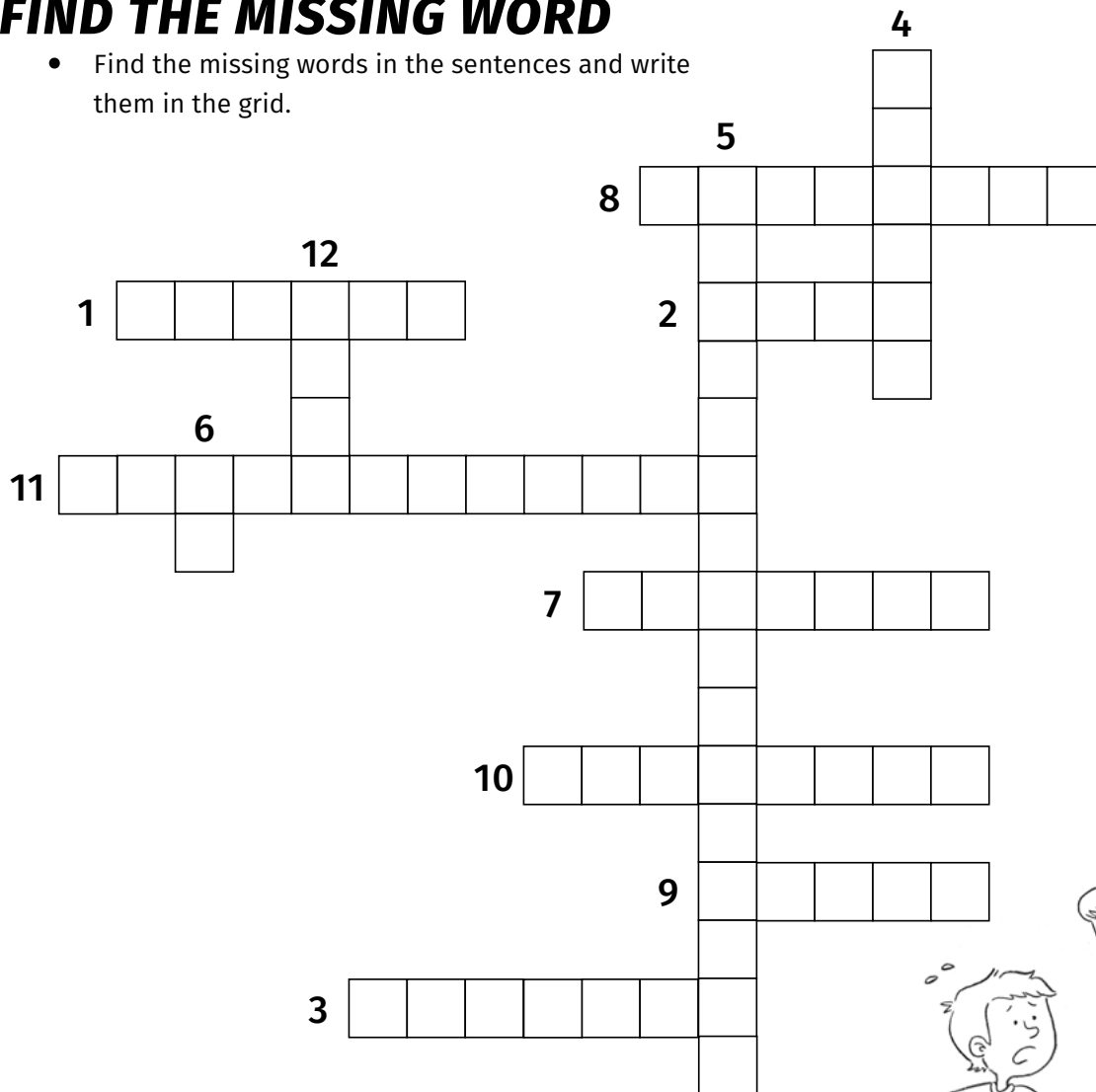
- Write in the bubbles the comforting words and actions that you can find in the text.



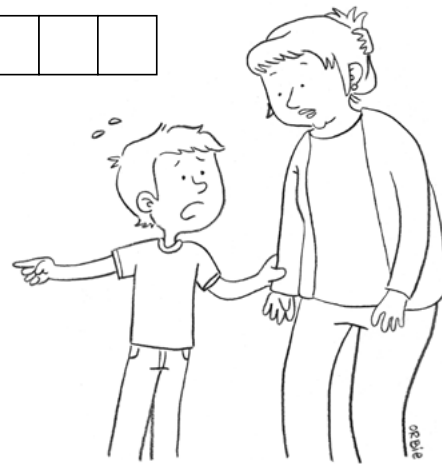
Solution on page 12

# FIND THE MISSING WORD

- Find the missing words in the sentences and write 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



# ENCODED 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- \_\_\_\_\_

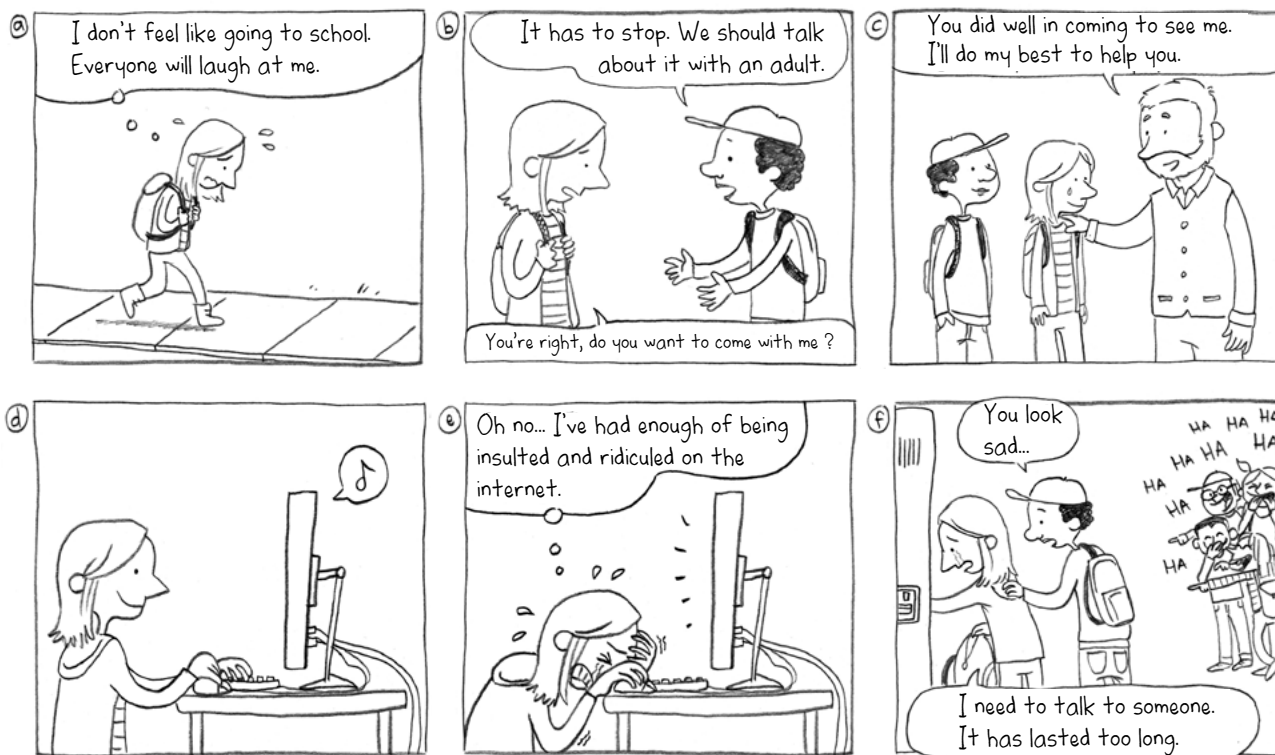
4. 📶🎵🌙⌚🌙 🔪⌚🌙 🔪📶 📶🌙🔒📶📶 📶📶👤📶👤🌙 📶🎵🔪📶📶  
 🔪🔪🕒📶 🌿👤 🌀🌙🌙 📦🌙 📦 🎵🔒🌙 🔪 📶⌚👤👤👤🌙👁️ :

1- \_\_\_\_\_ 2- \_\_\_\_\_ 3- \_\_\_\_\_

Solutions on page 12

# PLACE THESE PICTURES IN CHRONOLOGICAL ORDER

- Put the following pictures in chronological order and colour them if you want.



1. \_\_\_\_ 2. \_\_\_\_ 3. \_\_\_\_ 4. \_\_\_\_ 5. \_\_\_\_ 6. \_\_\_\_



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

For someone to talk to or to report cyberbullying  
[www.cyberaide.ca](http://www.cyberaide.ca) / 1 866 658-9022  
[jeunessejecoute.ca](http://jeunessejecoute.ca) / 1 800 668-6868

# DRAW A COMIC STRIP

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

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



# LOVE & RELATIONSHIPS

- Decode the message using 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)

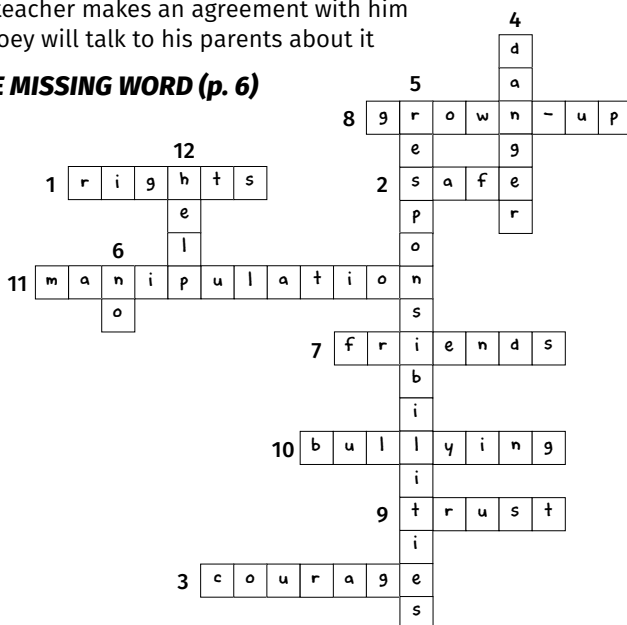
It's Friday and your teacher has decided to organize a **surprise**. He has prepared all sorts of game workshops to reward the whole **class** for their's good behavior during the week. On this pleasant and relaxing day, some of your classmates notice that Joey is not feeling well. They try to find out what is wrong, but Joey doesn't answer. Martin decides to go tell your **teacher** that Joey really doesn't seem to be feeling well. When your teacher goes to see Joey and asks him how he feels, Joey bursts out **sobbing** and tells him that a student from another class says **mean** things to him every time he sees him. This 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 **solutions** to help him. Some of you offer **to accompany** him for the next recesses. One person even offers to join him on the way back home. Your teacher makes an **agreement** with him: Joey will talk to his parents about it tonight. On Monday, he will give his teacher an update so he can assess the situation and make sure that the **bullying** 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)



### ENCODED MESSAGE: (p. 7)

1. I can use my Self-defense 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 THESE PICTURES IN CHRONOLOGICAL ORDER (p. 8)

Solution : d-e-a-f-b-c

### LOVE & RELATIONSHIPS (p. 11)

Solution : You choose the person you want to kiss.



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