



**HANDY BOOKLET**  
FOR PARENTS

**1**

**VIOLENCE  
AGAINST CHILDREN...**

### **Project director**

ESPACE Chaudière-Appalaches

### **Editor**

France Fortin — adapted by the ROEQ Collective

### **Adaptation for Indigenous people**

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### **Translation**

Stéphanie Martin

### **Illustrations**

Illustrations Orbie

### **Graphic design**

Kaylynne Johnson — Web et design

Marie-Josée Beaulieu — mariejodesign

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157, rue des Chênes, bureau 218, Québec, QC G1L 1K6

## ESPACE Independent Community Organizations: Our Mission

Every action aims to offer children the chance to have a safe childhood free from violence. It is how we translate our ongoing commitment to preventing all forms of violence against children.

Preventing violence means not only giving children the tools they need to protect themselves against all forms of violence but also raising adults awareness of what their role is in prevention and equipping them to help children.

ESPACE's principal activities are:

- ◆ an educational program for elementary schools, daycare centres, recreational or sports groups, and other children's milieus. A one-on-one meeting is offered to the children after the workshop;
- ◆ raising awareness and supporting the general public, community organizations, associations, professionals, etc.;
- ◆ collaborating with various professionals in organizations, universities, colleges, the media, working groups, etc.;
- ◆ telephone consultations and referrals.

You can also view the activities of each ESPACE organization by visiting our website at [www.espacesansviolence.org](http://www.espacesansviolence.org).



# Introduction

*To thrive in love, affection, respect and sharing, a child needs their family and community. If wounded, bruised and left to fend for themselves, they will withdraw and may experience emotional and social consequences.*

*Our actions, our words and our deeds are the ways we express the values we want to pass on to our children. Thus, as adults, we have the power to influence the physical, mental, spiritual and emotional development and well-being of children.*

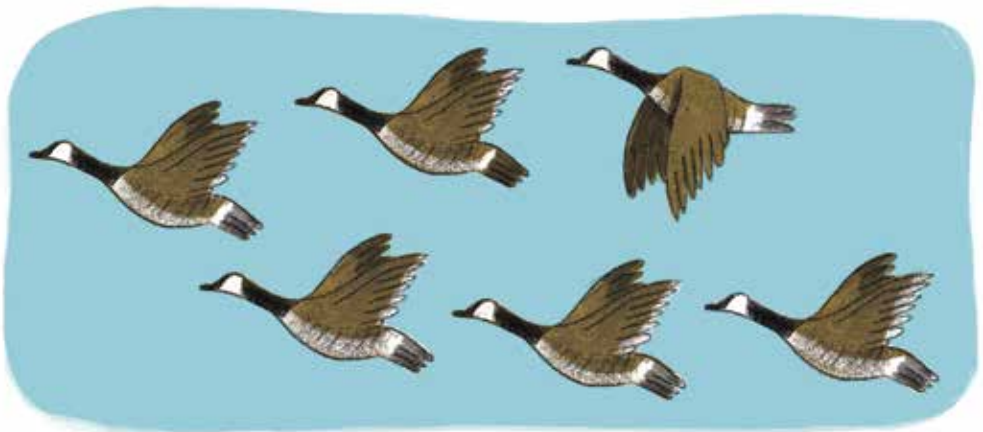
*That's why we've produced five booklets to support you in your teachings and practices. "Violence against children...", "Prevention," "Clue to detect if a child is a victim of violence," "When a child confides in you..." and "Help for you and for a child" are designed to help your child:*

- ◆ Recognize violence and know how to respond
- ◆ Develop their assertiveness
- ◆ Learn to trust their instincts
- ◆ Cultivate mutual aid between children and with adults
- ◆ Identify trusted adults

*We hope that this tool will support the further development of your own strengths and those of your children.*

## **Your ESPACE organization**

*Member of the Regroupement des organismes ESPACE du Québec*



## Violence against children

### VERBAL VIOLENCE



*Girls and boys of all ages and from all walks of life can fall victim to violence.*

### SEXUAL VIOLENCE



*Violence that isn't always obvious. Aggressors who aren't always what they seem.*

## PSYCHOLOGICAL VIOLENCE



*Bullying originates from an imbalance of power. It includes psychological, physical or sexual violence, threats, coercion, exclusion, rejection, gossip as well as spreading of rumours or insults. These acts of violence can be perpetrated in person or online*

## NEGLIGENCE

*Negligence is characterized by the absence of or inadequate gestures and care necessary for a child's development.*



## PHYSICAL VIOLENCE



*Girls and boys living in a violent environment often grow up with adjustment and behaviour problems.*

## CHILD EXPOSED TO DOMESTIC VIOLENCE





## CYBERVIOLENCE



*Online games, cyber predators, cyberbullying and even sexting -- cyberspace is both a public place and a jungle, with all its wonders and dangers!*

When a person uses their authority, their power to put down, manipulate or control a girl or a boy with words or actions that hurt them or make them sad, that scare or humiliate them, that person is abusing their power. They are subjecting the child to violence and bullying.

## Adults and power

Our status as adults naturally gives us power over children. Using that power in a constructive way is our responsibility towards children: for example, to support them, instill values, give them affection. Power is not wrong per se, it all depends on what we do with it. Most of the time we use it correctly to guide children.

## You and your child

Nobody is perfect. It is possible that your actions or words sometimes go beyond your intentions. If you realize that what you say or do is an abuse of power that repeats itself or is severe, get help.



*Recognizing that we have abused our power and apologizing for our actions show children that they are important to us and that we respect them.*



*Power used in a constructive manner in your daily life helps your children to grow and prepares them to face diverse situations.*

**Trust yourself. You are equipped to help your children acquire the skills they need to deal with life's challenges.**

# Conclusion

Three important factors make children vulnerable to violence and make them easy prey for abusers:

- ◆ **A lack of information** about abuse and their rights.
- ◆ **Dependence** on adults to meet their needs and to provide protection.
- ◆ **Social isolation**, since children see each other as playmates and not as people who can help each other. It's usually through adults that a child has access to community resources.

That's why ESPACE works to prevent all forms of violence against children.

Every action is important. For additional information, you can also read the following booklets:

Booklet 2 — *Prevention*

Booklet 3 — *Clues to detect if your child is a victim of violence*

Booklet 4 — *When a child confides in you...*

Booklet 5 — *Help for you and your child*

Because every constructive action contributes to building a world where adults and children can finally feel **safe, strong and free!**

Remember, we're here for you and your children if you need support.



## Regroupement des organismes ESPACE du Québec

The Regroupement des organismes ESPACE du Québec (ROEQ) is responsible for the implementation and development of the CAP-ESPACE program. It takes pride in the awards it has received.



- ◆ the Rights and Freedoms Award
- ◆ the Marie-Vincent Foundation Award
- ◆ the Persillier-Lachapelle Award
- ◆ the annual Desjardins award

In collaboration with Université Laval, ESPACE has participated in various research projects to assess the impact of the program. This research proved conclusive. Visit [www.espacesansviolence.org](http://www.espacesansviolence.org) for info on the detailed results.





## How to contact your ESPACE organization

ESPACE Abitibi-Est	819 824-3572
ESPACE Centre-du-Québec	819 752-9711
	Tel : toll free 1 833 297-9711
ESPACE Chaudière-Appalaches	418 603-8383
ESPACE Côte-Nord	418 296-2403
	Tel : toll free 1 866 589-2405
ESPACE Gaspésie-les-îles	418 368-2015
	Tel : toll free 1 866 368-2015
ESPACE Mauricie	819 375-3024
ESPACE Outaouais	819 771-1546
ESPACE région de Québec	418 649-5140
ESPACE Surcoût	450 371-8096
Regroupement des organismes ESPACE du Québec	418 667-7070

[www.espacesansviolence.org](http://www.espacesansviolence.org)

This booklet for parents is designed to help prevent violence against children and is part of a series of five. The booklets offer various tools to help you ensure that more and more children have a safe childhood free from violence.