

# 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



**espacesansviolence.org**

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Hello!

Congratulations for your participation in the ESPACE workshop! This book is filled with tons of fun activities. You can choose to complete them with an adult if you want to. Thanks to these activities, you'll be able to remember your rights and the strategies you can use if someone takes them away from you.

Don't forget that you have the right to feel safe, strong and free!

Have fun!



Dear parent,  
Dear guardian,

This week, your child took part in a CAP-ESPACE workshop! In a group setting, we've had the chance to address different subjects linked to child assault prevention. This activity book contains exercises in connection with the notions that we've explored with your child during the workshop. You will also find, on the next page, a brief description of our workshops. This tool can be an excellent way to open a discussion with your child on the different subjects relating to violence while having fun!

We also encourage you to visit the CAP-ESPACE organizations' website at [espacesansviolence.org](https://espacesansviolence.org), where you will find useful information to continue your child's education on child assault prevention. You will be able to view, among other things, the educational staff's activity book, which offers numerous complementary activities that can be carried out with your child.

May it be with your child or with other youngsters from your entourage, you are an important link.

Thank you for pursuing prevention!



# DESCRIPTION OF THE CAP-ESPACE WORKSHOP

## First day...



The ESPACE team talked to the children about fundamental rights that everybody has, both children and adults, in particular the following rights : the right to feel safe, the right to feel strong (inner strength, courage) and the right to feel free. With the help of a short play demonstrating a bullying situation between children followed by a discussion period, the children learned about emotions they can feel when they are confronted with that type of situation or if someone takes away their rights. They then learned about the possible strategies to take action when they go through these types of situations or even when they witness them (say no, ask a friend or other children for help, tell an adult). Finally, they practiced being able to say NO, because sometimes that can require a lot of courage!

## Second day...



Attending a puppet show, the children learned the safety rules to apply when they are outside of the house and what to do if they meet a stranger. They learned different self-defense strategies to use if they find themselves in a situation where they feel in danger, if someone holds on to them and doesn't let them go (special yell- self-defense yell, hit, kick and scratch to get away and run to go get help).

## Third day...



During the last day of the workshop, the children learned the names of the different body parts. With the help of short plays and discussion periods, they also talked about unpleasant ways of touching or being touched by siblings and sexual violence committed by an adult. They learned what to do when someone touches them in a way that they don't like or makes them feel uncomfortable. The last short play helped them know what to do if they are a victim or witness of domestic abuse. In all those situations, they learned that they can use the strategies seen during the previous days of the workshop.

Lastly, the ESPACE team reinforced the importance of talking to a trusted adult like their parents, a member of their extended family (grandparents, aunt, uncle, etc. ), an educator, a babysitter, a neighbour, etc. The children learned that there are plenty of adults they can talk to if they have a problem and that these trusted adults are there to listen to them, believe them and help them!

If you have any questions, we invite you to discuss it with your child's educator.

If needed, contact the CAP-ESPACE organization of your region!

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

# FUNDAMENTAL RIGHTS

-  Colour the picture.
- Repeat the gestures to remember them well.

Safe



I have the right  
to feel safe!

Strong



I have the right to  
feel strong!

Free



I have the right to  
feel free!

COMPETENCIES TO DEVELOP : emotional fields, physical and motor skills, language skills.

# EMOTIONS

- Draw a line or an arrow to link together the same drawings and then colour them.



happy



angry



sad



scared



angry



sad



scared



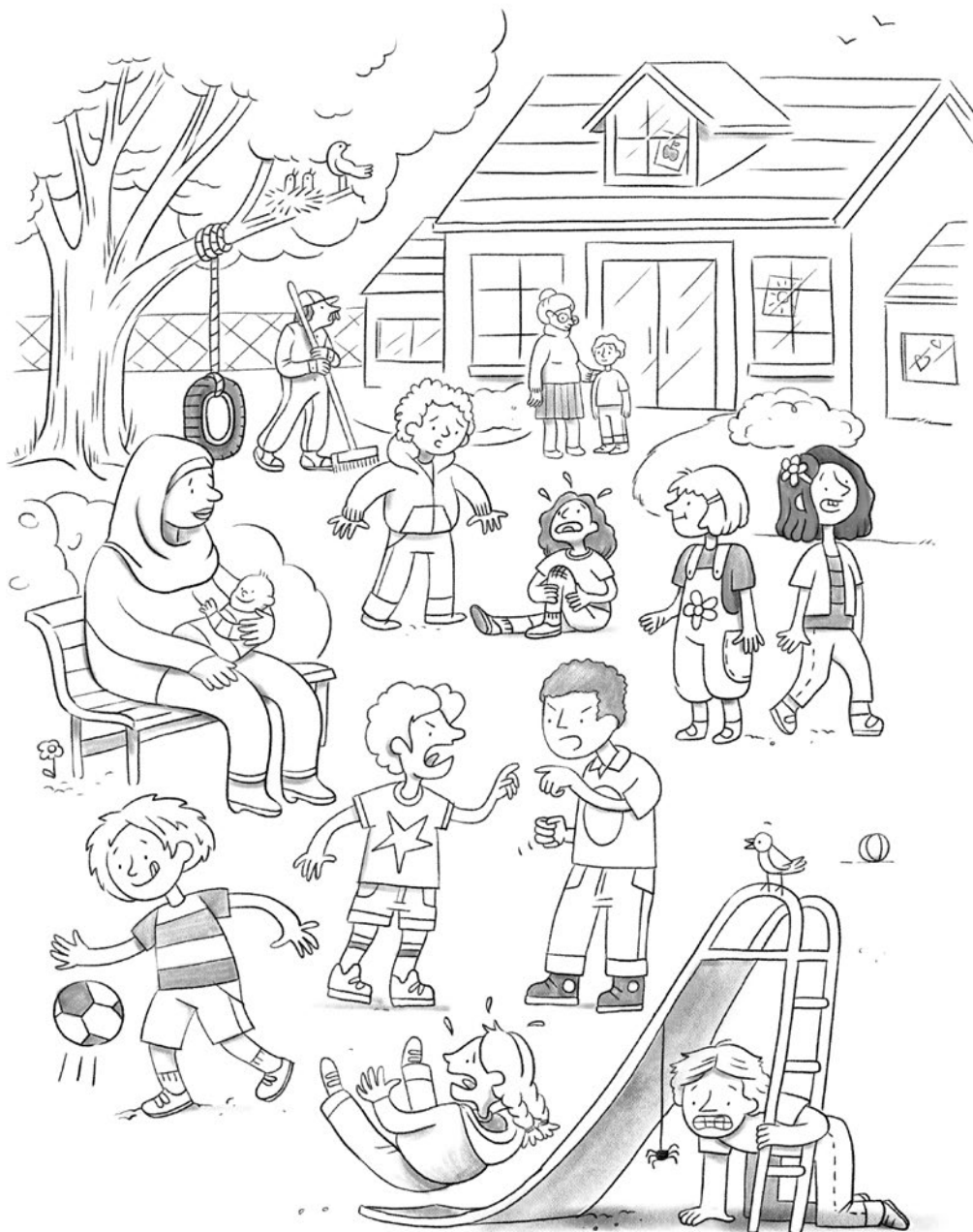
happy

With another person, play the mirror game.  
Stand or sit in front of that person and ask them to mime an  
emotion. Try to mimic the same emotion, at the same time.  
Can you name the emotion that the other person is mimicking?

COMPETENCIES TO DEVELOP : cognitive and emotional fields.

## EMOTIONS : SEEK AND FIND!

- Do you see **happy children**? How many do you see? Colour them yellow.
- Do you see **sad children**? How many do you see? Colour them blue.
- Do you see **angry children**? How many do you see? Colour them red.
- Do you see **scared children**? How many do you see? Colour them grey.
- Do you see **adults who could help you** if you had a problem? Colour them green.



**COMPETENCIES TO DEVELOP :** cognitive and emotional fields, physical and motor skills.

# STRATEGIES TO KEEP OUR RIGHTS

-  Colour the picture.

## Say NO



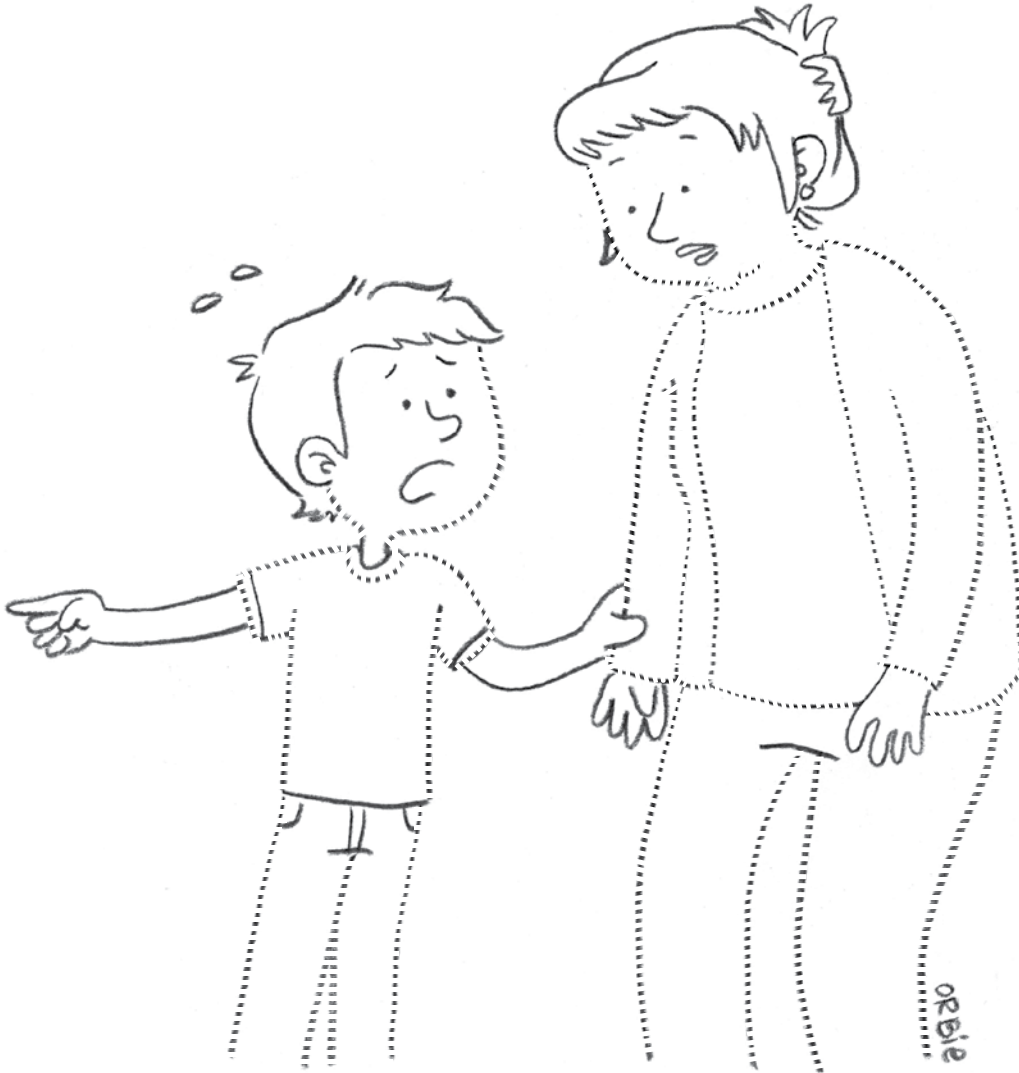
If you don't feel safe, strong and free,  
you have the right to say « NO! »

**COMPETENCIES TO DEVELOP :** dimension emotional field, physical and motor skills, social and moral fields.

## STRATEGIES TO KEEP OUR RIGHTS

- Connect the dots.
-  If you wish, colour the picture.

# Tell an adult



If you have a problem or if you don't feel safe, strong and free, you can tell an adult, a grown-up with whom you feel comfortable.

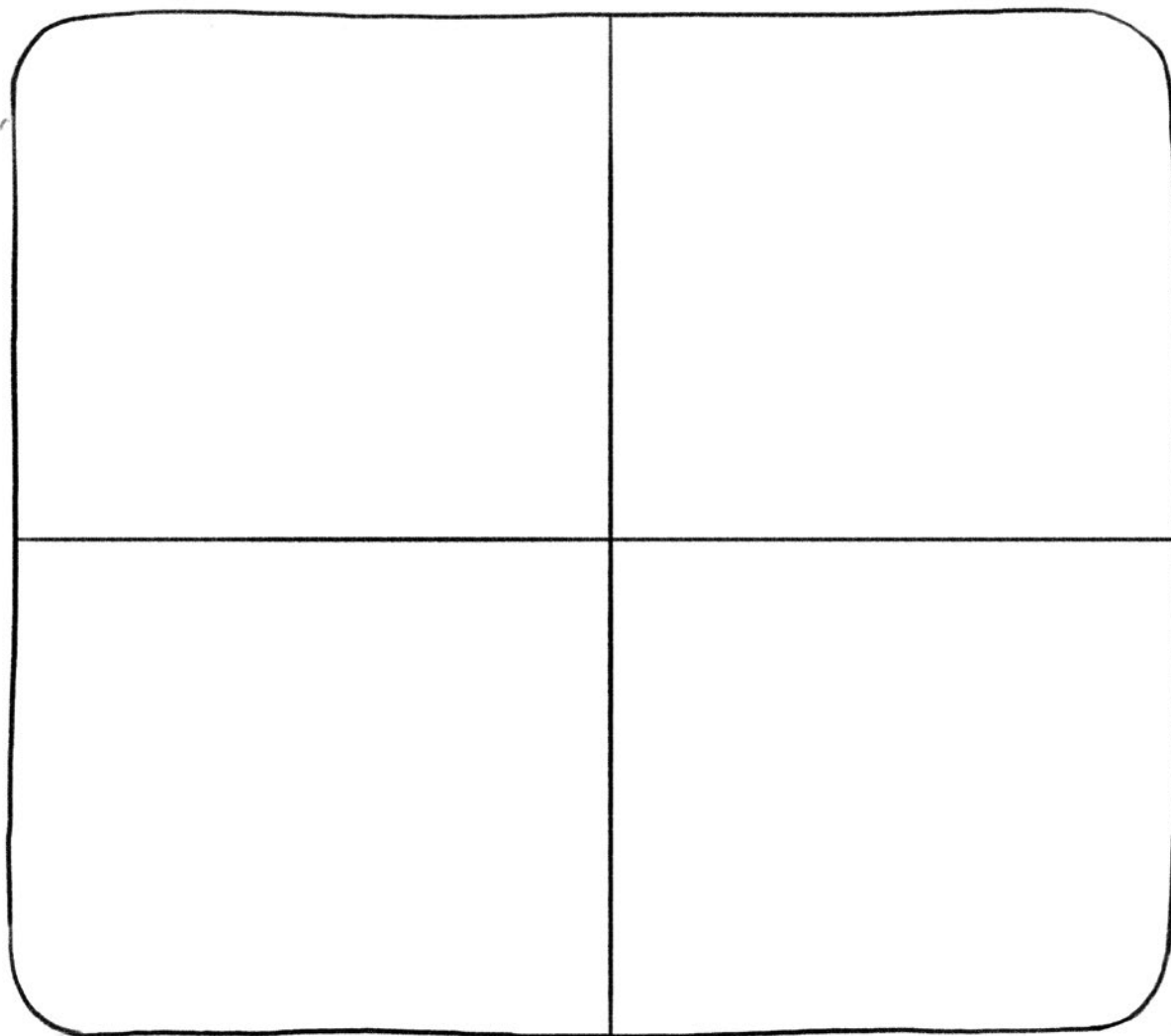
Don't forget: if the person that you talk to doesn't believe you, you have to talk about it with another adult, and another, until you find someone who believes you and helps you.

COMPETENCIES TO DEVELOP : emotional field, physical and motor skills, social and moral fields.

# STRATEGIES TO KEEP OUR RIGHTS

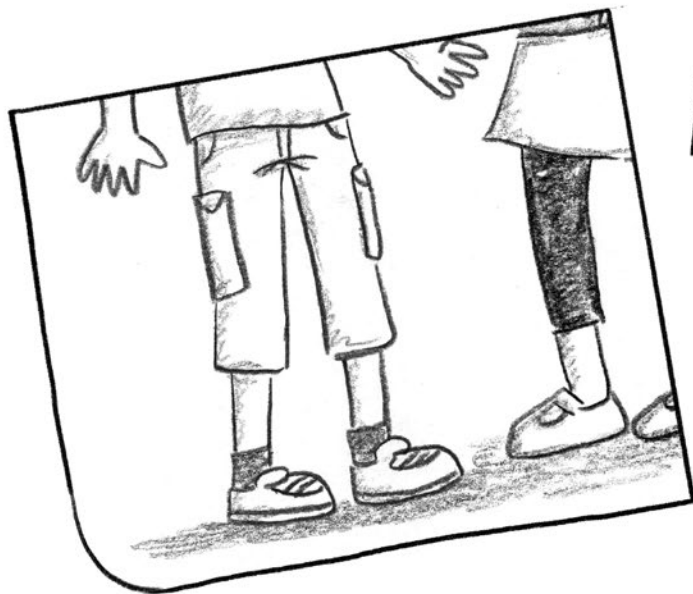
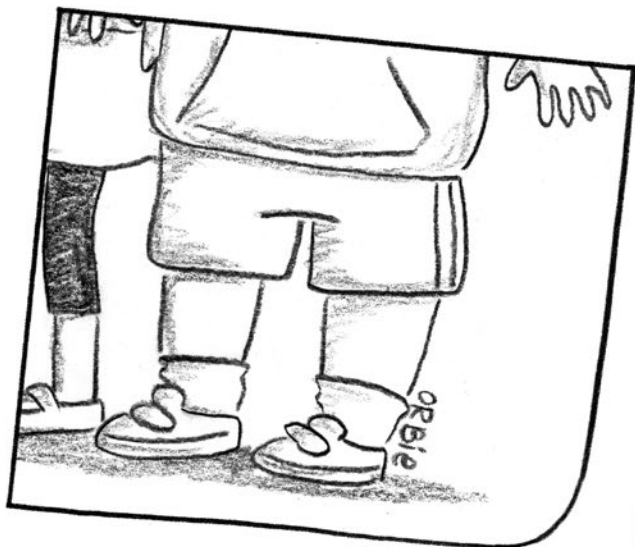
- Cut out the pieces of the puzzle.
- Put the pieces back in the right spots.
-  If you wish, colour the puzzle.

**Ask for help**



**If you don't feel safe, strong and free, which friend or which other child can you ask for help?**

**COMPETENCIES TO DEVELOP :** physical and motor skills, cognitive, emotional social and moral fields.





# SELF-DEFENSE AND ITS DIFFERENCES

- Find the three differences and circle them.
-  If you wish, colour the pictures.

## Self-defence



## Self-defence



If you feel in danger and there is nobody around to help you, you can use the self-defense methods to get away and go tell an adult; you can hit, kick, scratch and do the special yell.

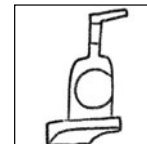
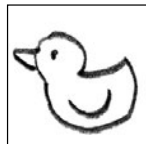
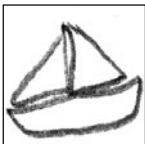
COMPETENCIES TO DEVELOP : emotional, cognitive social and moral fields,  
physical and motor skills.

# BODY PARTS

- How many ears do you see in that picture? How many feet? How many hands? How many noses?
- Do you see other body parts in the picture? Can you name them?
-  Colour the picture.



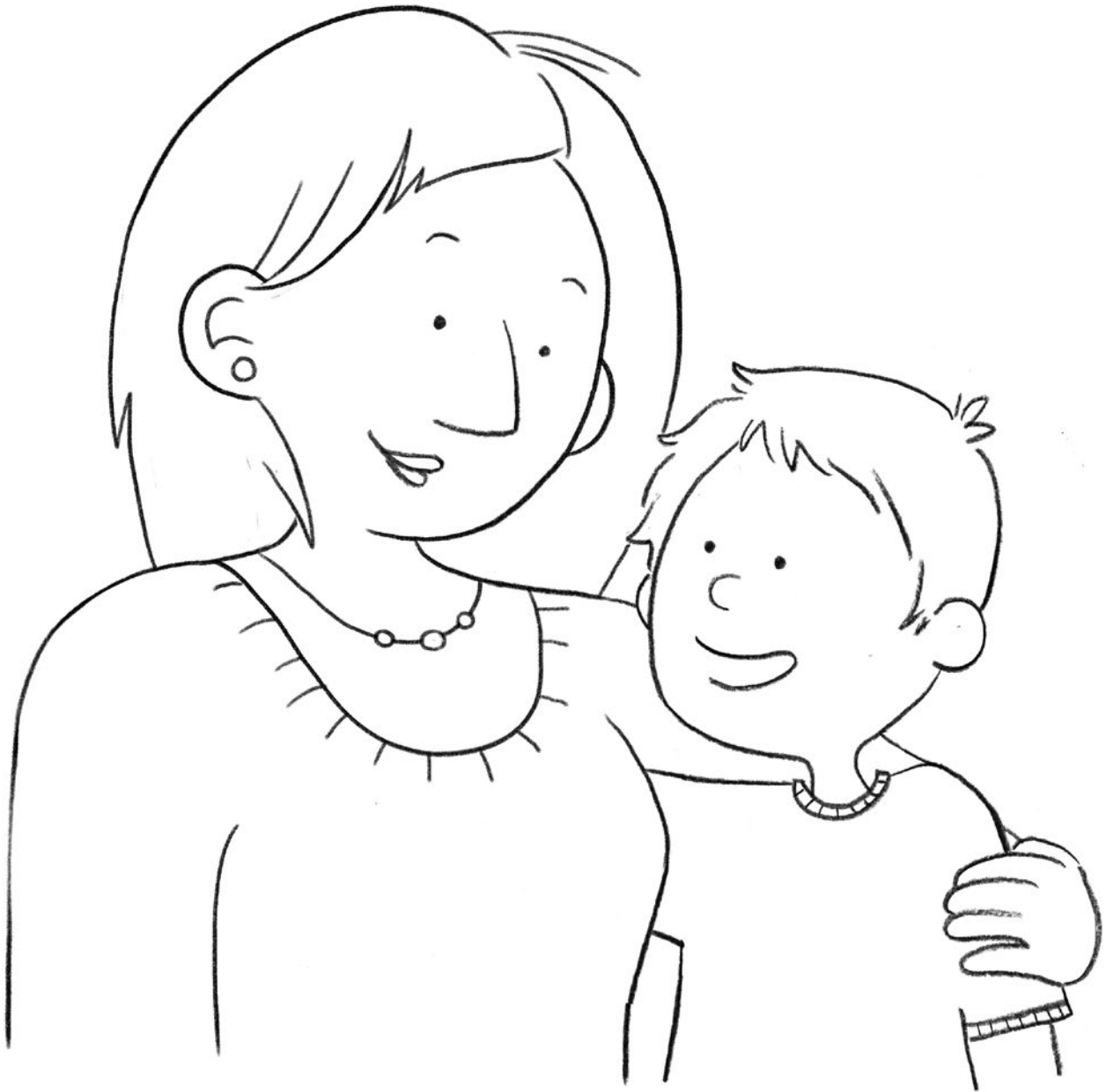
- Can you spot these details in the picture?



**COMPETENCIES TO DEVELOP:** emotional and cognitive fields, physical and motor skills.

# TRUSTED ADULTS

-  Colour the picture.



Paulo feels safe with that person.

What about you? Which adult do you feel safe with?  
Can you name three grown-ups with whom you feel comfortable?

COMPETENCIES TO DEVELOP : emotional, social and moral fields, physical and motor skills.

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

**Visit the ESPACE  
Youth Zone!**

There you'll find online games,  
videos, reading material and  
resources to help you if you  
need it. :)

