



## HANDY BOOKLET FOR PARENTS

5

## HELP FOR YOU AND YOUR CHILD



### **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

# Preface

## ESPACE Autonomous 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

*Seeking help from friends and family, asking for support from trusted adults or from organizations that are there to help: these are effective steps that can be taken by children... and by adults.*

## **Your ESPACE organization**

*Member of the Regroupement des organismes ESPACE du Québec*



# Booklet 5

## Help for you and your child

### Who can help you?

#### Your loved ones.

Confiding in them about what is bothering you may help you:

- ◆ to better understand the situation;
- ◆ to come up with ideas, and solutions;
- ◆ get the boost you need in order to consult the resources in your community.



#### The child's school

Often the school can provide people that can advise you:

- ◆ the teaching staff;
- ◆ the principal;
- ◆ other professionals ( psychologist, special education technician, school nurse, psychoeducator).

#### Community organizations and support groups

They exist in order to address various needs. How can you find them?

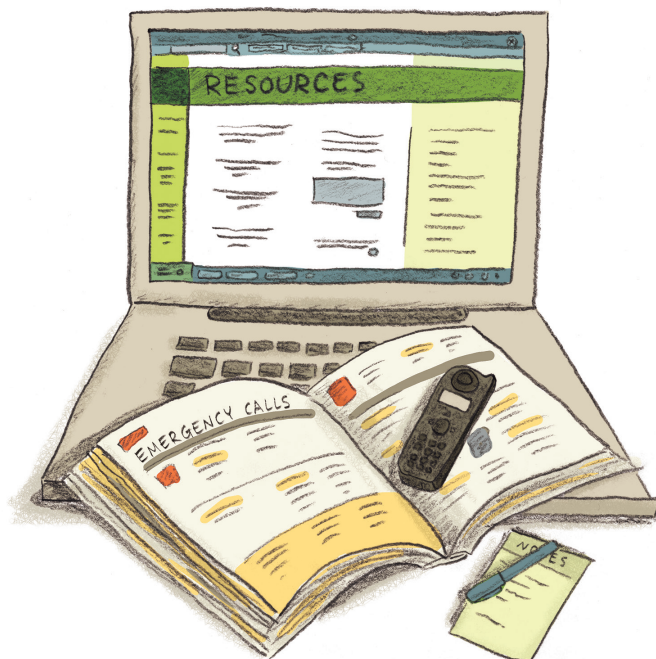
- ◆ Contact the ESPACE organization in your region. They can help you or refer you to other resources.

#### CLSC and hospitals

Find out what services are offered by your local CLSC, or about the support and services provided by the hospitals.

## Booklet 5: Help for you and your child

- ◆ You can also contact **Info-Santé** or **Info-Social** by dialing 811 for a free and confidential consultation 24 hours a day, 7 days a week.



*It is reassuring to know that there are resources available for you when you need them.*

## If a situation needs to be reported

### Reporting to Youth Protection

- ◆ When you suspect that a child or youngster is a victim of physical or sexual violence, you must report the situation immediately to the Director of Youth Protection (DYP) in your region, even if you think that their parents are taking the necessary steps to put an end to the situation. It is the DYP's responsibility to evaluate if their measures are adequate.

## Booklet 5: Help for you and your child

If you have reason to believe that a child or youngster is a victim of serious neglect, abandonment, or psychological abuse (belittling, threats, emotional rejection, isolation, exploitation, exposure to domestic violence, etc.) or that they have serious behaviour problems (drug abuse, suicide attempts, running away, criminal acts, etc.), you can report the situation to the DYP of your region.

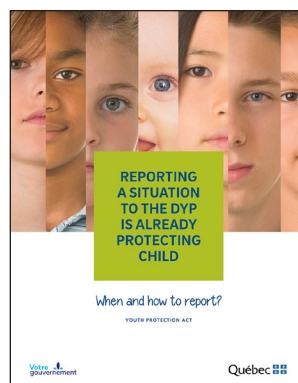
However, if you are a professional working with children, you must, in your official capacity, report to the DYP all situations stipulated in the Youth Protection Act (YPA).

- ◆ If you have concerns about a child, or doubts about whether or not to report, contact the DYP; they can answer your questions and guide you through the steps to be taken.
- ◆ When reporting, you will be asked personal information about the child, the facts that have you concerned, how often they happen, etc.
- ◆ Your name will not be released without your approval.
- ◆ The DYP must notify you if the report is not retained or if the evaluation of the situation has concluded that the child's safety and development are not compromised. If you are a professional working with children and Youth Protection takes charge of the case, the DYP must inform you.
- ◆ It can be useful to note the name of the Youth Protection worker you spoke with.

For more information, consult this document online :

<https://publications.msss.gouv.qc.ca/msss/fichiers/2019/19-838-03A.pdf>

**Filing a report with the DYP  
is already protecting a child —  
When and how to file a report?**





*Reporting requires courage! To help you, put yourself in the shoes of the child who is or has been a victim of violence.*



### Reporting to Police

If you want charges to be laid, you should contact your local police department. This helps protect other children. Even if you do not wish to file a complaint, it is still recommended that you contact the police; they may be looking for information for other cases.

### Multisectoral Agreement

When a case is reported to Youth Protection or the Police, there is a multi-sectoral agreement that goes into effect. This agreement calls for collaboration between the DYP and all other relevant actors (police, judicial system, other partners like the school or daycare centre). This is the case when there is a reasonable belief that the safety or development of a child is compromised. These situations concern children who are victims of sexual or physical violence, or a lack of care that threatens their well-being.



# Conclusion

Think about the simple things you can do to stop violence against children. Be vigilant. Don't hesitate to seek help for yourself or the child. Remember, we're here for you and your children if you need support.

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

Booklet 1 — *Violence against children...*

Booklet 2 — *Prevention*

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

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

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



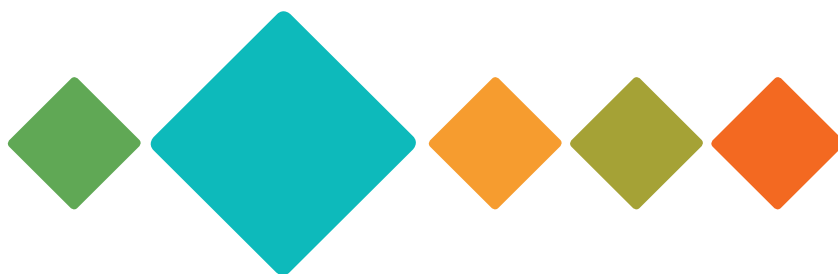
## Regroupement des organismes ESPACE du Québec

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 Suroît	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.

