

ROOTS OF EQUALITY

Friends Making a Difference

WORKSHOP FOR GRADE 7 & 8 GIRLS



FRIENDS MAKING A DIFFERENCE

Students: Grade 7 & 8 girls

Length: 60 minutes



Purpose:

- To empower students to recognize and understand woman abuse.
- To enable students to support a friend who is exposed to woman abuse in the home.

Preparation:

- Get a copy of the video, *I Wish The Hitting Would Stop* (can be ordered at www.redflaggreenflag.com). Preview the video.
- Make an overhead of the definition of woman abuse.
- Make an overhead of the excerpt from the *Canadian Charter of Rights and Freedoms*.
- Print enough copies of the “How to Help a Friend Exposed to Abuse in the Home” handout.
- Print enough copies of the “What are the myths?” Quiz.
- Print enough copies of the feedback form.
- Have a copy of the “What are the myths?” Answer sheet.

Introduction

What is woman abuse? (See overhead.)

Woman abuse is any verbal threat or physical force used to create fear and control what a woman does.

As with all abuse, the abuser has more power than the victim. The abuser is always the one responsible for his or her behaviour. Abusers often use alcohol or drug use as excuses for the violence, but the real cause is their need to control someone else's behaviour.

Activity #1 - 25 minutes

Hand out *What are the Myths?* sheets (true /false questions) and ask students to complete it. Discuss correct responses as a group.

Activity #2 - 30 minutes

Important: Preview the video so that you can find the parts where the teens are relating their experiences. Mark these parts and show only these parts of the video to the group..

- Show the parts of the video and discuss.
- Be sure to highlight the following from the video:
 - Some children try to ignore the fighting, hoping that it will go away, or pretend it doesn't exist.
 - Children often believe that the fighting is their fault.
 - Some children may think that no one knows about the violence in their home.
 - Children living with woman abuse often don't know what to do.
 - Remind children that there are lots of people they can go to for help: teachers, principals, counselors, nurses, doctors, police officers, neighbours, friends, relatives, other family members, religious workers.
 - When there's violence someone may get hurt. Children can call 911 and the Kids Help Phone line (1-800-668-6868) for help.
 - Children say that living with woman abuse can be: confusing, difficult, hard, distracting, unpredictable, scary, loud, and noisy.

- Children living with woman abuse may: feel lonely and different; have difficulty with friendships; feel isolated and unable to bring friends home; feel the need to be secretive; feel dishonest when lying about injuries and bruises.
- Children who live with woman abuse have difficulty paying attention in school, as they worry about problems at home.
- Remember to reinforce that if you live with family violence it is not your fault, it is not okay and you are not alone. There is help.
- Remember to say “If you know of somebody living in an abusive home these are things you can do to help: don't keep it a secret, find an adult that you trust to help, be a good listener and friend, don't gossip about your friend's situation.”

Encourage the group to develop a list of responses that would be good to use if a friend disclosed. Include:

- It is not your fault.
- I am here for you.
- I am worried about you.

Closing

Due to the gravity of the information presented in this workshop it is advised that the girls leave on a positive note. Have students orally fill in the endings to:

- I feel stronger when I
- As a group we can

Show the overhead of excerpts from the *Canadian Charter of Rights and Freedoms*. All Canadians have these rights, its the law.

Some suggestions for closing activities:

- Read an empowering poem.
- Promote participation in local events such as *Take Back the Night*.

Handouts:

- What are the Myths?
- Feedback form
- How to Help a Friend Living with Family Violence

Teacher Resources:

- Fact Sheet and answers for “What are the myths?”
- Video: *I Wish the Hitting Would Stop*
- www.redflaggreenflag.com (Red Flag Green Flag)
- www.springtideresources.org (Springtide Resources)

WHAT ARE THE MYTHS? QUIZ

1. Women assault their partners as often as men do. **T F**
2. Men who assault their partners do it because they have been drinking. **T F**
3. When a woman is assaulted her children are not usually present. **T F**
4. Children who witness their mother's assault often blame themselves. **T F**
5. Children who witness family violence often become violent when they are adults. **T F**
6. Men who assault women are mentally ill. **T F**
7. Women often cause the violence against them by their actions. **T F**
8. Assaults against women occur more often among certain groups of people, especially poor people. **T F**
9. It is easy to leave an abusive relationship. **T F**
10. Most sexual assaults are committed by strangers. **T F**

Source: Springtide Resources: ending violence against women.
www.springtideresources.org

WHAT ARE THE MYTHS? QUIZ ANSWER SHEET

1. False: 93% of assaults between partners involve men assaulting women. Most women who have been charged for assaulting men say they were defending themselves.
2. False: The need for power is the reason men abuse women. Alcohol is used as an excuse.
3. False: In Ontario about 180,000 children witness violence in their homes.
4. True: Children often believe they are to blame for the violence, and that they could stop the violence if they really tried. Children are NEVER to blame.
5. False: Children who have witnessed family violence can become abusers because violence has been modeled on a regular basis. Children are also very open to learning otherwise and realizing that acting violent is not the way to feel good about themselves. Counseling children helps them see that violence is not okay.
6. False: Violence against women is a crime, not a sickness. Some men abuse women as a means of controlling them. Psychologists have found that men who abuse women have psychological profiles similar to ordinary, non-violent men.
7. False: No behaviour justifies a violent response.
8. False: Violence against women occurs in families from every cultural, racial, and socio-economic background.
9. False: Women often stay in abusive relationships because they have no job, no place to go, no support from their family. They may believe that they are responsible for the abuse. They may have been threatened and so are afraid to leave.
10. False: Women are most likely to be assaulted by someone they know, not a stranger.

How to Help a Friend Exposed to Abuse in the Home

1. If you know of somebody living in an abusive home these are things you can do to help:
 - Be a good listener and friend.
 - Help your friend understand that he/she is not to blame for the violence.
 - Let them know that no one has the right to abuse another person.
 - Tell them they are not alone (this happens to other people).
 - Don't keep it a secret.
 - Find an adult that you trust to help.
 - Don't gossip about your friend's situation.
2. There are safe places to go for help, such as women's shelters.
Our local shelter number is _____ .
The Assaulted Women's Help Line is 1-866-863-0511.
3. Children can call 911 for help. They can also call the Kids Help Phone line: 1-800-668-6868.
4. If you have a friend living in an abusive home, don't try to get involved yourself.
You don't want to endanger your safety. Get help.
5. There are lots of people you can go to for help: teachers, principals, counselors, nurses, doctors, police officers, neighbours, friends, relatives, other family members, religious workers.

Canadian Charter of Rights and Freedoms

FUNDAMENTAL FREEDOMS.

2. Everyone has the following fundamental freedoms:
- (a) freedom of conscience and religion;
 - (b) freedom of thought, belief, opinion and expression, including freedom of the press and other media of communication;
 - (c) freedom of peaceful assembly; and
 - (d) freedom of association.

LIFE, LIBERTY AND SECURITY OF PERSON.

7. Everyone has the right to life, liberty and security of the person and the right not to be deprived thereof except in accordance with the principles of fundamental justice.

TREATMENT OR PUNISHMENT.

12. Everyone has the right not to be subjected to any cruel and unusual treatment or punishment.

EQUALITY BEFORE AND UNDER LAW AND EQUAL PROTECTION AND BENEFIT OF LAW.

15. (1) Every individual is equal before and under the law and has the right to the equal protection and equal benefit of the law without discrimination and, in particular without discrimination based on race, nationality or ethnic origin, colour, religion, sex, age or mental or physical disability.

RIGHTS GUARANTEED EQUALLY TO SEXES.

28. Notwithstanding anything in this Charter, the rights and freedoms referred to in it are guaranteed equally to male and female persons.

Woman Abuse

Woman abuse is any verbal threat or physical force used to create fear and control what a woman does.

Friends Making a Difference Workshop

Feedback Form

Overall, how would you rate the workshop?

1. _____ 2. _____ 3. _____ 4. _____ 5. _____
poor fair good very good awesome

What did you find most interesting?

What didn't you like?

What did you learn that you didn't know before?

What would you like to learn more about?

Any suggestions to make the workshop better?

ROOTS OF EQUALITY

Resources designed to help educators foster students' healthy, equal relationships and raise awareness of violence against women.

Prepared for

Elementary Teachers' Federation of Ontario
Fédération des enseignantes et des enseignants
de l'élémentaire de l'Ontario



Suite 1000, 480 University Ave., Toronto, Ontario M5G 1V2
www.etfo.ca

In partnership with

Ontario Women's Directorate



www.ontariowomensdirectorate.gov.on.ca

and

Springtide Resources: ending violence
against women



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ending violence against women

www.springtideresources.org

by

Joanne Kelly, Bluewater Teacher local

Linda-Beth Marr, Keewatin-Patricia
Occasional Teacher local

Susan Ritchie, Algoma Teacher local

Deborah Solomon, Peel Teacher local

Editors

Linda-Beth Marr, Keewatin-Patricia
Occasional Teacher local

Marsha Sfeir, Executive Director,
Springtide Resources

Carol Zavitz, Coordinator,
Equity and Women's Services, ETFO

Design by KT Design & Communications

Funded by ETFO and the Government of Ontario,
Ontario Women's Directorate

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