

Community Action

SUMMARY OF THE TOOLKIT

&

VIOLENCE PREVENTION WORKSHOPS CONTENT



TOOLKIT CONTENTS

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- Domestic/Relationship Violence Inserts
- Date Violence Inserts
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- Emotional/Psychological Violence Inserts
- Bullying Inserts
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Toolkit CD:

- NWAC Youth Violence Prevention Workshops
 - Domestic/Relationship Violence
 - Date Violence
 - Sexual Assault
 - Emotional/Psychological Violence
 - Bullying
- Facilitator Guide
- Workshops Handouts
- Community Action Handouts
- Videos

NWAC YOUTH VIOLENCE PREVENTION WORKSHOPS

1. Domestic / Relationship Violence

The workshop starts with definitions of domestic/relationship violence and tackles major issues related to this type of violence including the cycle of abuse in communities. The major early signs of partnership violence are identified as well as ways to recognize if someone you know is in an abusive relationship. We list major instances of both physical and verbal abuse. The workshop also deals with questions of why do women end up and stay in violent relationships as well as what are some obstacles specific to young people in Aboriginal communities that prevent them to respond effectively to these types of violence. We list various ways to prevent this violence from occurring as well as possible responses when it does happen. The workshop also includes some recommendations as to what youth and communities can do about these occurrences of violence. The session ends with a section on healthy relationships as an important topic to highlight the alternative to an abusive relationship. In the course of the workshop, youth will be shown a short video created by Wabano Youth Group in Ottawa as a small youth project aimed at raising awareness about this issue from the youth perspective. A



number of activities will also be a part of this workshop to ensure full youth participation.

2. **Date Violence (date rape, date rape drugs)**

The workshop deals with date violence, including the threats of date rape drugs. It talks about instances of date violence inside and outside the communities and lists many prevention strategies and safety tips. It also offers advice on possible courses of action if the violence occurs. The workshop features the whole section on most common date rape drugs, its effects, and ways to protect oneself. We also list some suggestions on what youth and community can do about this issue and what are some specific concerns of Aboriginal girls. In the course of the workshop, the youth will be shown a video on acquaintance rape and a video demonstration about the date rape drugs. Youth will also participate in a number of activities and ice breakers.

3. **Sexual Assault**

The workshop starts with major definitions and concepts of sexual assault and shows significant statistics related to Aboriginal girls and sexual violence. It further features

youth experiences with this issue, warning signs, and has a large section on prevention strategies and safety tips-both offered by experts and those identified by Aboriginal girls. It also talks about ways for community to address this issue and some traditional approaches to responding to this type of violence. We further offer advice on possible responses to violence once it occurs and we explore physical and mental obstacles for Aboriginal girls to seek necessary help if they have been victims of sexual assault. Youth will participate in a number of activities in order to ensure audience participation.

4. **Emotional / Psychological Violence**

The workshop starts with involving youth into a discussion about emotional violence and the ways in which it differs from physical violence. We further explore basic types of emotional/psychological abuse such as sexual and racial harassment and some youth experiences with this type of violence. The workshop also deals with emotional abuse in relationships and ways to respond and reach out to friends who are being emotionally abused. We also talk about some root causes of this type of violence and about ways to deal with it. The workshop emphasizes that this type of



violence is sometimes taken lightly and in fact can be as hurtful and damaging as physical violence, and furthermore may be a sign of future occurrence of physical violence. A number of interactive activities are performed during the workshop.

5. Bullying / Cyber Bullying

The workshop talks about various types and instances of bullying and focuses especially to ways in which this type of violence affects Aboriginal youth, outside and within communities. We talk about various types of bullying and the ways in which Aboriginal youth and girls in particular encounter this problem. One section deals with the issue of rumours as type of bullying which is relevant to Aboriginal girls. We furthermore talk about root causes of bullying and ways to deal with it. The workshop also presents some ways of a traditional approach to addressing this issue and some suggestions on what youth and communities can do about it. The workshop also includes several youth interactive activities.

During the course of the workshops, youth are referred to various information sources, resources available, service providers, fact sheets relevant to each topic etc. Participants will be presented with practical tools and tips for violence prevention as well as with list of resources in order to respond to these types of violence.

