



**UNDERSTANDING AND
PREVENTING ABUSE**

**A WORKBOOK FOR
ABORIGINAL
YOUTH
ANSWER KEY**

WWW.THEHEALINGJOURNEY.CA

THE HEALING JOURNEY POP QUIZ

Take this quiz! It will help you to test your knowledge about family violence.

- 1) What are some types of abuse adults or children might face at home?

Physical, Emotional, Verbal, Financial, Sexual, Spiritual

For more information see the fact sheet entitled *Recognizing the Harm of Interpersonal Violence* at www.thehealingjourney.ca

- 2) What is one thing people who have left an abusive situation can do to make their homes a safer place?

There are many steps a person may take to make their home safer. Answers may range from changing the locks to less obvious steps like installing smoke detectors and emergency ladders.

See *Safety in my own home* at www.thehealingjourney.ca for other suggestions.

- 3) What is one of the factors that can lead to higher levels of abuse in Aboriginal communities?

Historical Factors include:

colonization
racism
isolation
residential schools

Other challenges faced by Aboriginal communities:

loss of language and culture
alienation
poverty
unemployment
an erosion of traditional knowledge, values and skills (including parenting skills)

See *Understanding the Roots of Interpersonal Violence* at www.thehealingjourney.ca for more information.


- 4) What are two things that could prevent a person from leaving an abusive relationship?

Possible answers include:

Denial, Blame, Shame, Fear, Loyalty, Nowhere to Go, Leaving Community, Leaving Culture, No Money, No Support, Best for the Child.

For more information see the fact sheet entitled *Recognizing the Harm of Interpersonal Violence* at www.thehealingjourney.ca.

You can find the answers to this quiz at www.thehealingjourney.ca.

- 
- 5) What is one thing you could do if you knew a family member or friend was in an abusive relationship?

Offering to listen, encouraging the person to get help, calling the police, helping to make a safety plan, etc.

*See **Family Healing and Teen Dating – Are You in a Healthy Relationship?***

- 6) Family violence can happen to women, men, elders, youth, children and babies. What are some things that make a person more vulnerable to being abused?

Those who are frail, young or weak are at greater risk. Aboriginal women experience much higher rates of harmful assaults and abuse than non-Aboriginal women.

- 7) What is the safest way to keep someone from finding out that you were looking online for help or information on family violence?

The safest way to prevent an abuser from monitoring a partner's/spouse's internet and email activity is to use a computer that no one in the family has access to such as a computer in a library or at a friend's house. Remember to delete the history from a computer so that no one will find out which websites you visited on that computer.

*See **Safety on the Internet** at www.thehealingjourney.ca for more tips.*

- 8) Where can Aboriginal women in your community go with their children if they need a safe place when they are leaving an abusive partner?

Identify transition houses in your community or other services that provide shelter to women and children.

There are many Family Violence Resources listed at www.thehealingjourney.ca

- 9) Which room (or rooms) in the house should you avoid if there is an abusive incident?

Kitchen and Bathroom

- 10) True or False – Children suffer abuse just by seeing or hearing abuse in their home.

True. Research shows that children who see or hear a parent being abused by the other parent do feel the effects. These children are more likely to have emotional problems, trouble in school and feelings of anger. They may grow up to model the violent behaviour in their own adult relationships.

FILL-IN-THE-BLANKS

This exercise will help you become familiar with the words and terms used in The Healing Journey toolkit. You will find these words in many of the key messages about abuse prevention. Take a minute to read the statements below and fill in the blanks with the most appropriate key words and phrases from this list:

reach out for help	witnessed family violence	unhealthy and abusive	listener
wrong	protection or help	strong	yourself
prevention	empower	cycle	against the law
strong	your fault	everyone	experienced abuse
witnessed	child protection	mind, body, spirit and emotion	

INDIVIDUAL HEALING

1. It is never your fault if someone abuses you.
2. All abusive behaviour is wrong. Sometimes it is against the law.
3. It is okay to reach out for help.
4. Victims of abuse can restore the harmony of mind, body, spirit and emotion when they take The Healing Journey.

FAMILY HEALING

5. Children who have witnessed violence often become involved in unhealthy and abusive relationships.
6. Many abusive partners experienced abuse or witnessed family violence as children.
7. It is important that everyone in the family get help to end the cycle of violence.
8. Help your family members to get the protection or help they need.
9. Sometimes just being a good listener can help people.
10. Anyone who suspects a child is in danger must tell child protection authorities.
11. Care for yourself and your family.

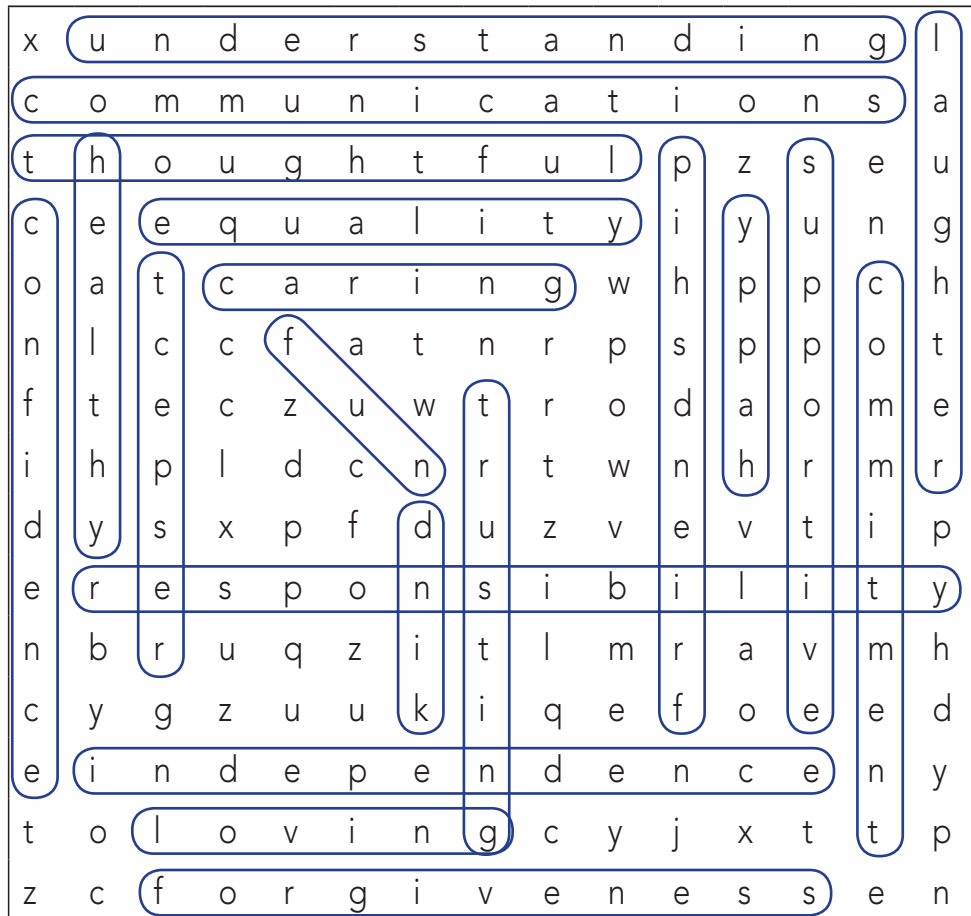
COMMUNITY HEALING

12. Communities can help by creating a family violence prevention group or committee.
13. Communities can only be strong when individual members are strong.
14. It is the responsibility of communities to empower individuals to begin The Healing Journey.

You can find the answers to this quiz at www.thehealingjourney.ca.

WHAT ARE THE SIGNS OF A HEALTHY RELATIONSHIP?

It's good to be able to recognize abuse in your relationship; it's also important to know what is healthy in a relationship. Healthy relationships are built on love, respect, caring and happiness. They can make you feel good about yourself because you are valued and respected for who you are. Search the puzzle below to find words you may use when talking about a healthy relationship.



- | | | | |
|--------------|------------|----------------|---------------|
| caring | equality | happy | laughter |
| supportive | commitment | forgiveness | healthy |
| loving | thoughtful | communication | friendship |
| independence | respect | trusting | confidence |
| fun | kind | responsibility | understanding |

SUDOKU PUZZLE

The theme of this Sudoku puzzle is: "Why do people stay in abusive relationships?" The words that you need to insert in the puzzle suggest nine of the reasons.

To solve the puzzle:

Each box in the shaded grids (3x3 cells) must contain one of the nine reasons.

Each row of nine boxes must contain all of the reasons.

Each column of nine boxes must contain all of the reasons.

Denial	No Money	Shame	Children	Fear	Blame	No Support	Loyalty	Trapped
Blame	Fear	Trapped	No Support	Shame	Loyalty	Children	Denial	No Money
No Support	Loyalty	Children	No Money	Denial	Trapped	Fear	Shame	Blame
Fear	Children	Blame	Trapped	No Money	Shame	Denial	No Support	Loyalty
Shame	Trapped	Denial	Loyalty	No Support	Children	No Money	Blame	Fear
No Money	No Support	Loyalty	Fear	Blame	Denial	Trapped	Children	Shame
Loyalty	Denial	No Support	Blame	Trapped	No Money	Shame	Fear	Children
Trapped	Blame	Fear	Shame	Children	No Support	Loyalty	No Money	Denial
Children	Shame	No Money	Denial	Loyalty	Fear	Blame	Trapped	No Support

Stumped? You can find the answer key and more information on recognizing the harm of interpersonal violence online at WWW.THEHEALINGJOURNEY.CA

ABUSE IS NEVER THE VICTIM'S FAULT. REACH OUT FOR HELP.
KNOWING WHERE TO TURN FOR HELP IS THE FIRST STEP OF THE JOURNEY.



WWW.THEHEALINGJOURNEY.CA