

# BINGO GAME

## FACILITATOR'S GUIDE



QUESTIONS & ANSWERS

# HEALING JOURNEY BINGO CARD

(to be photocopied if you need more cards)

18	12	6	21	3
22	1	15	10	20
8	17	FREE	23	5
11	24	13	2	14
4	7	19	16	9



## INSTRUCTIONS FOR FACILITATORS:

The purpose of this Bingo Game is to help introduce the content of the Healing Journey Kit to service providers and community. To play the game, the facilitator simply starts by handing out the Bingo Card and questions to the participants at a family violence prevention event. If you don't have enough, you can make photocopies. If you are working with a large number of people, break them into smaller groups of 5 or 6.

Explain that you want to see how quickly they can find the information in the Kit. Depending on how much time you have to play the game, you can ask the participants to complete one bingo line, two lines, an X, the outer corners, or the entire card – whatever suits your event. Typically, to find the information in the Kit and complete two lines would take about 20 minutes.

To play the game, the participants will need to have the bingo card and the Healing Journey Kit in front of them. Allow a specific amount of time for the participants to start searching through the Kit to find the correct answers. Ask the participants to write the answer and the page number and name of the booklet where they found it on the bingo card. Remind them that even if they know the answer, they still have to find the page number for the information in the kit.

When the first individual/group shouts Bingo, the facilitator should check their bingo "lines" to make sure everything is correct. This should be done out aloud with the participants reading the questions and sharing their answers. If everything is in order this team is the "winner". You might want to include an incentive such as a small gift. If they have a mistake, point it out and let the game resume.

Good luck and have fun!

## QUESTIONS & ANSWERS:

1. What is the name for the New Brunswick shelter for Aboriginal women who are victims of intimate partner violence?
2. Name one form of abuse that women and children endure in an abusive situation.

Gignoo Transition House

❖ *Found on page 2 Users Guide or on the cover of the folder.*

Sexual, Spiritual, Physical, Emotional, Mental, Financial

❖ *Found on page 1 of Safety Plans or pg 1 of Recognizing the Harm of Interpersonal Violence*



3. There are 22 important items that a woman should take when planning on leaving an abusive relationship. Could you list four?

Identification for self & children •  
Birth Certificate for self & children  
• Status card for self & children •  
Protection order papers / documents  
• Social Insurance cards • School  
/ Vaccination records • Jewelry •  
Money • Check book / bank cards •  
Credit cards • Keys (house, car, office)  
• Driver's license • Medications •  
Passports • Health cards • Medical  
records • Divorce / Separation  
papers • Address book • Pictures /  
photos • Children's favorite toy or  
blankets • Items of sentimental value  
• Certificate of possession / deed to  
property.

❖ *Found on page 5 of Safety Plans*

4. There are several suggestions that a woman could do to increase safety in her home, list three.

- Install a peep holes in the door.
- Replace wooden doors with steel / metal doors
- Install window bars, poles to wedge against doors, an electric alarm system
- Purchase rope ladders to be used for escape from second floor windows.
- Install smoke detectors and buy fire extinguishers for each floor
- Leave lights on
- Install a motion sensitive light that lights up when someone is coming close to the home.

❖ *Found on page 5 of Safety Plans*

5. Whether you use Internet Explorer, Firefox, Netscape, or AOL, what is the first and most important thing one can do to protect themselves from

abusers discovering they have been on the internet browsing for family violence information?

To hide your internet activities you need to clear the computer's memory of the most recent pages you have accessed on the internet. This memory is the browser's cache. By emptying the cache, your recently visited sites will be deleted. It's a good idea to access some sites on other subjects after you have cleared the cache so it will have some items on it.

❖ *Found on page 9 of Safety Plans*

6. Name one of the four historical factors that hurt aboriginal communities.

Colonization, Racism, Isolation, Residential schools.

❖ *Found on page 1 of Understanding Roots of Violence*

7. There are many barriers victims face from leaving abuse, please list three.

**Denial** - Victims of abuse will often deny they are being harmed. It's hard to admit that the person who is supposed to love you is hurting you.

**Blame** - People may tell the victim that it is "their fault", they may say the victim was pushing the abuser's buttons, or not being a "good" spouse or parent.

**Shame** - The victim may be afraid that others in their community will not believe them. After all, the abuse usually occurs in the privacy of home and everyone may know and like the abuser.

**Fear** - Many victims fear that leaving, calling the police, or looking for help will make things worse. The abuser may destroy property, harm or kill the children, other family members or pets.



**Loyalty** - Sometimes victims do not get help because they do not want to get the abuser in trouble. They may not trust the court system and the way it treats Aboriginal people and if they look outside for help, they may feel they are betraying their cultural roots.

**Nowhere to go** - The victim may have nowhere to go if she is on-reserve - there may be no housing. Victims may have no right to the house and their families' homes may be too small.

**Leaving community** - Leaving a relationship means living off reserve & leaving family, friends and natural support.

**Leaving cultures behind** - If a victim has to move off reserve to end the abuse, that also means leaving their culture, language and living in unfamiliar situations. The victim may also fear they will lose benefits.

### No money & Support

#### Best for the children

❖ *Found on page 1 & 2 of Recognizing the Harm of Interpersonal Violence*

8. Identify two of the seven problems or negative conditions that are a result of the historical factors that hurt aboriginal communities.

Substance abuse, Suicide, teen pregnancy, school drop out & low literacy, Incarceration, low self-esteem, health problems and despair.

❖ *Found on page 1 of Understanding the Roots of Violence.*

9. There are several steps a woman can take to help support the enforcement of a protection order. Name two.
- It is important to know the specifics and limitations of my protection order. I will find out the conditions and what they mean for my safety.

- I can call the police station to ensure that the protection order is registered to CPIC (the police computer system).
- If my (ex)partner violates the protection order, I can call the police and report the violation. Depending on the type of protection order, I can also contact my (ex)partner's parole/probation officer, and/or my lawyer. (It is important to report to the police every violation of the order.)
- If the police do not help, I can call the shift supervisor immediately at the police station and express my concern. I can also contact my (ex)partner's parole officer or my lawyer, as well as filling a complaint with the police.
- I will keep my protection order document(s) (originals, if possible) in/at \_\_\_\_\_ (location). It is beneficial to keep the document(s) on or near me. It may also be helpful to keep a copy in a second safe location also.
- If my (ex)partner destroys my protection order, I can another copy from the courthouse, my lawyer or \_\_\_\_\_.
- If it is safe to do so, I can inform my employer, my friend \_\_\_\_\_ and \_\_\_\_\_ that I have a protection order in effect.

❖ *Found on pages 6 and 7 of Safety Plans*

10. How is the amount of child support determined?

The amount of Child support to be paid is determined on the Child Support guidelines. According to these guidelines, the amount of child support is generally based on the payer's annual income.

❖ *Found on page 4 of Starting Over.*



11. There are several safety suggestions a woman can do at her work and in public to feel safer - name three.

Let someone know when you will be home, Walk with someone to your car, Look around the parking lot, If partner is following you, you can drive to a place where there are supportive people, such as a friends home or the police station, If walking, take a route where there are lots of people, Take different routes home, If you see partner on the street, go to a public place (the closest store.) Buy a whistle or personal alarm to call attention to yourself & ask for help if you are being harassed.

❖ *Found on page 7 of Safety Plans*

12. What factors does the court consider when determining spousal support or alimony?

Length of relationship, the person's age, education/employment history, the spouse's ability to pay.

❖ *Found on page 4 of Starting Over*

13. True or False? A parent who is a victim could be at a disadvantage in legal actions with the abusive partner over custody and access to children if she/he is known to use illegal drugs.

True - A parent who is known to use illegal/legal drugs may have problems obtaining custody and gaining access to children.

❖ *Found on page 8 of Safety Plans*

14. How is a family defined in aboriginal communities?

"Family", may refer to a large extended network of relatives.

❖ *Found on page 1 of Recognizing the Harm of Interpersonal Violence*

15. Name one thing you could do if you knew of a family member, friend, or colleague that is in an abusive relationship?

Offer a listening ear, be supportive, be understanding, and help them recognize the violence. Help them to get protection or help. Care for yourself and your family.

❖ *Found on page 2 of Family Healing*

16. Family violence can happen to women, children, babies, youth, men, and elders. What are some characteristics of people that may put them at greater risk?

Those who are frail, young or weak are at a greater risk.

❖ *Found on page 1 of Recognizing the Harm of Interpersonal Violence*

17. What is the safest way to prevent an abuser from monitoring a partner's/spouse's Internet and email activity?

The partner/spouse should use a computer that no one in the family has access to.

❖ *Found on page 9 of Safety Plans*

18. Does a child witnessing family abuse fall under child abuse?

Yes- Child protection laws state that exposing children to adult violence can be another form of child abuse, even if they are not being physically harmed or neglected.

❖ *Found on page 3 of Recognizing the Harm of Interpersonal Violence*

19. There are six key messages for children to remember when they are exposed to family violence, name two.

• They are not to blame for the abuse



- They must not put themselves in danger
- Assure them that abuse is dangerous, and it is against the law.
- They need to have a safe place to go when the abuse is happening
- They are not responsible for their mother's safety, but they may be able to get help, if they can get to a phone, in their house, a neighbour's house or a pay phone.

❖ *Found on page 10 of Safety Plans*

- 20.** What kind of training would be beneficial for police, RCMP and band constables involved in crisis intervention?

The importance of maintaining a supportive, non-judgmental attitude during crisis intervention because of the tendency of victims to blame themselves, engage in self harming behavior and the tendency for the victim to feel hopeless and helpless.

❖ *Found on page 3 of Community Healing*

- 21.** During an abusive incident it is best to avoid which room or rooms in the house?

C. Bathroom/Kitchen (Best to avoid places in the house where she may be trapped or where potential weapons are readily available.)

❖ *Found on page 3 of Safety Plans*

- 22.** Name 2 of the 6 specific objectives of the Healing Journey toolkit.

- A. To promote awareness...
- B. To provide culturally appropriate resources...

- C. To demonstrate how the various forms of abuse and violence are interconnected...
- D. To profile the resources and service that are available...
- E. To highlight the range of legal remedies...
- F. To explore the traditional and mainstream social and health services...

❖ *Found on page 5 of User's Guide*

- 23.** Name three of the six negative feelings that may make a person take a closer look at his/her relationship in order to heal the harm caused by relationship violence.

Sad, angry, sick, afraid, guilty, or feeling worthless.

❖ *Found on page 1 of Individual Healing*

- 24.** Of the nine community members identified to create a family violence prevention group or committee, name four.

Respected community volunteer, respected service provider, respected professional, respected political leader, respected elder, respected youth, respected person with a disability, respected mom and respected dad.

❖ *Found on page 2 of Community Healing*





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