Community
Groups Project
AVA

# Handouts

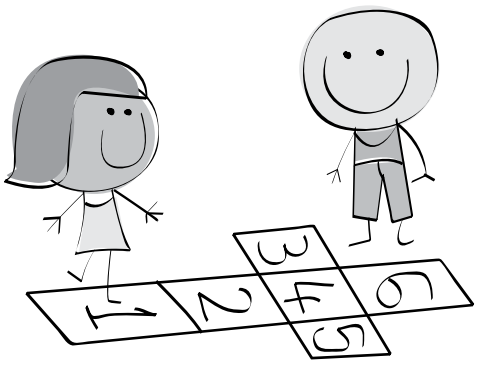
## For use in groups



**This original handout package is copier friendly and intended to be used for the weekly group sessions.**

# Sample group rule pictures

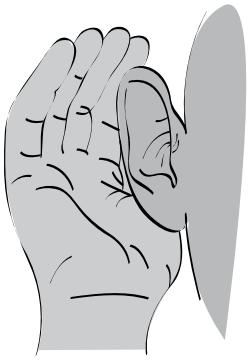
## We agree to...



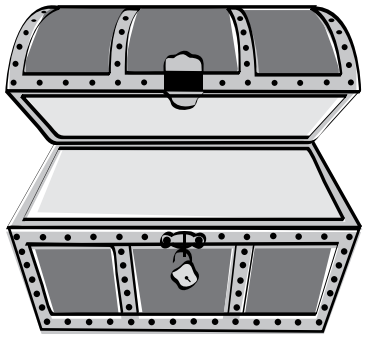
Taking turns



Sharing



Listening



Tresure chest



Hands are not for hitting




No nasty words



Being helpful

# Check in feeling faces

## Draw faces, enlarge and laminate for check in activity



Happy



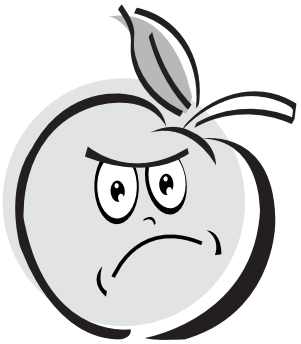
Sad



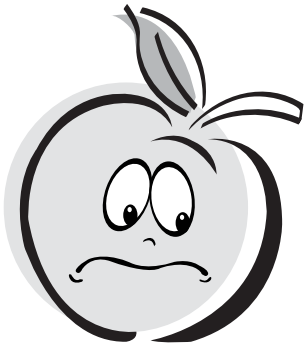
Tired



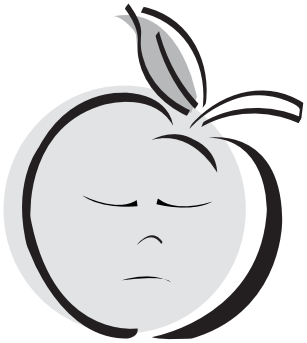
Scared



Angry



Worried



Calm



Surprised

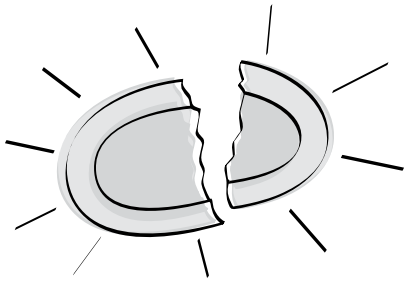


Shocked

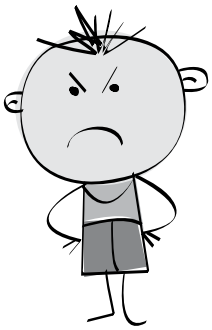


Excited

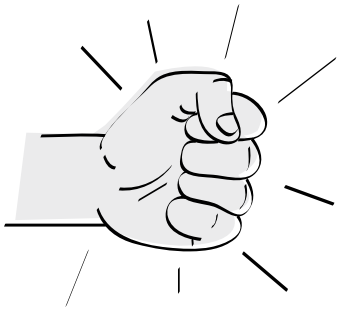
# Inside / Outside hurting behaviour pictures



Smashing things



Cross



Banging a fist




Hurtful nasty words



Kicking



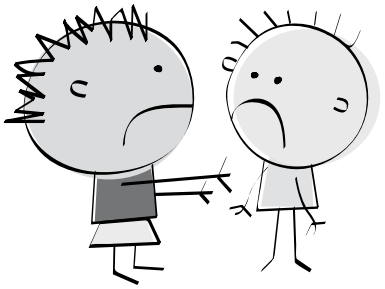
Punching



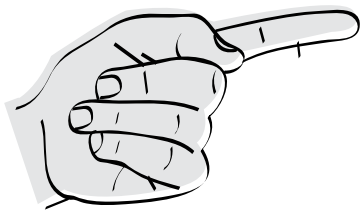
Smacking



Shouting



Pushing



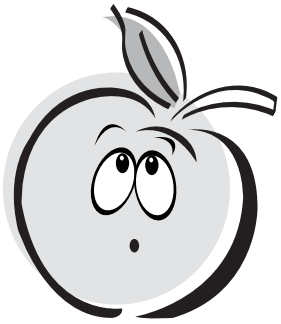
Pointing a finger

Community Groups Project AVA

# Feelings



Happy



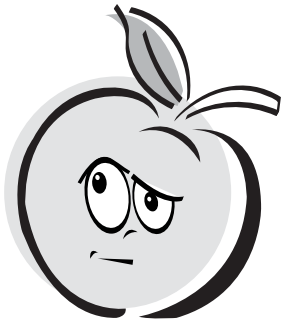
Innocent



Sad



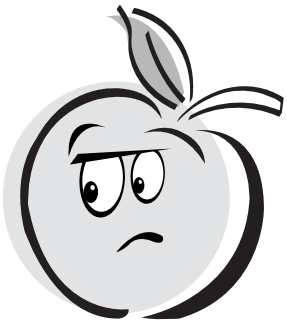
Interested



Suspicious



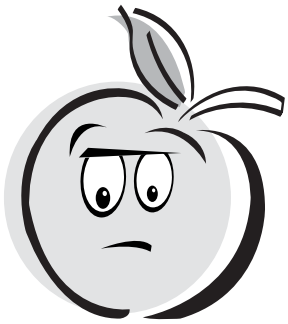
Surprised



Jealous



Miserable



Obstinate



Horrified



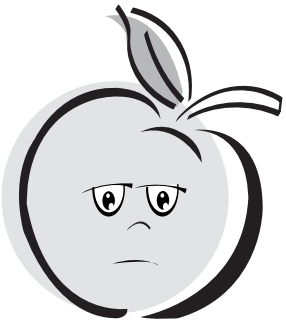
Smug



Anxious



Arrogant



Bored



Confident



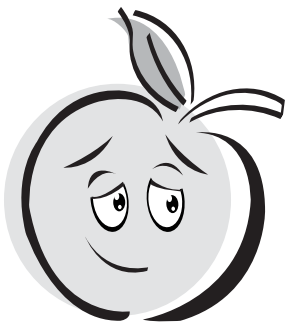
Ecstatic



Enraged



Frightened



Relieved



Hurt

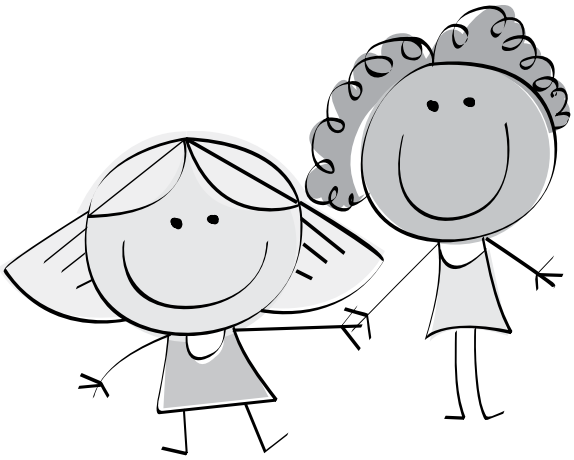
# My picture about my family

# My Safe Place

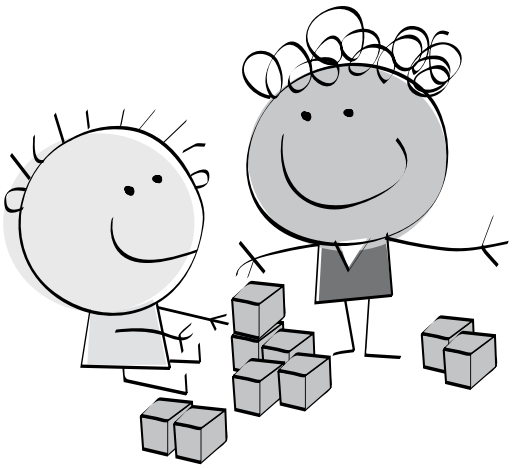
## Draw a picture about your safe place

# My picture about anger

# Helpful words!



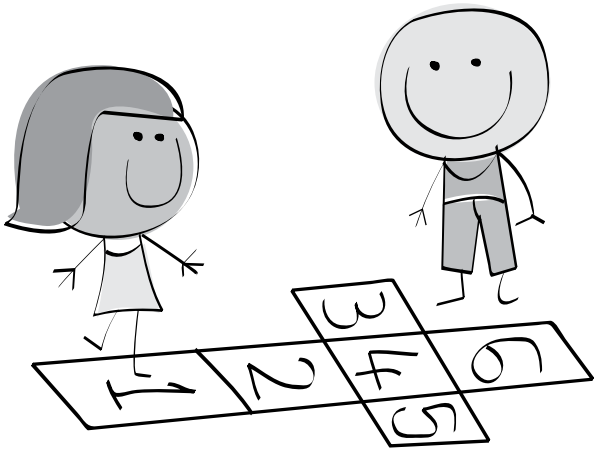
I'm glad we're friends



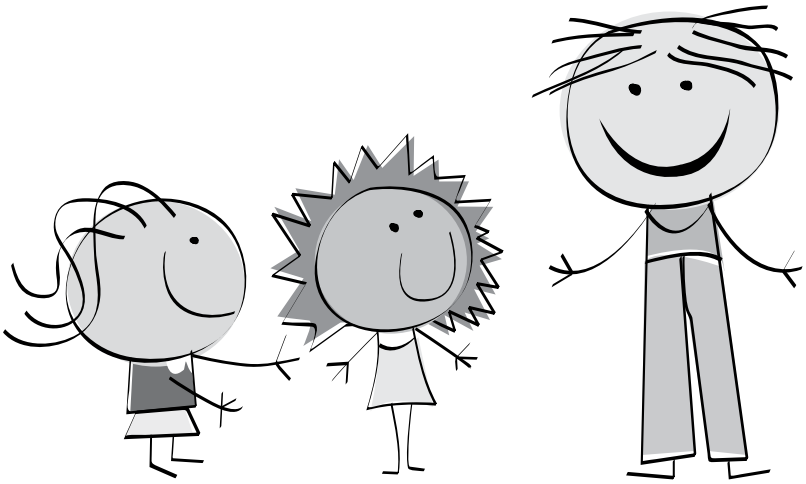
Let's work together



Do you want to share this with me?




We can take turns



Lets ask a grown up for help

# My family

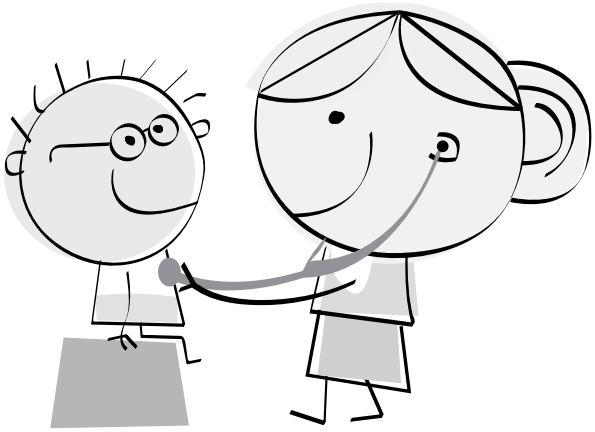
# My family at my mum's house

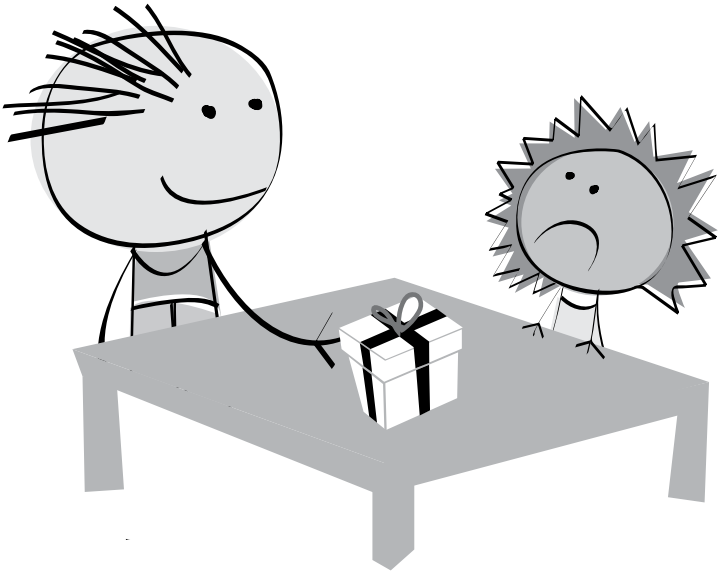
# My family at my dad's house

# My safe trusted person

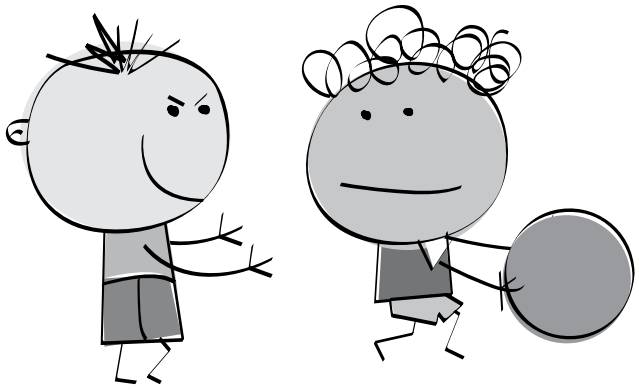
## Draw a picture of a safe person that you trust

## Preschool - Personal safety, sexual abuse









# Media interview

1. What is your full name? _____

2. Who named you and why did they give you this name?_____

_____

_____

3. What is your favourite colour?_____

4. Where would you like to see this colour the most? Choose one.

   a. on your bedroom walls

   b. in your wardrobe (shirts, trousers, shoes?)

   c. colour of your car if you owned one

   d. in your school?

5. What is your favourite food?_____

6. Where is your favourite place to eat out?_____

7. What is your favourite animal and why?_____

_____

_____

8. What is the one thing you really like about school? _____

_____

9. What is the one thing you really don't like about school? _____

_____

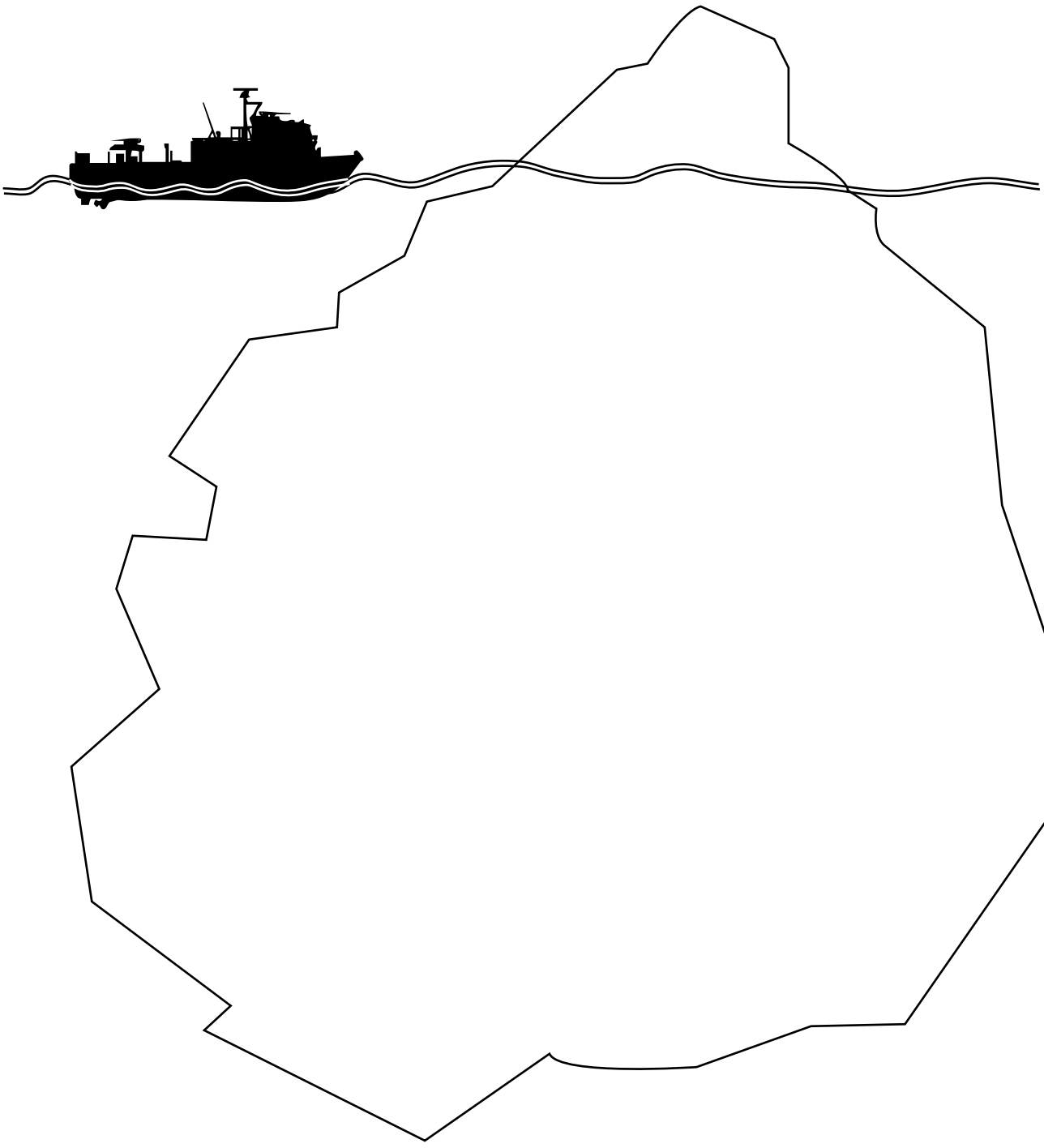
10. What is your favourite activity / hobby / sport? Why? _____

_____

_____

_____

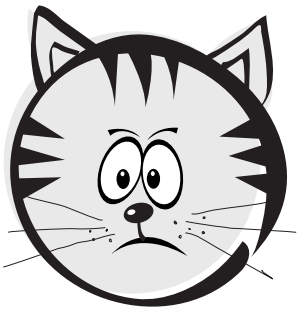
# Iceberging feelings



# Cat feelings



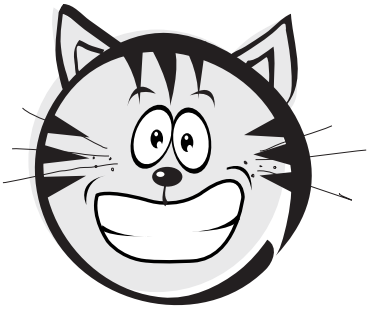
Sad



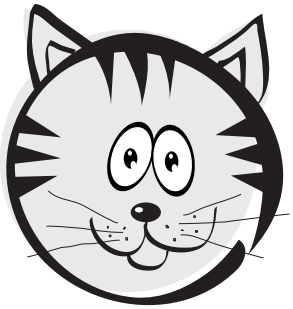
Disapointed



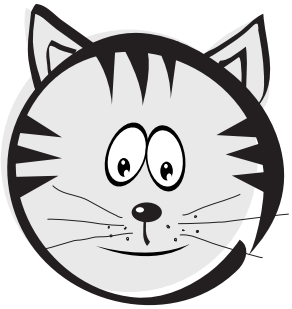
Angry



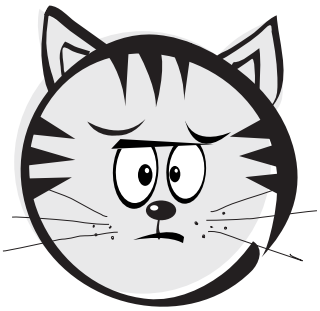
Excited



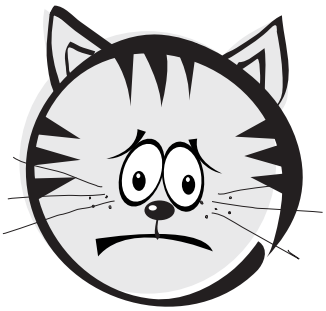
Happy



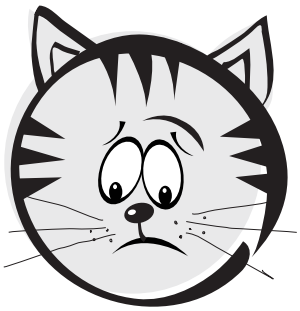
Fine



Frustrated



Scared



Worried

# My picture about my family

# My personal safety plan

# My safe place

## Draw a picture about your safe place

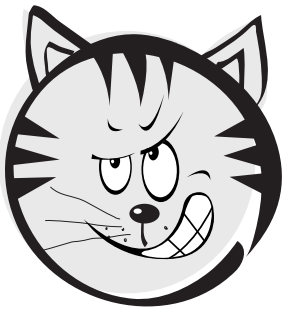
# Cat feelings



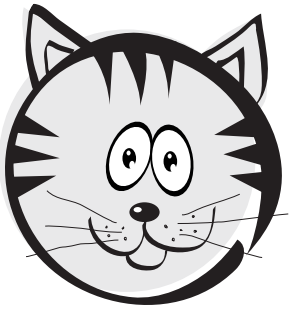
Sad



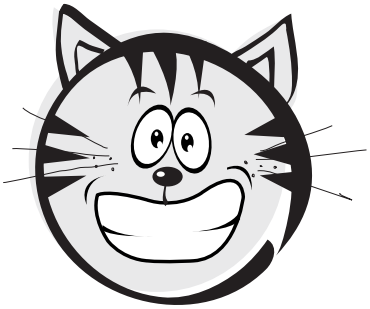
Pleased



Angry



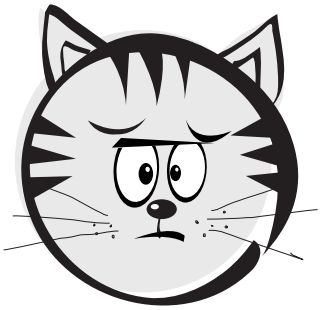
Happy



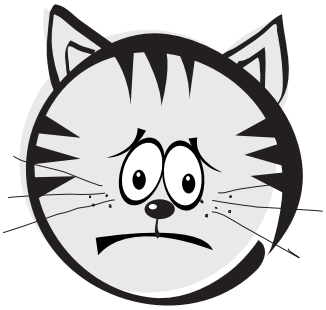
Excited



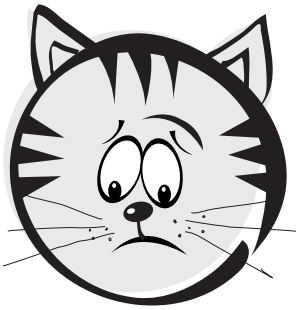
OK



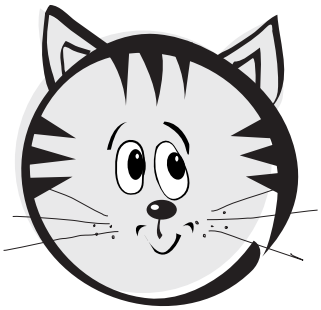
Frustrated



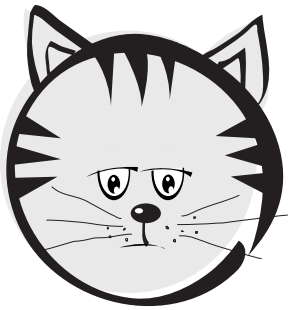
Scared



Worried



Embarrassed



Bored



Hurt

# Role play scenarios

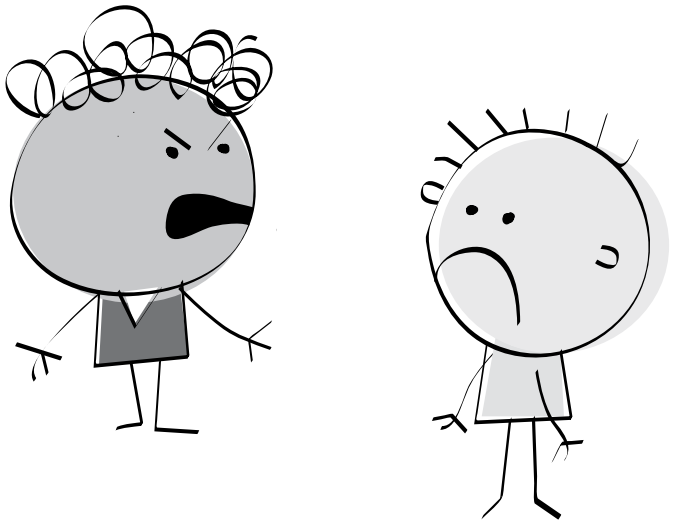
# Personal responsibility

**When you say something hurtful you can say:**

**1.**_____

**2.**_____

**3.**_____



**When someone says something hurtful to you, you can say:**

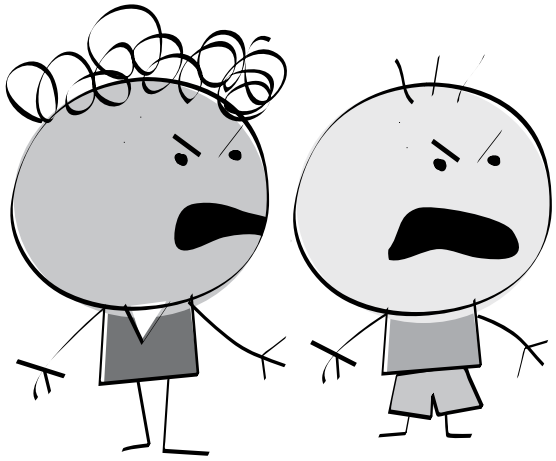
**1.**_____

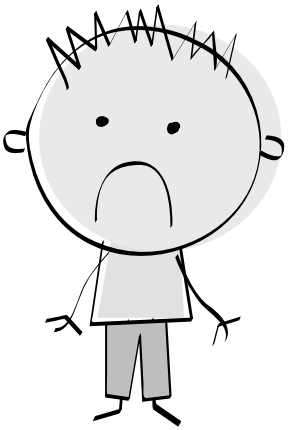
**2.**_____



**LET'S PRACTICE**

# Personal responsibility





**Saying, “go away, we don’t want to play with you”**

**When you say something hurtful you can say:**

**1. “ I shouldn’t have said those things”**

**2. “ I didn’t mean it”**

**3. “I’m sorry”**

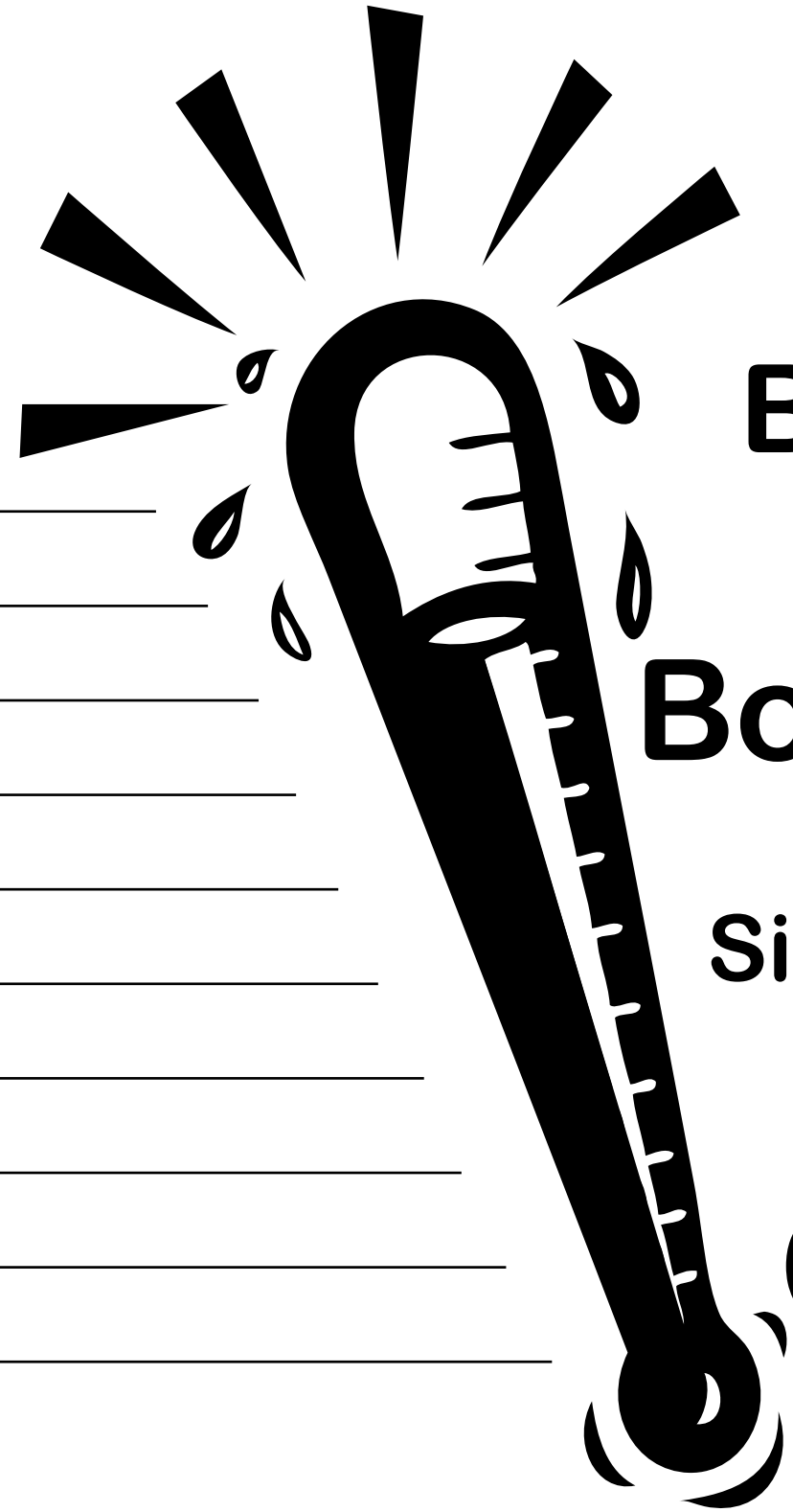
**When someone says something hurtful to you, you can say:**

**1. Words are not for hurting, please don’t say those things**

**2. You can ask an adult for help**

# My picture about anger

# Anger thermometer



10 _____ Ballistic
9 _____
8 _____ Boiling
7 _____
6 _____
5 _____ Simmering
4 _____
3 _____
2 _____
1 _____ Cool

# Definition of anger



**Anger is a feeling that may arise when things are not going the way you want. It is a signal that something is wrong and something must be done.**

# Problem solving

**Step 1:** **What is the problem?**

**Step 2:** **What are some solutions? (Brainstorm ideas)**

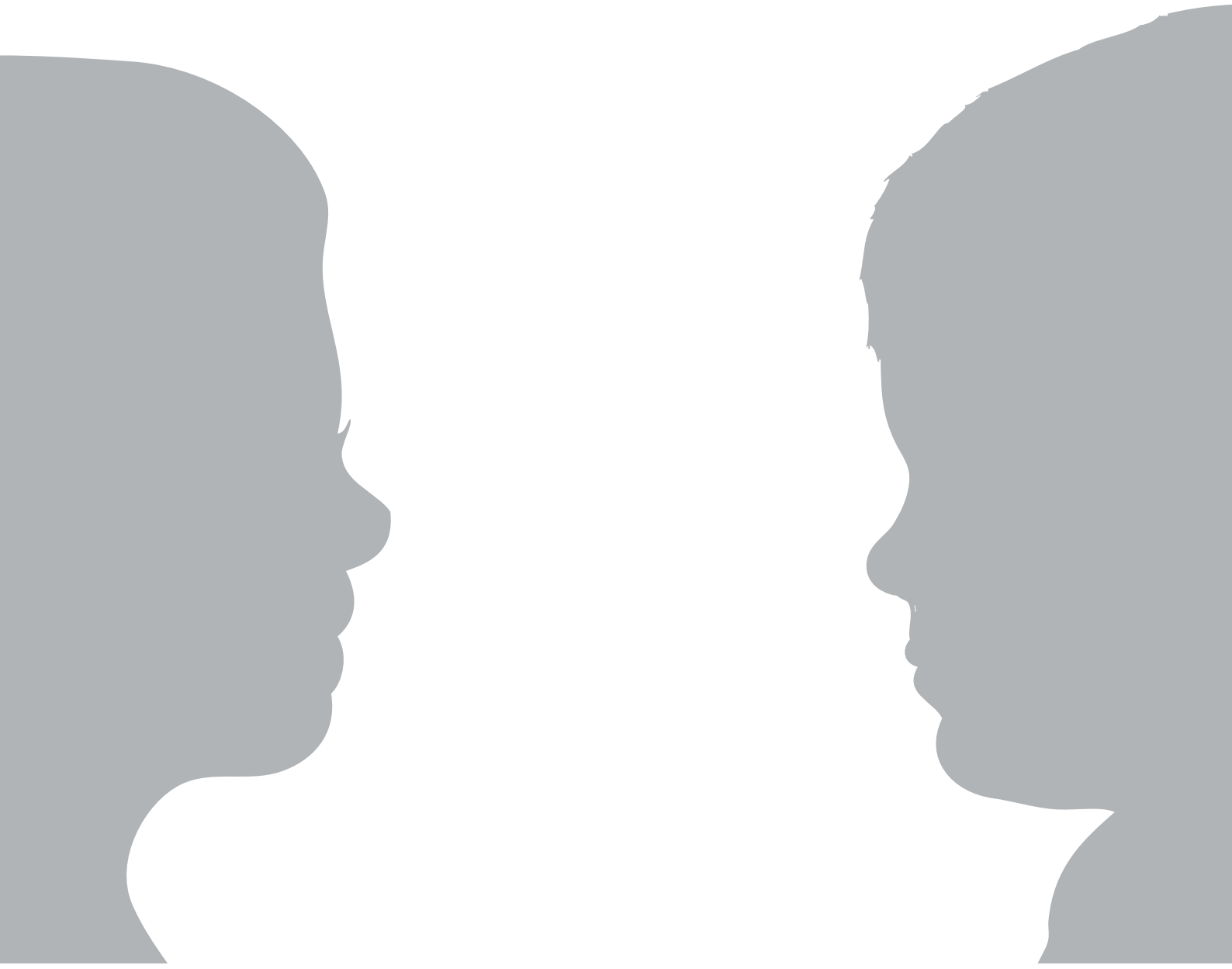
**Step 3:** **For each solution ask:**

**Is it safe?**
**How might people feel?**
**Is it fair?**
**Will it work?**
**(Evaluate solutions by predicting consequences)**

**Step 4:** **Choose a solution and use it.**

**Step 5:** **Is it working? If not, what can i do now?**
**(Evaluate if the idea is working and change to an alternative solution if necessary)**

# Sample brain teaser



# My family

# My family at my mum's house

# My family at my dad's house

# Statements

The thing I like best about my family is _____

_____

I wish my family didn't _____

_____

It really bugs me when my family _____

_____

If I won £10, I would_____

_____

The really good thing about my mum is _____

_____

The one thing I do really well is _____

_____

The hardest thing about being young is _____

_____

I wish we could _____

_____

A funny thing I did with my family was_____

_____

_____

## Latency - Family changes

**The really good thing about my dad is** _____

_____

**If I won £100 I would** _____

_____

**A very special person in my life is** _____

_____

**If there was one thing I could change about my life, it would be** _____

_____

**My family is** _____

_____

**The worst thing about my family is** _____

_____

**If I had a plane ticket, I would go** _____

_____

**I'm good at** _____

_____

**I help my family by** _____

_____

_____

## Latency - Family changes

**The one thing I miss most about my family is** _____

_____

**If I won £1000 I would** _____

_____

**When I do something wrong, I wish people would** _____

_____

**This group is hard for me because** _____

_____

**This group is good for me because** _____

_____

**I make a good friend because** _____

_____

**We moved because** _____

_____

**If I won £1000,000 I would** _____

_____

**If I had a pet, it would be**_____**because** _____

_____

_____

## Latency - Family changes

I felt sad when _____

_____

I felt angry when _____

_____

I felt happy when _____

_____

I felt hurt when _____

_____

I felt scared when _____

_____

I help mum by _____

_____

My mum helps me by _____

_____

When I visit my dad I _____

_____

The one thing I like to do with my dad is _____

_____

## Latency - Family changes

**When I'm feeling afraid I** _____

_____

**When I'm feeling sad I** _____

_____

**When I'm feeling hurt I** _____

_____

**When I'm feeling happy I** _____

_____

**When I'm feeling angry I** _____

_____

**Someone I can talk to about how I'm feeling is** _____**because** _____

_____

**A safe adult that I can trust to talk to is** _____

_____

**Changes in my family are difficult because** _____

_____

**A good change in my family is** _____

_____

_____

# Sexual abuse safety plan

**New text to come**

# The safe people I know and trust...

**Trace a picture of your hand and identify on each finger and thumb safe people you could talk to if you felt uncomfortable about a situation**

# Safety planning for youth

1. I can tell _____ about the abuse / violence

2. I am going to change my school locker or lock

3. I am going to take a different route to and from school

4. I will always travel with a friend or group of friends

5. If stranded, I can call _____ for a ride

6. I am going to change my mobile phone number, or beeper, E-mail address etc

7. I will always have spare change, a calling card, and a number or a friend with me at all times

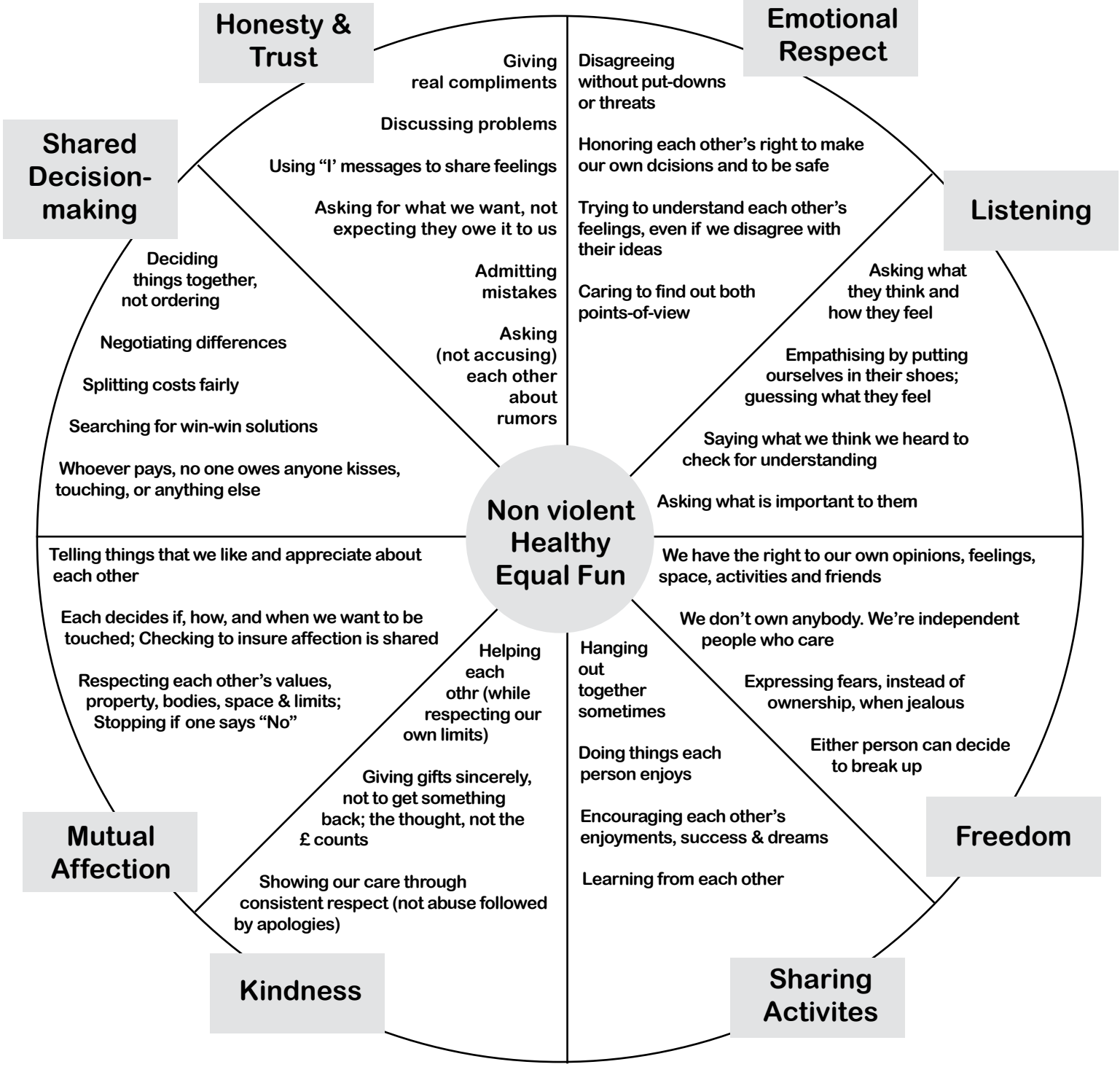
8. If I have a protection / restraining order, I will carry it with me at all times

9. I could go _____ if I needed to get to a safe place first

10. I will tell my job about my situation and ask them to be alert

Safety planning for youth is from the website:
www.law.cua.edu/academic/cle/falc/teenworkshopmaterial

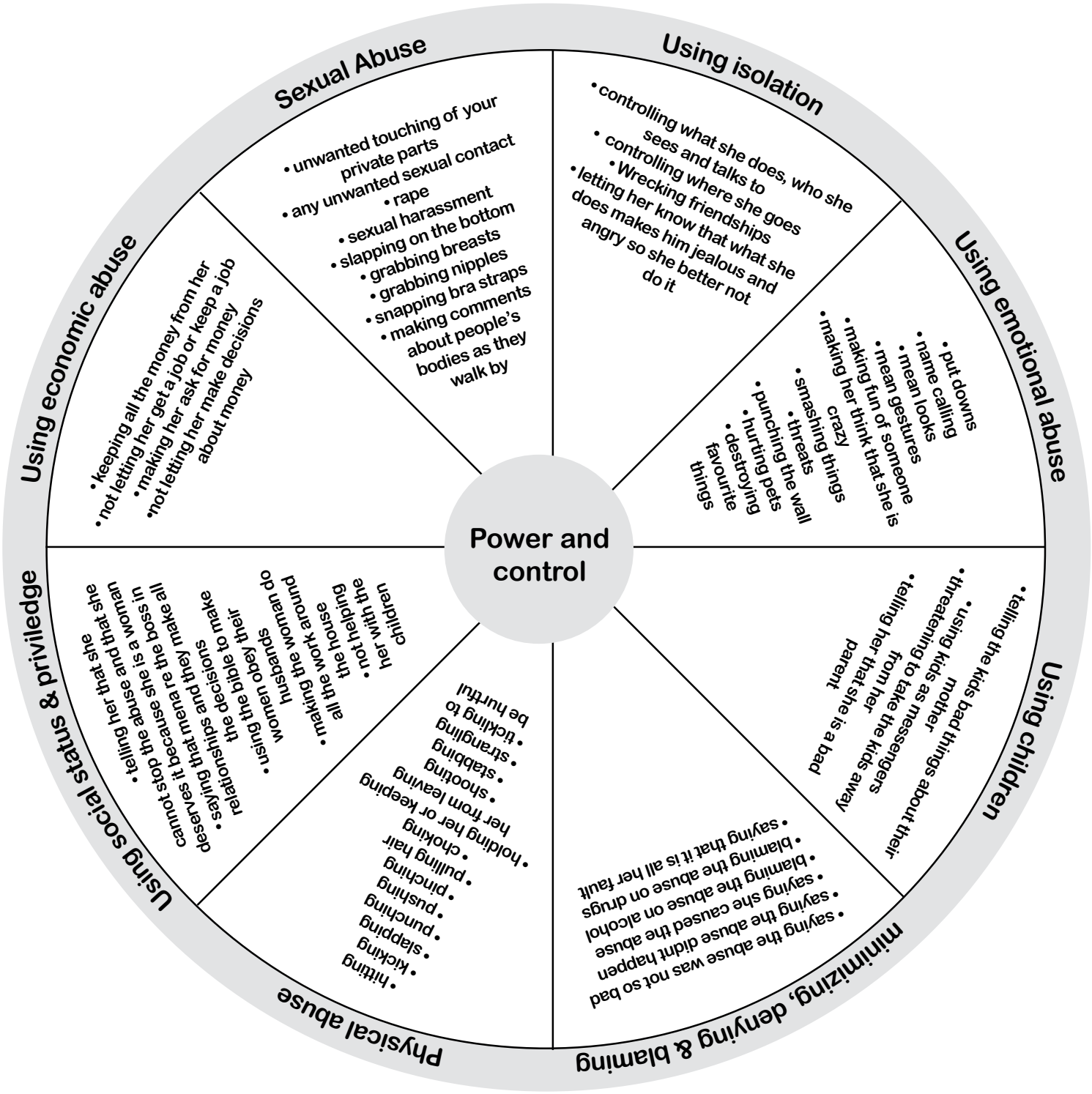
# Nonviolent, healthy, equal, fun relationship wheel




From: www.law.cua.edu/academic/cle/falc/Teenworkshopmaterial
Click on the link: Characteristics of Healthy & Enjoyable Friendships or Dating Relationships

# Youth power and control wheel

## Power and control wheel

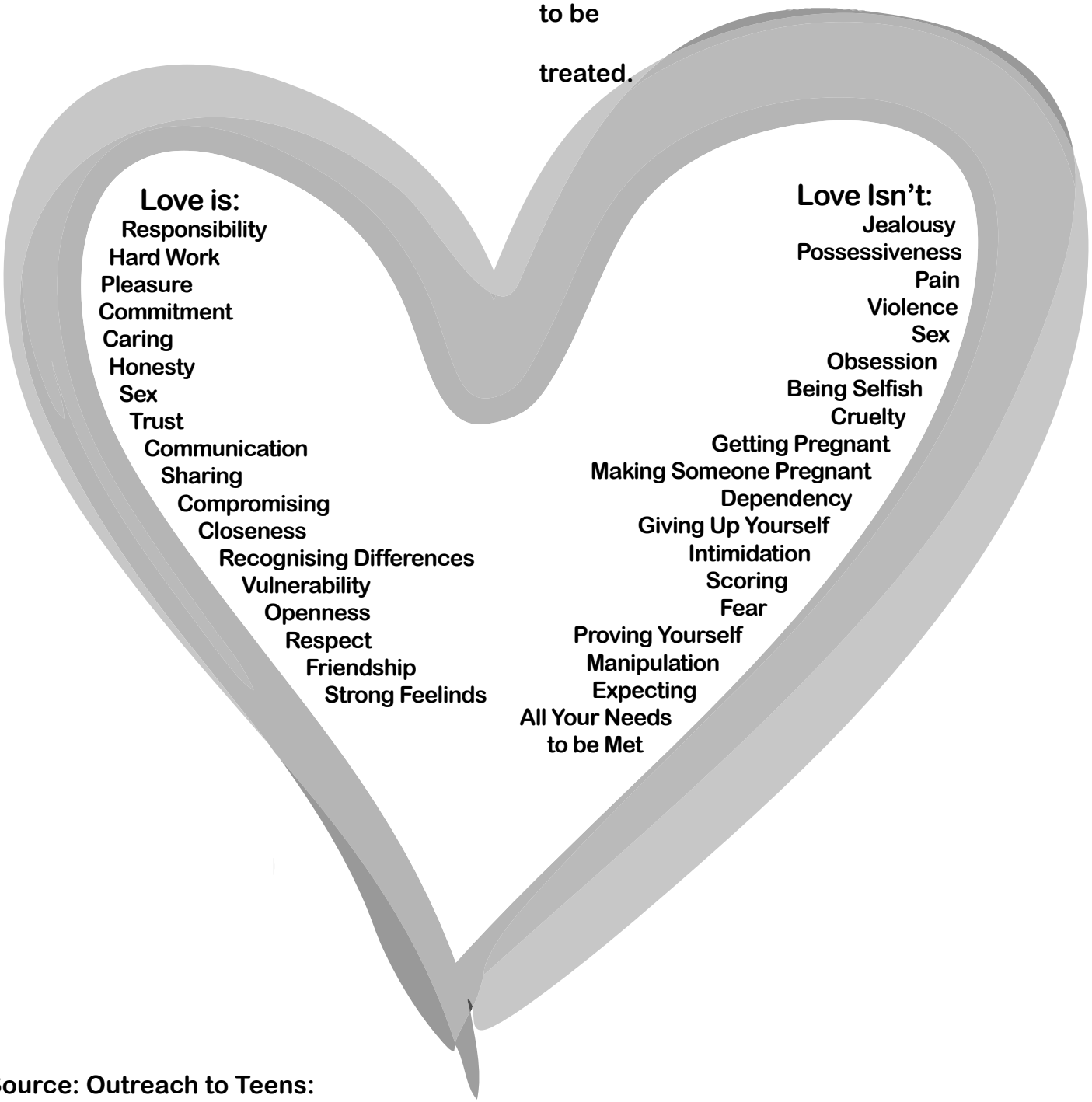



**Adopted by the Community Group Treatment Programme, based on the work of the Domestic Abuse Intervention Project, Duluth, USA**
**Developed by the London Battered Women's Advocacy Centre**

Community Groups Project
AVA

# Love is... Love isn't

There are many ways we can talk about love. But there are certain images and words describing what love is that lead to confusion and sometimes to bad situations if acted on. In fact some of these messages are actually what love isn't. There are many things about love that can't be summed up in a word. Here are two lists to help you sort out what love is or isn't. These lists are to help you decide how you want to be treated.




Source: Outreach to Teens:
A manual for counsellors who work with teen victims of violence against women.
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