

A. KNOWLEDGE/ATTITUDES ABOUT ABUSE

Read the sentences below. Do you agree with them? Circle your answer:



True



Not sure



False

1. Some fighting and hitting (between a dad/boyfriend and a mum) is OK



2. Violence happens in a lot of families



3. An argument can clear the air and settle things



4. Sometimes, mums do things they deserve to be hit for



5. Children are to blame if dad/boyfriend hits mum



6. Children should try to stop parents from fighting and hurting



B. SAFETY SKILLS

7. If the adults in your house were fighting, what could you do to keep safe?



8. Would you try to stop the fighting?



Yes



Not sure



No

C. ALTERNATIVES TO VIOLENCE/ANGER CONTROL

9. Read the following statements. What do you do when you are angry with someone?
How often do you do this? Draw a circle around your answer:

All the time (5) Lots of times (4) Sometimes (3) Not a lot (2)
Never (1)

a) I tell someone when I'm angry with them

5 4 3 2 1

b) Get help to settle the problem

5 4 3 2 1

c) Plan to get back at the person

5 4 3 2 1

d) Shout or scream at the person

5 4 3 2 1

e) Hit, punch or kick

5 4 3 2 1

f) Go away to calm down

5 4 3 2 1

g) Break or throw things

5 4 3 2 1

h) Try to think of how the other person feels

5 4 3 2 1



10. Anna and John can hear their Dad and Mum arguing downstairs. Dad is angry that the house is in a mess. Anna and John are in their rooms. They can hear the fight getting worse. They hear a smashing sound. They hear their Mum shout, "why did you break that?" Then they hear their Dad hitting their Mum.

a) What should Anna and John do? Circle your answer:



Yes



No



Maybe

i) Go downstairs and break up the fight



ii) Ring 999



iii) Telephone a neighbour or relative for help



iv) Stay in a safe place and stay out of the fight



b) Whose fault is it that their Mum is getting hit?

i) Mum's

iii) Anna and John's

ii) Dad's

iv) No one's