

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? _____

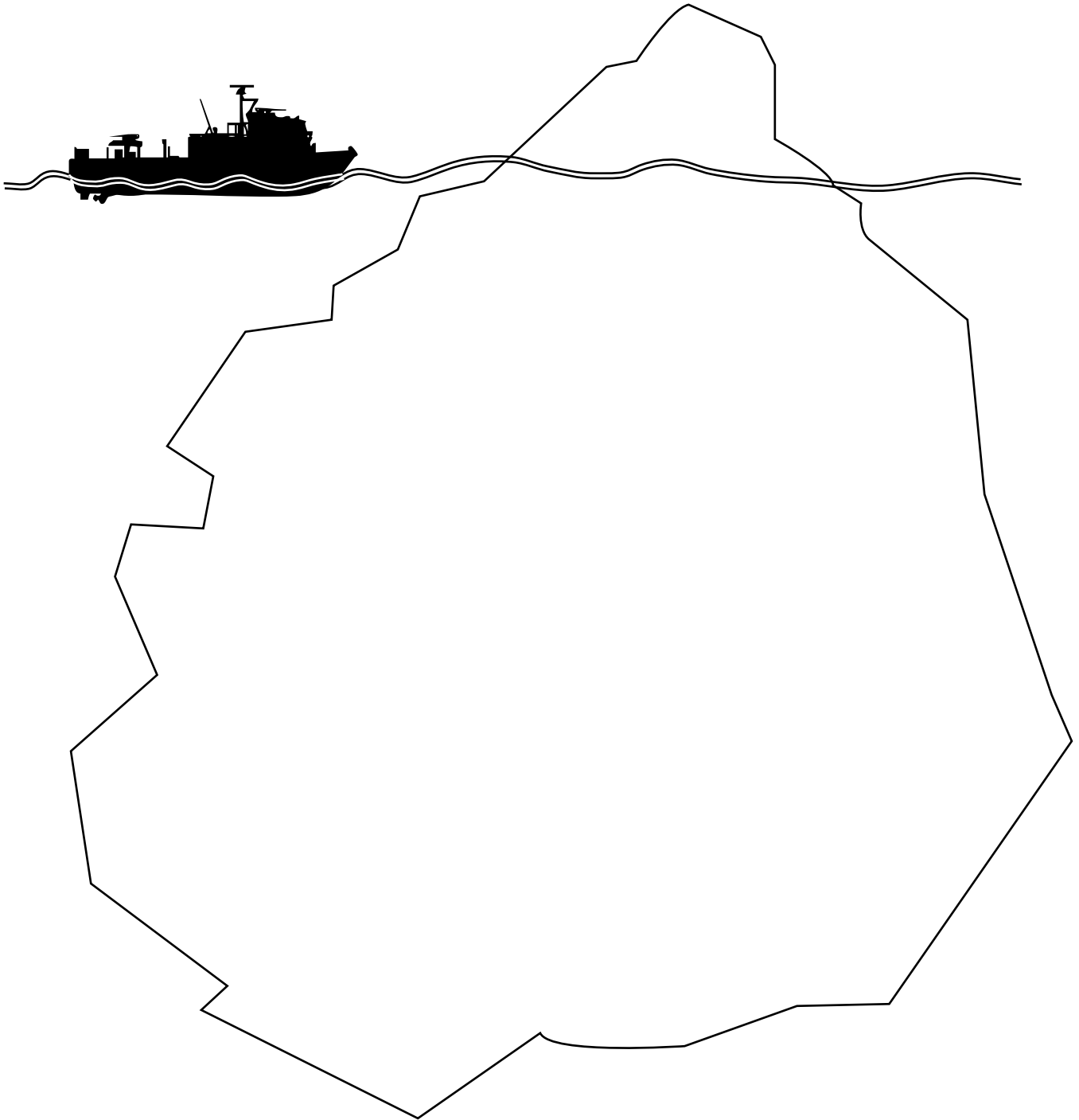
7. What is your favourite animal and why? _____

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

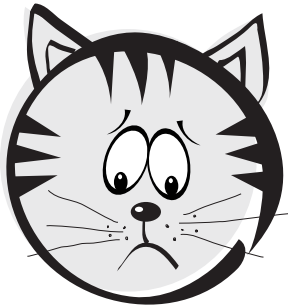
9. What is the one thing you really don't like about school? _____

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

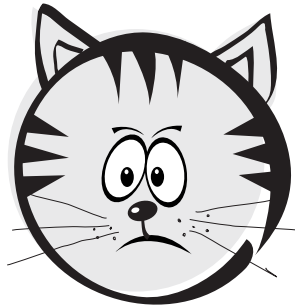
Iceberging feelings



Cat feelings



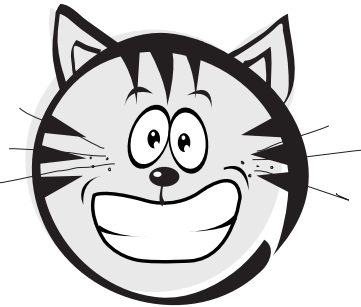
Sad



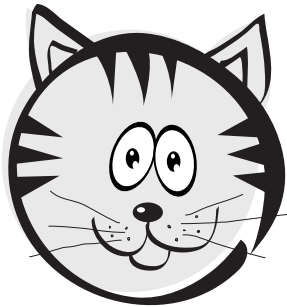
Disappointed



Angry



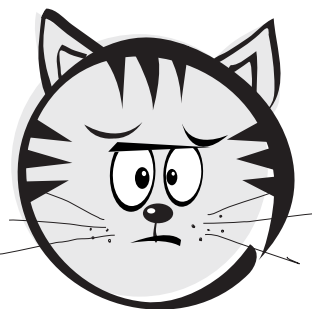
Excited



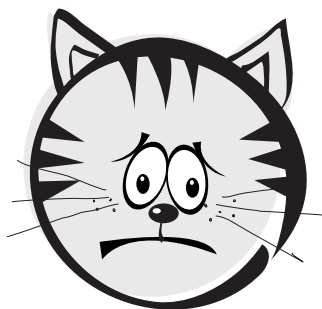
Happy



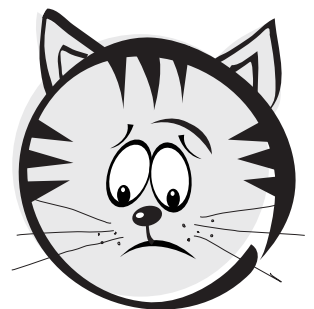
Fine



Frustrated



Scared



Worried

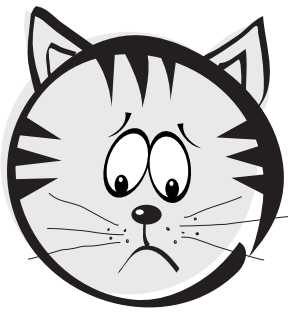
My picture about my family

My personal safety plan

My safe place

Draw a picture about your safe place

Cat feelings



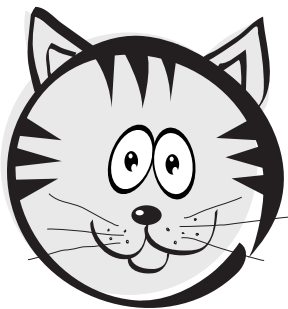
Sad



Pleased



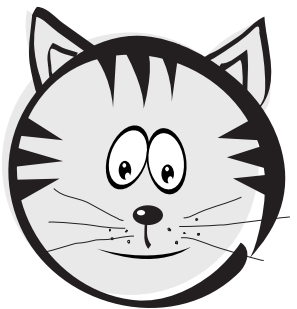
Angry



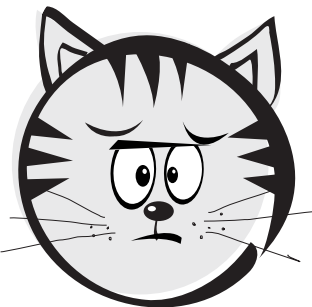
Happy



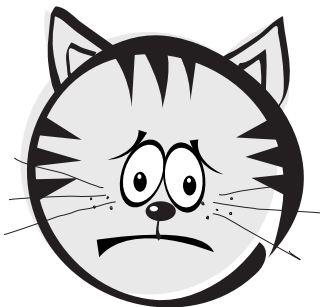
Excited



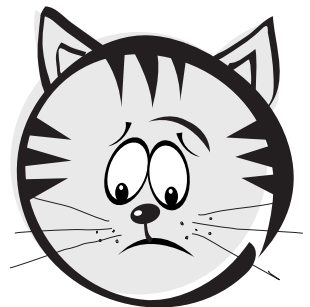
OK



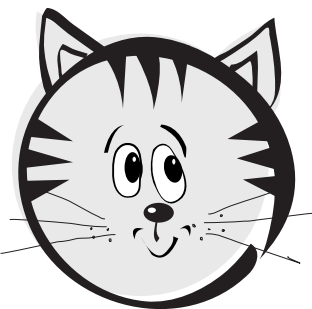
Frustrated



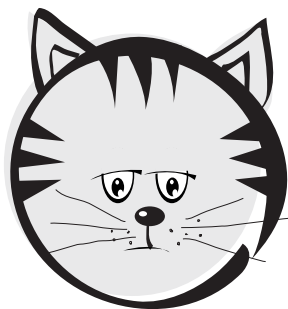
Scared



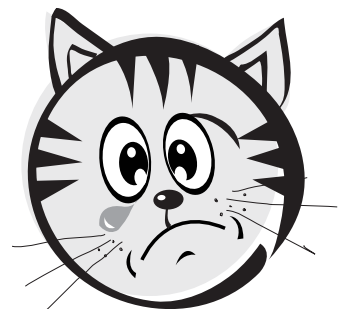
Worried



Embarrassed



Bored



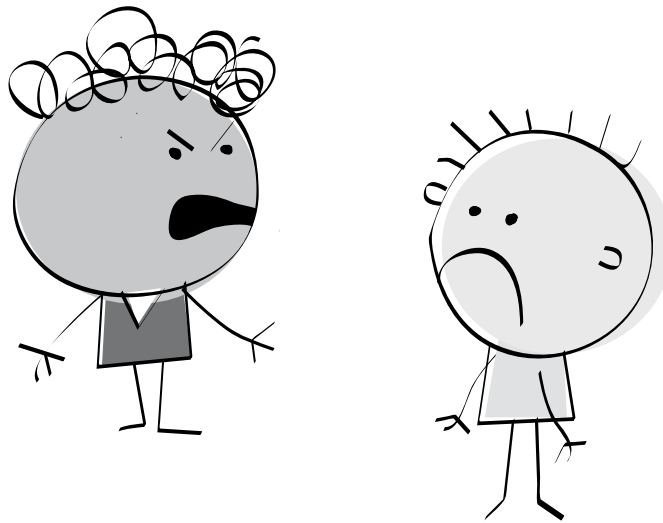
Hurt

Role play scenarios

Personal responsibility

When you say something hurtful you can say:

1. _____
2. _____
3. _____



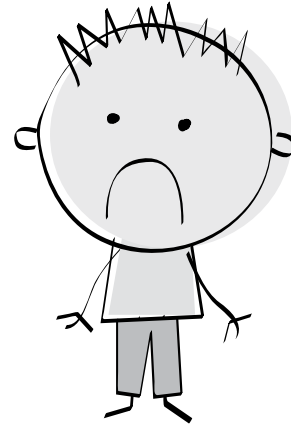
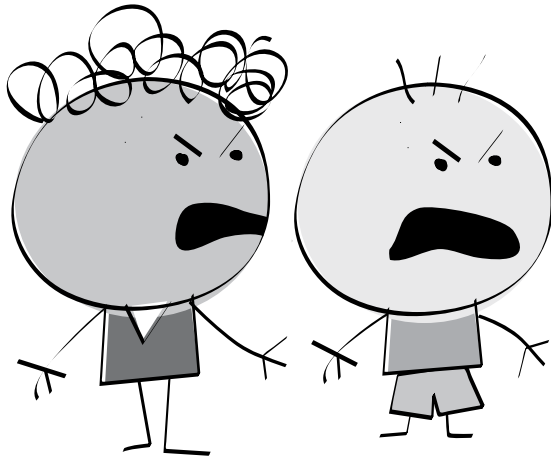
When someone says something hurtful to you, you can say:

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:

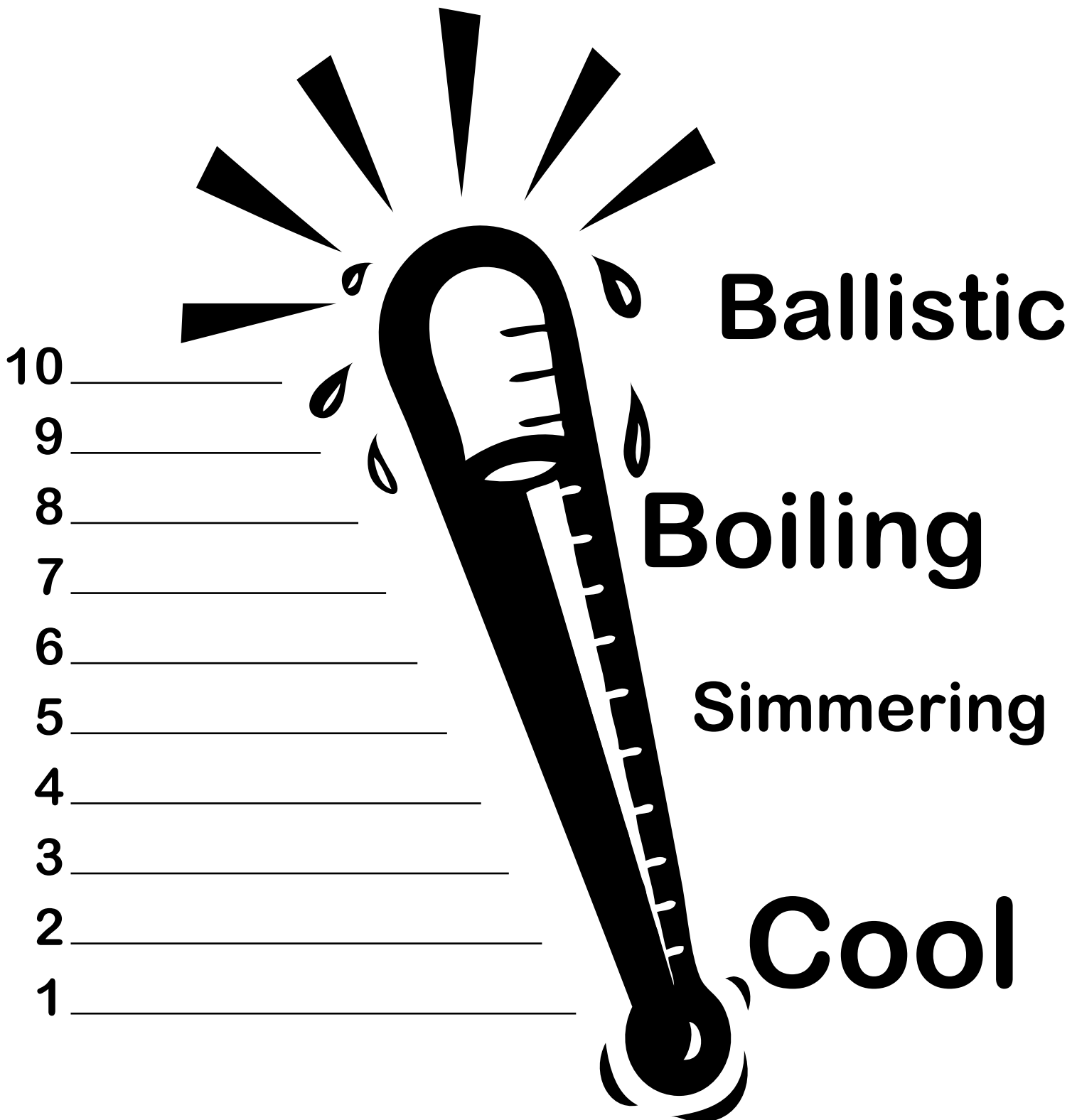
1. “I shouldn’t have said those things”
2. “I didn’t mean it”
3. “I’m sorry”

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



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?

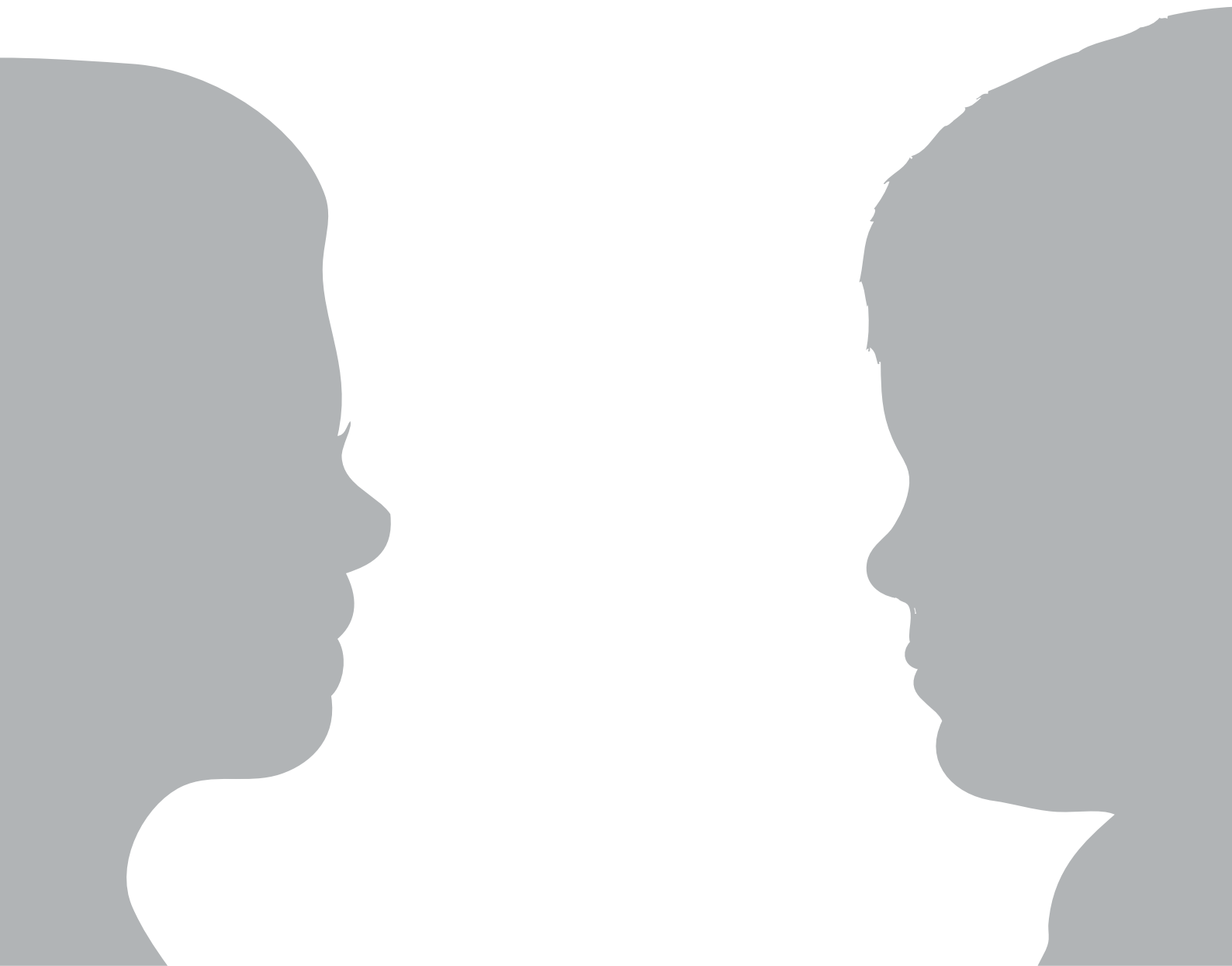
Will it work?

(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 _____

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 _____

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

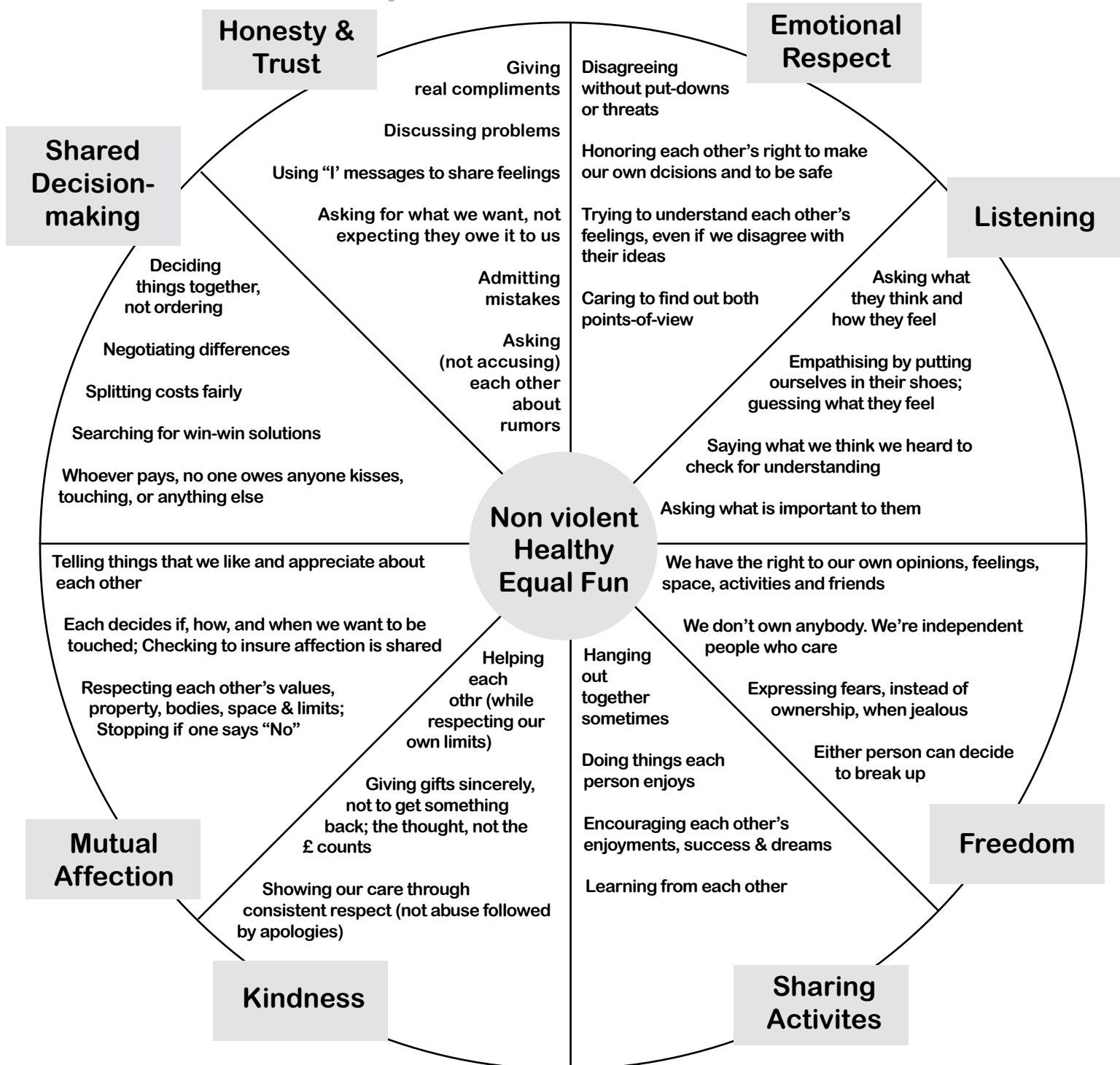
Safety planning for youth

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

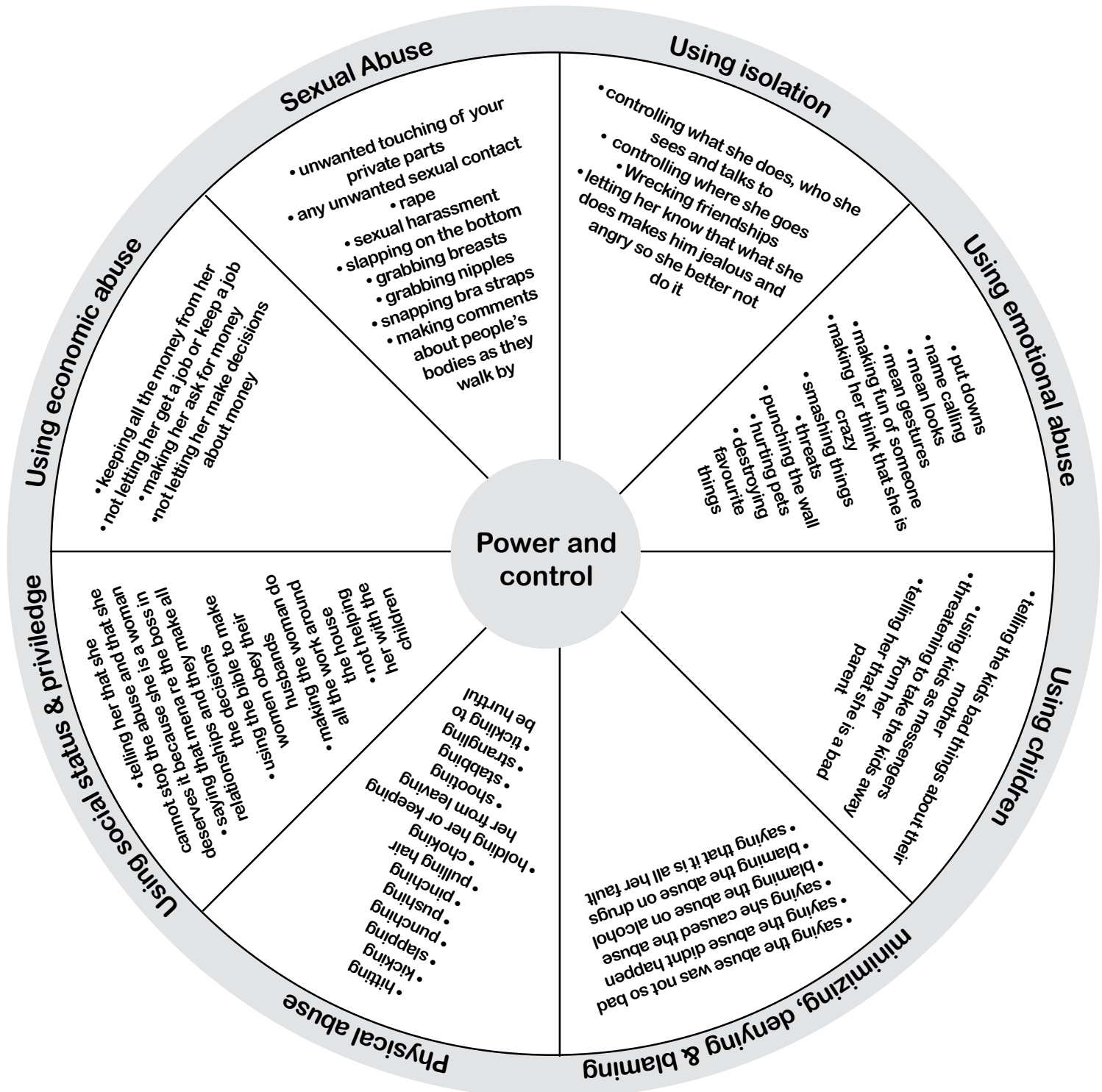


From: www.law.cua.edu/academic/cle/falc/Teenworkshopmaterial

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

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

treated.



Source: Outreach to Teens:

A manual for counsellors who work with teen victims of violence against women.

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