



Preventing RELATIONSHIP VIOLENCE



What is Making Waves?

Making Waves/Vague par vague is an innovative and successful provincial dating violence prevention program in operation since 1995. Guided by principles of equality, equity and diversity, we engage young people in a peer process to explore and raise awareness of relationship violence issues. Young people become active partners in creating a world in which

Making Waves/Vague par vague, a relationship violence prevention program for teens, was started in 1995 by Simone Leibovitch, Debrah Westerborg and Linda Legere. These three women were working with victims of abuse, and decided it was time to make a difference. They began talking and working with teens, and quickly figured out that young people learn best from their peers. They also figured out that teens have lots of great ideas, and with a little support they are able to do amazing things.

With a Student Advisory Committee to keep us on track, Making Waves/Vague par vague works very hard to raise awareness and to create a world in which EVERYONE knows that violence is not okay. We believe the key to a better future lies in REALLY listening to what kids have to say, and in empowering them to make a difference in their own lives and in the lives of their friends, families, schools and communities.

Making Waves/Vague par vague would love to hear from you!

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Fredericton NB
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pfy@nb.aibn.com

Partners For Youth Inc.

would like to acknowledge the work of the following people and organizations. We have adapted some of their materials and been inspired by their concepts. Without their efforts the Making Waves/Vague par vague program would not have been possible.

Fredericton Sexual Assault Crisis Centre
The Empowerment Project

Diana Tikasz, Mississauga Hospital Sexual Assault Team, 1990
Lindsay's Story—Education for Date Rape Prevention

Respect Can't Be Beat—Dating Violence Intervention Project

Cumberland County Transition House Association
Outreach to Teens

Making Waves/Vague par vague

is made possible by the generous support of:

Status of Women Canada

The Canadian Women's Foundation

The Counselling Foundation of Canada

Table des matières

Liste de ressources: Aide et information

Les mauvais traitements et la violence

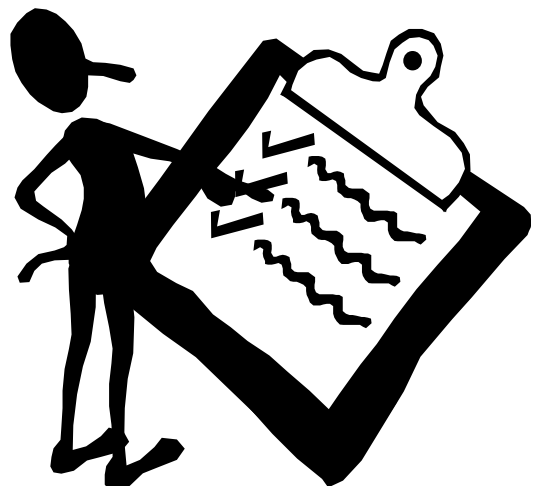
Tout au sujet des relations

Comment réagir aux mauvais traitements

Les limites personnelles, la communication et
les agressions sexuelles

Les stéréotypes

Comment faire vos propres
vagues



Où puis-je aller pour recevoir de l'aide et des renseignements?

Vague par vague/Making Waves est un programme de Partners for Youth Inc.

www.partnersforyouth.ca

Tél.: 1-888-739-1555

Centre pour les victimes d'agression sexuelle de Fredericton

www.fsacc.ca

Tél.: (24 heures): (506) 454-0437

Chimo offre des renseignements, des services d'orientation et peuvent vous référer à d'autres professionnels selon vos besoins.

Tél.: 1-800-667-5005

www.chimohelpline.ca

Jeunesse J'écoute est un service de consultation professionnel pour les jeunes, par téléphone et en ligne, gratuit, anonyme et confidentiel.

Tél.: 1-800-668-6868

www.jeunessejecoute.ca

Fredericton Lesbians And Gays (FLAG) est un service par téléphone qui offre des renseignements sur des questions de sexualité. Le service est disponible du lundi au jeudi de 18h à 21h.

Tél.: (506) 457-2156

1-800-561-4009

Les maisons de transition sont des endroits sûres pour des femmes qui veulent s'échapper d'une relation abusive. Elles fournissent aussi des services d'orientation, de conseil et d'éducation sur comment prévenir la violence.

Bathurst - Maison de Passage House

(506) 546-9540

Campbellton - Maison Notre Dame

(506) 753-4703

Edmundston - Escale Madavic

(506) 739-6265

www.escalemadavic.com

Fredericton - Women in Transition House

(506) 459-2300

www.ee.unb.ca/Groups/AEEGS/transition.html

Kent County - Maison Sérénité/Serenity House

(506) 743-1530

Miramichi - Miramichi Emergency Centre for Women

(506) 622-8865

miramichi.shelternet.ca

Moncton - Crossroads for Women/Carrefour pour femmes

(506) 853-0811

Saint John - Hestia House

(506) 634-7570

www.hestiahouse.ca

St. Stephen - Fundy Region Transition House

(506) 466-4485

fundy.shelternet.ca

Tracadie-Sheila - Accueil Ste-Famille

(506) 395-1500

www.accueilstefamille.com

Woodstock - Sanctuary House

(506) 325-9452



Gignoo Transition House - Ressource pour les autochtones (Fredericton)

1-800-565-6878
Partners for Youth Inc.

Basé au Nouveau-Brunswick



www.silentwitness.ca

Le projet "Témoin silencieux" est une exposition de silhouettes faites en bois et peintes en rouge, chacune représentative d'une femme de la région qui a été tuée par un mari, un partenaire ou une personne qu'elle a connue de façon intime. Cette exposition passe d'une communauté à l'autre afin de sensibiliser les gens au sujet de la violence dans les relations. Le site web du projet contient des renseignements, des ressources et deux pièces de théâtre qui peuvent être mises en scène dans votre communauté : *A Young Woman's Cry for Help* et *An Aboriginal Youth's Cry for Help*.

www.thehealingjourney.ca

Le site web "Les sentiers de la guérison" contient plusieurs informations et ressources qui ont rapport à la prévention de la violence. Ces ressources ont été créées surtout pour les collectivités autochtones.

www.gnb.ca

Le site web du gouvernement provincial contient plusieurs ressources, y compris :

- *Répertoire des services aux victimes de mauvais traitements* - www.gnb.ca/0037/report/Directoryfre.pdf
- Bureau du conseil exécutif, La Direction des questions féminines - L'Initiative sur la prévention de la violence - www.gnb.ca/0012/violence/index-f.asp
- *Protocoles relatifs à la violence faite aux femmes* - www2.gnb.ca/content/dam/gnb/Departments/sd-ds/pdf/Protection/Women/WomanAbuse-f.pdf

SPEIJ-NB - www.legal-info-legale.nb.ca/fr/abuse_and_violence

Le Service public d'éducation et d'information juridiques du Nouveau-Brunswick offre une série de publications sur l'abus et la violence, y compris des renseignements et des activités.

Le Centre Muriel McQueen Fergusson - www.unb.ca/fredericton/arts/centres/mmfc

Le site web du Centre Muriel McQueen Ferguson contient aussi plusieurs renseignements, des travaux de recherche et des publications sur la violence dans les familles et la prévention de la violence.

Des ressources nationales

Le Centre national d'information sur la violence dans la famille - www.phac-aspc.gc.ca/ncfv-cnivf/index-fra.php

Ce site web contient plusieurs renseignements sur la violence dans la famille, y compris des ressources, des statistiques et des rapports sur le sujet.

Le Cercle national autochtone contre la violence familiale - www.nacafv.ca/fr

Ce site web contient beaucoup d'informations et des rapports sur la violence dans la famille.

Remarques...

Abuse and Violence

IN THIS SECTION...

What is DATING VIOLENCE?

The CYCLE of ABUSE

Abuse is about POWER and CONTROL

What does ABUSE really look like?

HEALTHY? UNHEALTHY? ABUSIVE?

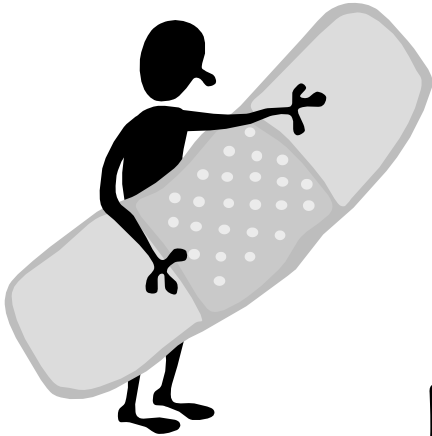
How does ABUSE affect you?

Why do people stay in ABUSIVE relationships?

Why are some people ABUSIVE?

What is dating violence?

Dating violence is abuse or mistreatment that happens between two people who are involved in an intimate relationship: they may be “just dating”, call themselves “a couple”, or even be “broken up” when the abuse happens.



Some people mistakenly believe an abused person will have lots of bruises or a black eye. There are many different types of abuse, and not all of them leave visible marks!

Know the FACTS!

- ⇒ A person who is being abused is a victim.
- ⇒ NOBODY deserves to be abused.
- ⇒ ANYONE can be involved in an abusive relationship, as either a victim or an abuser.
- ⇒ Both girls and guys can be abusers. Both guys and girls can be victims.
- ⇒ You are more likely to be abused by someone you know, like a friend or a partner, than by a stranger!
- ⇒ Abuse can happen whether you are dating someone of the same sex or someone of the opposite sex.
- ⇒ You are not alone. If you are abused or need support for a friend, there are people who can help you. **If you are in immediate danger, call 911.**

Abuse doesn't just happen to other people. It can happen to you, your friends, your parents, community members...
ANYONE can be involved in an abusive relationship.

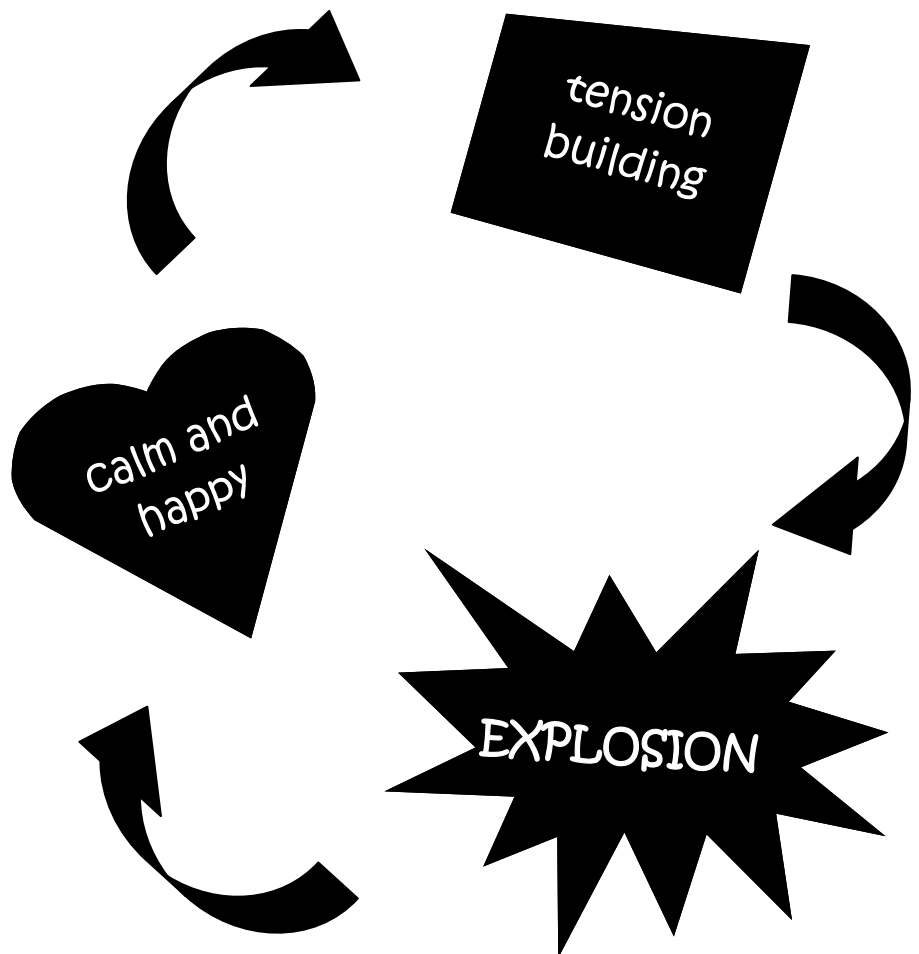
The CYCLE of ABUSE

Even in really bad relationships, abuse doesn't happen ALL the time. It can be very confusing when you enjoy spending time with someone and they tell you they love you then later they slap you, yell at you or force you to do things that make you uncomfortable.

At times, a person who is abusive may be calm and happy and treat you very well. Then, something may happen and you begin to notice that tension is building. They may seem more stressed, shut you out or watch every move you make. It doesn't matter what you say or do...every little thing adds up until finally they EXPLODE.

After the explosion, they may feel better and say "I'm sorry. It will never happen again. I promise." They may blame you, and tell you it's your fault they blew up at you. If you say you want to break up, they may beg you to stay, cry or tell you they can't live without you.

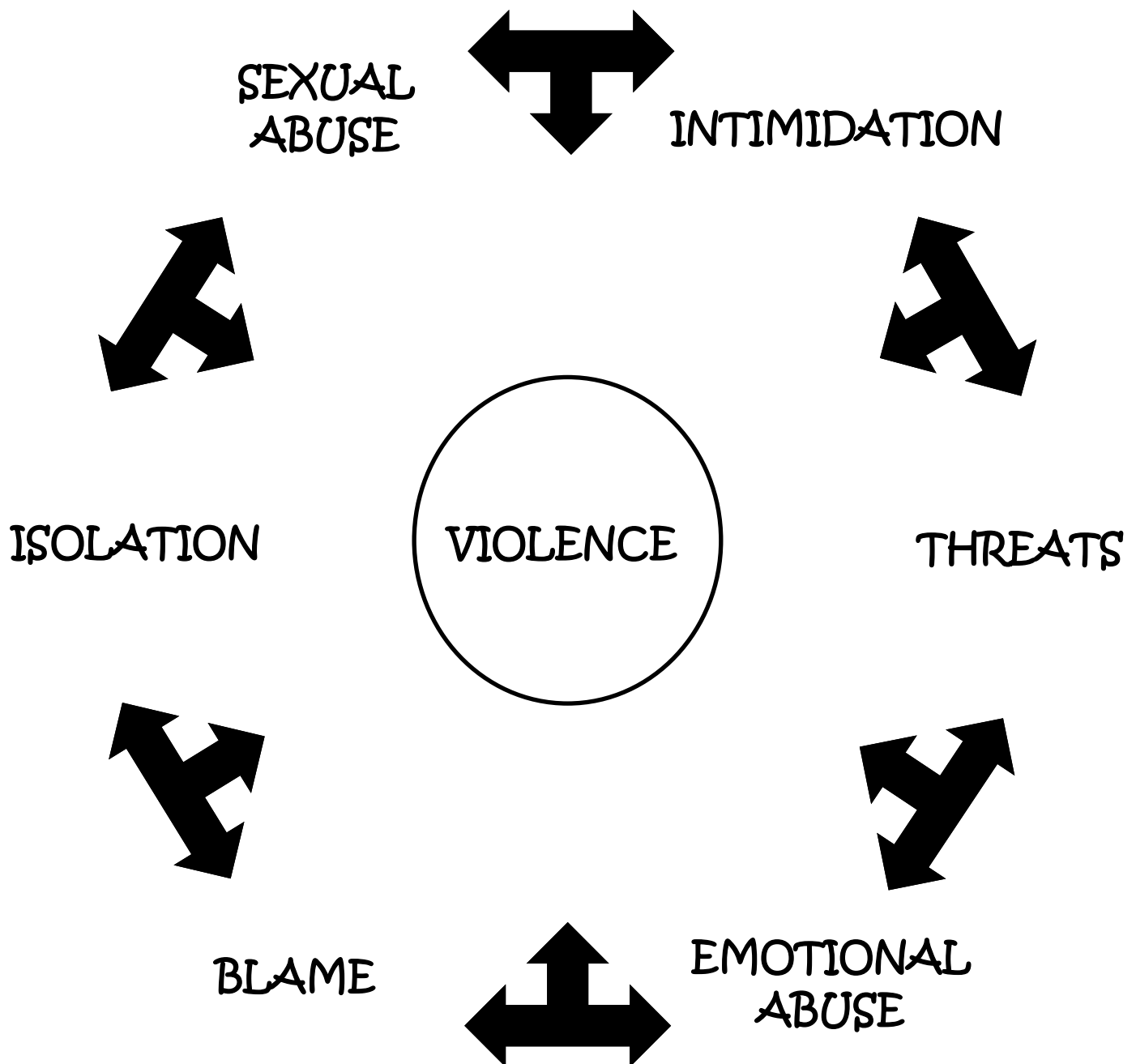
If you accept violence and disrespect, the abuser will learn they can mistreat you, frighten you and blame you. Violence WILL happen again. Maybe a week, or maybe two months later...you will notice the tension building. You'll try to make peace and keep your partner happy...but no matter what you do...there will be another explosion. **It's not your fault and you can't stop it.**



ABUSE is about POWER.

ABUSE is about CONTROL.

A busers have all kinds of ways to make themselves feel *POWERFUL* or to *CONTROL* their partners. Abuse is not just about physical violence. It is important to recognize the many forms of abuse!



Threats

Abusers tell you "Do what I say...or you'll be sorry." They may threaten to hurt you, or to hurt people you love. They may threaten to hurt things that are important to you like your pets. They may even threaten to hurt themselves.

Sexual Abuse

Abusers don't respect your boundaries. They may force or pressure you to do things that make you feel uncomfortable. They may take advantage of you when you are drunk or taking drugs. They may make comments that embarrass you, or call you names like "slut" or "fag".

Isolation

An abuser might tell you not to talk to your family or friends. They want to tell you who you are allowed to talk to and what you are allowed to do. They make you feel trapped and alone.

Emotional Abuse

Abusers treat you with disrespect. They may call you names, swear at you or tell you you're worthless. They may embarrass you in front of others, not treat you fairly, and make you feel bad about yourself. They may say things like "you're stupid" or "you're such a loser that no one else would ever go out with you."

Intimidation

Abusers make you feel afraid without even touching you. They may yell, swear at you, break things, slam doors, punch walls, or get right in your face. They may give you "the look" or corner you to prevent you from walking away.

Blame

Abusers don't accept responsibility for their own actions. They say "it's all your fault" when anything goes wrong, or may blame their bad behaviour on alcohol, drugs, stress, the weather... If they do something that hurts you, they say "It's not my fault. You made me do it!"

Violence

Violence includes shoving, slapping, choking, punching, pinching, kicking, biting, burning, hair pulling, using a weapon...anything an abuser may do to try to control your behaviour. They may be careful not to leave marks that someone else could recognize as abuse.

What does ABUSE really look like?

My boyfriend hit me. I know that's not okay, but I couldn't break up with him. I love him. He loves me too. That's why he hit me. He told me he loves me so much...I made him jealous by spending too much time with my other friends. I know it won't happen again, if I just spend more time with him.

I didn't sleep with him...but I guess the truth doesn't matter. He's already told everyone that I did.

My girlfriend and I have a kid together. We're not getting along well, but when I tried to talk to her about our relationship she said that if I break up with her, I'll never see my son again.

We dated for about a year, but then we started growing apart. I wanted to go out with other people. My girlfriend said she loved me, and that she couldn't live without me...then she said she'd kill herself if I ever left her.

I have been in my first same-sex relationship for about two months now. It's going well, but I haven't told my family or my friends. My partner lives in a different community...and said that if we break up everyone will find out I am gay.

I wasn't doing that great in school. My girlfriend was always the top of the class. She posted our grades on Facebook. She made me feel like an idiot.

My boyfriend and I are in all the same classes...he said that way we can be together all day. He applied at Dairy Queen when I started working there...now he makes sure we always have the same shifts. He always texts me at midnight to say "I love you", and he freaks out if I don't answer right away.

My boyfriend really has a temper. The other day I was late meeting him after school. He got so angry that he punched a big dent in my locker.

My girlfriend and I have been together for a couple of months. The other day, when I was with a bunch of friends at the park, she drove by and gave me "the look". I didn't know what I had done wrong, but I ran after her to find out.

Can you think of more examples of:

Threats

Emotional Abuse

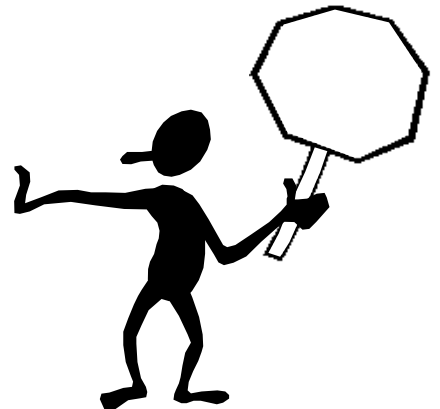
Sexual Abuse

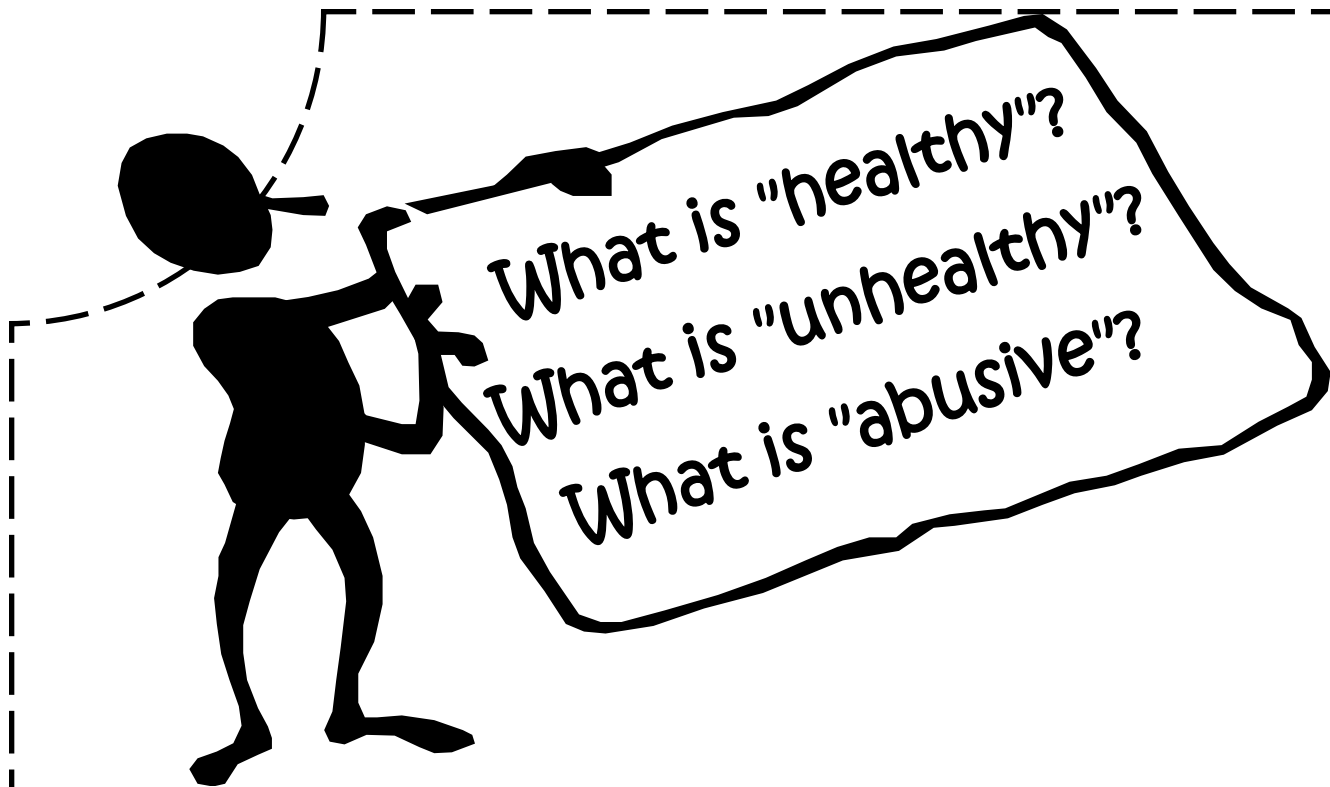
Intimidation

Isolation

Blame

Violence





PERSONAL SPACE

HEALTHY - You trust each other, and are comfortable with your partner spending time with other guys and girls.

UNHEALTHY - You feel jealous every time your partner talks about another guy or girl.

ABUSIVE - You are accused of flirting all the time, not trusted, and told who you are allowed to talk to.

SEX and INTIMACY

HEALTHY - You are honest about your feelings, able to communicate clearly, and your boundaries are respected.

UNHEALTHY - You are embarrassed to say how you feel because you think your partner won't listen.

ABUSIVE - Your needs and wants are ignored and you are pressured or forced into situations that make you uncomfortable.

CONFLICT

HEALTHY - You can disagree, and still treat each other respectfully.

UNHEALTHY - You can't disagree without having a fight.

ABUSIVE - You're afraid to disagree, for fear of anger or violence.

DISAGREEMENTS

HEALTHY - You are listened to and respected.

UNHEALTHY - You are ignored or feel like you shouldn't express yourself.

ABUSIVE - You are treated with disrespect and are not allowed to have your own opinions.

COMMUNICATION

HEALTHY - You are safe and strong enough to talk about how you feel.

UNHEALTHY - You feel awkward or avoid talking about how you feel.

ABUSIVE - You are afraid to say how you feel because you fear your partner's reaction.

Don't accept disrespect! If your relationship is unhealthy, decide whether you and your partner are willing and able to make it better. If your relationship is abusive, you may need help.

NOBODY DESERVES ABUSE.

How does ABUSE affect you?

You may think that abuse could NEVER happen to you. The truth is, abuse can happen to ANYONE. Both victims and abusers can be male or female, any race or religion, have lots of money or none at all, live in a big city or in a rural area, be big or small, old or young and dating a guy or a girl...there's no way to tell who will become involved in an abusive relationship.



There are all kinds of reasons people become stuck in the web of abuse.

When you are involved in an abusive relationship, you can lose your **self-esteem, confidence, freedom** and **sense of safety**. Without these things, it can seem almost impossible to leave the relationship!

SELF-ESTEEM

It is important to feel good about yourself. Your partner should value and respect you. Your partner should not make you feel worthless or embarrassed.

CONFIDENCE

It is important to feel capable and able to do things for yourself. Your partner should believe in you. Your partner should not make you feel stupid or not good enough.

FREEDOM

It is important to be independent. Your partner should encourage you to be yourself. They should not try to control you or boss you around. You should make your own choices about who to talk to, where to go and what to do.

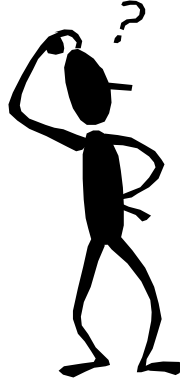
SENSE OF SAFETY

It is important to feel secure. Your partner should help you feel safe. They should not make you feel scared, uncomfortable or unsafe.

Love is about being valued, respected, trusted, and encouraged. Love is about feeling safe.

When LOVE HURTS: Why do people stay in abusive relationships?

It may seem confusing that anyone would stay with a partner who hurts them. NOBODY likes being abused or mistreated. A person may be afraid to leave, or have nowhere to go. They may be embarrassed to admit they are being abused or worried about gossip. The abusive partner may have threatened to hurt himself or herself, and the victim may feel guilty. They may believe the abuse is their fault and that they deserve it. The victim may love their partner and want to keep the relationship going, hoping the abuse will end.



There are all kinds of reasons people can feel trapped in an abusive relationship. Remember - relationships often start off fun and exciting. Even abusers have moments of being sweet or romantic. Abuse may not happen until you have been dating for a while or already feel like you are “in love” with someone.

Even if we broke up, I would see him all the time. There's no way out.

I deserve this. She told me she will kill herself if I leave.

We broke up before, but she always convinces me to come back.

I can handle this. It's not so bad all the time.

This is what my parents' relationship was like. It must be normal.

I am scared to be alone.

I've never heard of a guy being abused.

He has never actually hit me, so it's not really abuse.

It started off great, and I really love her. I know we can fix our problems.

He will hurt me if I leave.

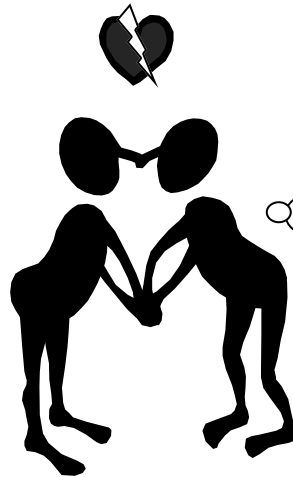
She has a job - I wouldn't have any money if we broke up.

We have a kid together - I don't want to be a single parent.

He only acts jealous because he loves me so much.

Everyone always tells me how lucky I am to be with her.

If we broke up, I would lose all of my friends.



Why are some people abusive?

It is NEVER okay to be abusive. There is NO ACCEPTABLE REASON to hurt your partner or treat them with disrespect.

It is hard to understand why some people mistreat or disrespect the people in their lives...especially the people they say they love.



When trying to figure out why some people are abusive, it may help you to understand that...

Abusers may believe it's okay to use fear to control others.

Some people think it is okay to use physical force to get their own way. They may have been treated this way themselves or seen family members be physically violent to each other. They may have seen images of abuse on television, in movies or in video games and believe it is okay or normal. Once they believe they can get away with it, abusers will use violence or the threat of violence to take power away from other people.

Abusers often have low self-esteem.

People who are abusive often don't feel good about themselves. They may be worried that no one will like them, or afraid their partner will leave them. They think that if they act tough and scare others no one will see they are really afraid.

Some people think that if you love someone you need to control them. They think that controlling someone is like taking care of them. They don't want their partner to make any decisions; they want to control who their partner talks to, where they go and what they do.

Abusers may believe that love is about control.

Abusers may not have good communication skills.

Abusers may have trouble dealing with problems or be unable to talk about their feelings. They may believe partners should never disagree or have differences of opinion. Instead of learning to communicate, they rely on violence to "solve" their problems.

Some people think they "own" their partner and have a right to control them. They are unreasonably jealous and don't respect their partner as a person.

They believe their partner "owes" them sex, and don't consider their partner's feelings.

Abusers may believe they own their partner.

Abusers may believe the myths.

In society, men are often portrayed as macho, tough and in control. Women are often shown as weak, vulnerable and submissive, or the other extreme: sexy, manipulative and selfish. Girls are taught to "make peace", and guys are taught to be a "real man". Some people believe they are worthless unless they are in a relationship. Many still believe that abuse only happens in heterosexual relationships.

Notes...

All About Relationships

IN THIS SECTION...

Healthy Relationships 101

Tips for SAFER Dating

Take a look at your OWN relationship

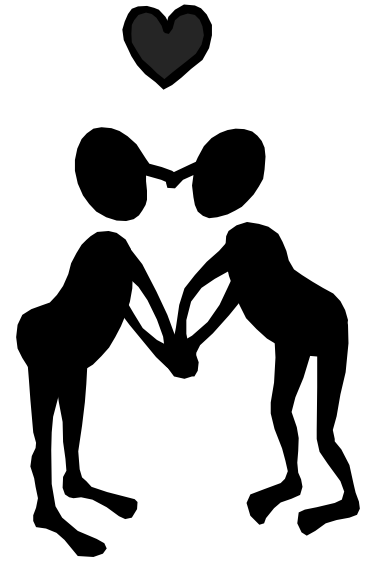
Love is...Love isn't...

How much do YOU know about abuse?

Healthy Relationships 101

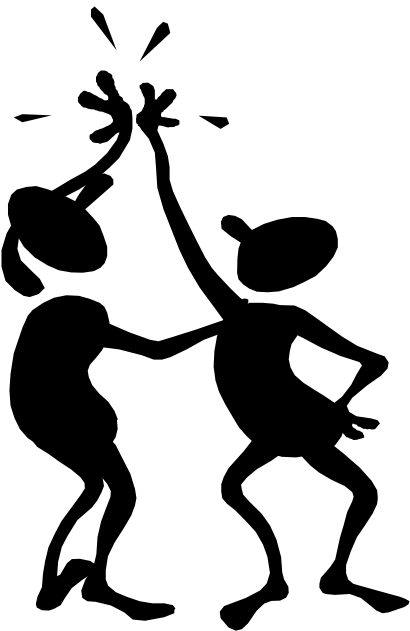
In healthy relationships...

- ♥ You sometimes disagree, and you know it's okay to talk about your differences.
- ♥ You feel comfortable spending time without your partner.
- ♥ You REALLY listen to each other.
- ♥ You respect and value each other.
- ♥ There is no fear.
- ♥ You are equals.
- ♥ You support each other's goals.
- ♥ You feel safe and comfortable.
- ♥ You make decisions together.
- ♥ You do not control each other.



How to have a healthy relationship...

- ♥ Be honest with each other.
- ♥ Give each other personal space and room to breathe.
- ♥ Express yourself clearly.
- ♥ Learn to listen.
- ♥ Be responsible for your own feelings.
- ♥ Respect and value yourself and your partner.
- ♥ Do not expect your partner to solve all of your problems.
- ♥ Work together to resolve differences.
- ♥ Be true to yourself.





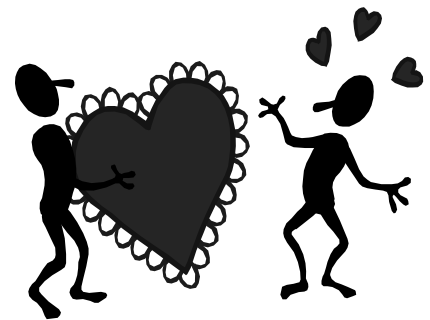
- ☒ It is **always** okay to end a date early.
- ☒ Tell someone your plans, including where you will be going and what time you expect to be home.
- ☒ Make plans to call someone when you get home so they will know you have arrived safely.
- ☒ Be aware that drugs and alcohol affect behavior and decision making.
- ☒ If you decide to leave a party with someone, make sure to tell a friend. Let them know you are leaving, where you are going, and when you expect to be home.
- ☒ If you are meeting someone in person for the first time, like someone you've only spoken to online, meet in a very public place. You can even bring a friend or invite your date to a group or community event.
- ☒ Arrange your own travel when meeting someone for the first time. If you don't drive, ask a parent or a friend for a ride to and from your date.
- ☒ Have a back-up plan for getting home safely - make sure you have money for a taxi, or that you have a telephone number for someone who is available to pick you up.
- ☒ Be aware of what information you share online. Do not post personal details such as your address or telephone number. Sharing information such as your school or where you work can also allow people to track you down.
- ☒ Do not let your date pressure you into doing something or going somewhere that makes you uncomfortable.
- ☒ Even if you've known someone as a friend, they may behave differently on a date.
- ☒ Trust your instincts. If you are uncomfortable or something doesn't feel right, get out of the situation.
- ☒ People you meet online may not be who they say they are.

Take a look at your own relationship...

Is your relationship healthy?

Let's take a look....

1. Do you share decisions about spending time together?
2. Does your partner respect your privacy?
3. Does your partner make you feel bad about yourself?
4. Are you and your partner equals?
5. Does your partner check up on you to see who you are with and where you are?
6. Are you comfortable saying "no" to your partner?
7. Does your partner make you feel good about yourself?
8. Do you allow each other space?
9. Does your partner put down people you care about?
10. Do you feel controlled by your partner's jealousy?
11. Has your partner ever threatened you?
12. Do you encourage each other's interests?
13. Do you feel comfortable disagreeing with your partner?
14. Is your family happy about your relationship?
15. Do you always feel safe with each other?
16. Has your partner ever held you somewhere against your will?
17. Has your partner ever hit or pushed you?



- 18.Does your partner ever blame you when things don't go well?
- 19.Do you and your partner trust each other?
- 20.Do you feel pressured by your partner to do things you are not comfortable with?
- 21.Do you both apologize when you make mistakes?
- 22.Does your partner always need to know what you are doing and who you are with?
- 23.Do you respect one another's opinions?



Let's Reflect...

How does your relationship look? Do you feel good about the questions you answered "yes" to? Do you feel good about the questions you answered "no" to?

To build a healthy relationship it is important to know some of the warning signs of abuse. After reading through them take the test again to see if you still feel good about your answers.

WARNING SIGNS:

- Your partner's **jealousy** stops you from seeing friends or doing things you enjoy.
- Your partner makes fun of you, **insults** you or **puts down** your family or friends.
- Your partner **bosses** you around.
- Your partner **pressures** or **forces** you to do things that make you uncomfortable.
- You are **scared** to say "no" to your partner.
- Your partner **blames** you every time something goes wrong.
- Your partner tries to **control** you and **ignores** your feelings.

Love is...Love isn't...

Think about whether each of the following words is part of a healthy relationship or an unhealthy/abusive relationship.

Manipulation	Being ignored	Comfort	Changing yourself
Trust	Communication	Caring	Consensual touch
Sex	Isolation	Fear	Bossiness
Honesty	Jealousy	Pleasure	Giving up yourself
Cruelty	Bullying	Obsession	Working together
Sharing	Closeness	Safety	Unwanted touching
Compromising	Being mean	Lies	Being selfish
Respect	Pain	Independence	Strong feelings
Friendship	Responsibility	Violence	Hard work
Fun	Danger	Openness	Intimidation

This can also be done as a group activity. Print each of the words in large letters on separate index cards. Divide a wall into three sections labeled "Love is...", "Love isn't..." and "Unsure/It depends". Distribute the index cards to participants and ask them to place the words where they best fit. Once all of the words are categorized, go over each one as a group to generate discussion and explore differences of opinion. If participants disagree as to the placement of a word, point out how difficult it can be for people to figure out the differences between healthy, unhealthy and abusive when they are affected by the strong emotions of a complicated relationship.

How much do you know about abuse?

Decide whether you think each statement is TRUE or FALSE...
then check your answers on the following page.

1 - A person who is abused sometimes does things to deserve it.

TRUE or FALSE

2 - Jealousy is a sign of love.

TRUE or FALSE

3 - If you really love someone, you can change them.

TRUE or FALSE

4 - Alcohol causes abuse.

TRUE or FALSE

5 - Abusers are just "out of control".

TRUE or FALSE

6 - A person who stays in a bad relationship must like the abuse.

TRUE or FALSE

7 - Girls never abuse guys.

TRUE or FALSE

8 - Violence is the most serious form of abuse.

TRUE or FALSE

9 - Abuse doesn't happen in gay or lesbian relationships.

TRUE or FALSE

10 - People in love need to spend most of their time together.

TRUE or FALSE

POP
QUIZ

Think
you
know
your
stuff?

Turn
the
page
to
find
out...

POP QUIZ

Answers

People have all kinds of ideas about abuse. Don't believe the myths! Here are the facts:

1. **A person who is abused sometimes does things to deserve it...FALSE!** No one deserves to be abused. Even if someone makes a mistake or does something to make you angry, violence is never the answer. There are ALWAYS better solutions than violence or abuse.
2. **Jealousy is a sign of love...FALSE!** Jealousy is a sign of mistrust. While jealousy is a natural feeling that everyone experiences, it is not okay to try to control your partner because of your jealousy.
3. **If you really love someone, you can change them...FALSE!** If you "love" someone, you shouldn't try to change them. If they have a lot of problems or if they are abusive, they need to change their own behaviours. You can't control your partner or prevent them from being abusive.
4. **Alcohol causes abuse...FALSE!** Many people who drink alcohol do not abuse others. Many people abuse others without drinking alcohol. Some people blame alcohol for their bad behaviour, but drinking alcohol is not an excuse for violence.
5. **Abusers are just "out of control"...FALSE!** Abusers know what they are doing and are responsible for their actions.
6. **A person who stays in a bad relationship must like the abuse...FALSE!** No one likes to be hurt. A person in love can feel very confused: they don't want the relationship to end but they do want the abuse to stop.
7. **Girls never abuse guys...FALSE!** Anyone can be hurt or disrespected by someone they care about, including guys. Some girls are controlling and violent.
8. **Violence is the most serious form of abuse...FALSE!** Violence is just one of many forms of abuse. All forms of abuse are serious. Without even touching you, your partner can make you feel isolated, uncomfortable, trapped or afraid.
9. **Abuse doesn't happen in gay or lesbian relationships...FALSE!** Abuse happens in all kinds of relationships. Same sex relationships can be controlling or violent, just like relationships between girls and guys.
10. **People in love need to spend most of their time together...FALSE!** In a healthy relationship, you need your own space to grow, to have your own friends, and to be comfortable doing things with or without your partner.

Dealing with Abuse

IN THIS SECTION...

Let's TALK

Is there TOO MUCH ANGER?

What if you are AFRAID?

Time to GO?

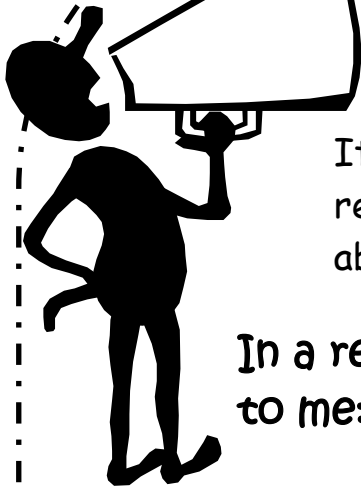
Breaking up: SAFETY Tips

Where can I get HELP?

PLANNING AHEAD

How to Help a Friend who is being abused

How to Help a Friend who is ABUSIVE



LET'S TALK

It's important to get to know your partner and to talk about relationship "stuff". Here are a few things for you to think about...for yourself, or with your partner.

In a relationship, the following things are important to me:

Things I look for in a partner:

It is NOT OKAY if my partner...

If I feel we are spending too much time together, I will...

If my partner wants to do something sexually that I don't want to do, I will...

If I feel jealous, I will...

If my partner comes to me with a problem, I will...

If my partner tries to control who I hang out with, I will...

When I am angry at my partner I will...

Drugs and alcohol affect behaviour. If my partner is drunk/using drugs, or if I am drunk/using drugs, I will...

If my partner is violent, I will...

Is there too much anger?

What if your partner gets angry and scares you? What if they break things or punch walls when they get upset? What if they get mad and blame you for things that aren't your fault?



Talk to them when you are both calm, not in the middle of an argument. Neither of you should be under the influence of drugs or alcohol. Tell them the anger scares you, and it must stop. Talk about how they are going to change their behaviour.

Let them know that **YOU** cannot change their behaviour. They may need professional help if the relationship is going to continue.

Talk to friends, family or people you trust. It is easier to figure out what to do about bad behaviour when you have help and support.

Think about whether you want to stay in the relationship. Decide what is best for **YOU**.

If you do nothing, the abuser may get the message that their behaviour is okay. They may not even recognize their controlling or violent behaviours are abusive.

What if you are afraid and feel in danger?

**Abuse and violence are serious.
Take action to get out of dangerous situations.**

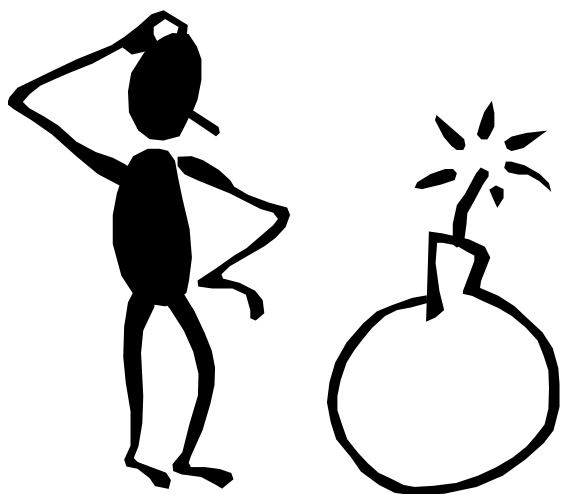
If you are hurt or scared, talk to someone who can protect you. Ask for help. You can talk to your parents, relatives, teachers, guidance counselors, the principal, community members, the police, or any person you trust.

You may need to break up with your partner. If they are violent, you should not talk to them alone.

Both girls and guys can call a women's shelter or transition house for help and support. The people working at these shelters understand what abuse is all about, and will help you figure out how to be safe. You don't have to tell them your name...just tell them you are worried and they will try to help.

In New Brunswick, there is a list of helpful numbers on the second page of all telephone directories.

There are people who can help you. You are not alone.



**People have been badly hurt when
they didn't take violence seriously.
Protect yourself. Get help.**

Time to go?

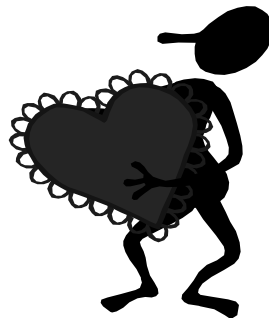
Love isn't about fear and control. Staying with a partner who hurts you won't help. The best way to help is to not let them get away with treating you abusively. Tell them how they are affecting you. Let them know they need help. Even if you love someone, you can't take away their anger.

What if I decide to break up?

Breaking up can be a very difficult decision. Maybe you love your partner, and hope they will change. Maybe you're scared they will hurt you, or scared to be alone. Your partner may cry, tell you they love you, say they can't live without you and even threaten suicide. You may be worried about running into them at school or in your community.

It can be really hard to break up, especially if you love someone or if they say they love you. Remember, if someone is treating you badly, they are NOT loving or respecting you. You deserve to be loved and respected.

Your partner might pressure you if you try to break up. They may promise to change. Maybe they will treat you better for a while, or maybe they'll go back to hurting you. The abuse and violence probably won't just go away. It usually gets worse over time, as your partner learns they can abuse you and you will keep forgiving them.



Being ready for a relationship means being ready to make difficult decisions if it's not working.

Breaking Up: Safety Tips for Ending a Relationship



Breaking up can be dangerous. If there is violence in your relationship, it may continue or get worse after you break up. Your ex may harass or stalk you, or threaten to hurt you, your loved ones or your pets. Help is available. Transition houses can provide advice and counseling to both girls and guys. You may even need to call the police. Don't be embarrassed to ask for help - ABUSE CAN HAPPEN TO ANYONE.

- ☑ It might be safer to break up in a public space.
- ☑ Bring a friend to support you if you think it would be helpful.
- ☑ Tell friends your concerns.
- ☑ If you are not comfortable being alone at home or in public spaces, ask friends or family members to stay near you.
- ☑ Keep important telephone numbers in you cell phone or in your wallet in case you need to call for help.
- ☑ Block unwanted numbers from calling you.
- ☑ Change your email accounts and passwords.
- ☑ Update your settings on social network accounts (like Facebook) to block unwanted visitors, and ensure your privacy settings will keep you safe.
- ☑ It could be helpful to tell teachers or a guidance counselor what is going on.
- ☑ Tell your boss if you think your ex might visit your workplace.
- ☑ If your ex confronts you, leave as quickly as possible.

Where can I get help?

The
POLICE

Your BROTHER

Your
PARENTS

TEACHERS

An AUNT
or UNCLE

COMMUNITY
MEMBERS

A TRANSITION HOUSE

PARTNERS
FOR YOUTH

ELDER\$

FAMILY DOCTOR

GRANDPARENTS

GUIDANCE COUNSELLORS

SEXUAL ASSAULT
CRISIS CENTRE

Your
SISTER

A FRIEND

Your
COACH

YOUTH
GROUP

TEEN
CENTRE

FRIENDSHIP
CENTRE

COMMUNITY
CENTRE

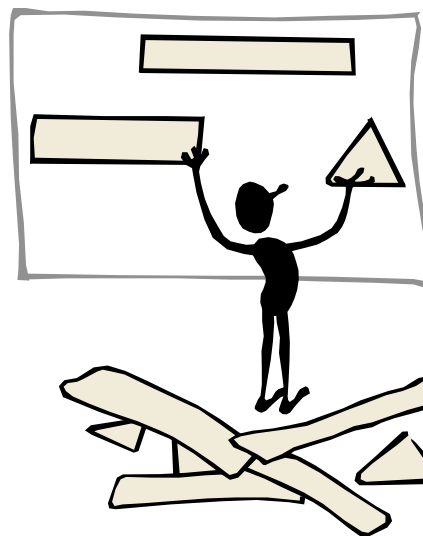
FAMILY RESOURCE CENTRE



Planning Ahead: Where will I turn if I need help?

Whether you are single, "just dating" or in a committed relationship, it is important to think about your safety!

If I am having problems in a relationship, I can talk to:



At my school or in my community, I can talk to:

If I am stuck somewhere I don't feel comfortable and I need a drive, I can call:

If I need to get away from someone who is abusing me, I can go to:

It is a good idea to memorize important telephone numbers or email addresses, and to keep an emergency contact list in your wallet. Be prepared in case you need help!

How to Help a Friend who is being abused

TALK to them. **REALLY LISTEN** to what they have to say. Don't interrupt. Let them talk.

DON'T JUDGE them. They are doing their best. The abuse is **NOT THEIR FAULT**.

BELIEVE them. If someone tells you they are being abused or mistreated, they are probably telling the truth. They may be saying that another friend or someone you know has abused them. Remember that even "nice" people can be abusive.

BE HONEST. If you feel unable to help them, tell them you need to talk to someone else like a parent, a teacher a guidance counselor, a family member or someone in your community.

SUPPORT them. Find out what they want to do. They may ask you to go with them to talk to a parent, guidance counselor or community resource person.

TELL THEM they don't deserve to be hurt. They may feel like the violence was somehow their fault. Nobody deserves to be abused.



REMEMBER, they may be ashamed or feel guilty. They may be embarrassed to talk about their problem. They may feel like they are hurting their partner by talking about the abuse. They may have kept the abuse a secret for a very long time.



DON'T try to deal with the abuser yourself. If they are violent, it could be dangerous for you and make things worse for your friend.

DON'T INSULT the abuser. Your friend may still love their partner. They may not talk to you if they think you are against their partner.

Watch your body language and facial expressions. If it looks like you don't believe them, are bored or in a hurry, they may not be comfortable talking to you. **RESPECT** their personal space. Even giving them a hug or putting your hand on their shoulder might make them feel uncomfortable.

DON'T CRITICIZE. Don't be an abuser yourself by telling them they are stupid for being in the relationship.

RESPECT their privacy. Don't gossip or spread rumours about the information they share with you.

How to Help a Friend who is Abusive

- ☑ Name the abuse when you see or hear it. Your friend may not be aware their behaviour is abusive. Tell them abusive behaviour is not acceptable.
- ☑ Help your friend be responsible for their own behaviour. Tell them they can't use excuses like blaming alcohol, drugs or their partner.
- ☑ Tell your friend they have choices. They can learn to change their behaviour.
- ☑ Tell your friend the facts about abuse. Unless they make some serious changes, they may lose the people they care about.
- ☑ Offer to go with them to speak to a teacher, counselor or community resource for help. Support them.
- ☑ Point out that violent behaviour is wrong. Assault is a crime. They could be arrested and charged for their violence.



REMEMBER..

- You can't control or change the abuser or the person being abused
- It's normal to feel helpless, frustrated, and afraid
- You are not responsible for others actions
- Sometimes all we can do is

Sexual Assault, Boundaries and Communication

IN THIS SECTION...

NO means NO!

If you are SEXUALLY ASSAULTED...

Thinking about BOUNDARIES

Tips for DEALING with CONFLICT

Effective COMMUNICATION

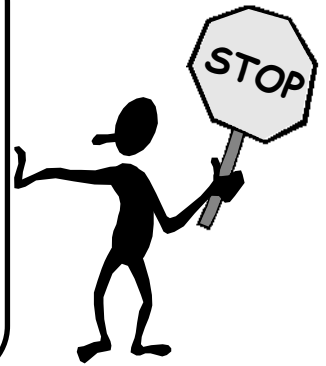
NO means NO!

SEXUAL ASSAULT is any sexual activity **WITHOUT** consent. This includes touching, kissing, oral sex and intercourse.

CONSENT is when you freely give permission through your words and your actions for something to happen. You can not give consent if you are unconscious.

There is **NOT** CONSENT if...

- ⊗ someone is forced to have sex.
- ⊗ threats are used to pressure someone to have sex.
- ⊗ a weapon is used to frighten someone into having sex.
- ⊗ a drunk person is used for sex.



- ☑ Pay attention to what your partner is saying and to their actions. Don't push your partner or pressure them if they are unsure. "I'm not sure" means "No".
- ☑ Notice body language. Someone may say "no" by crying or pushing you away.
- ☑ A person can say "no" at any time, even when you are in the middle of something. You need to listen.
- ☑ Just because someone has done something with you in the past doesn't mean you have their consent to do it again.
- ☑ A person who is drinking alcohol or high on drugs may not be thinking clearly enough to give consent.
- ☑ If someone says "no", believe them. "No" doesn't mean "convince me", "maybe", or "I really mean yes".
- ☑ You **ALWAYS** have the right to say no. It's your body, and you decide for yourself what is "okay" and "not okay".

If you are sexually assaulted...

Don't blame yourself. It is not your fault. The blame belongs to the person who assaulted you. You did not deserve to be hurt or treated with disrespect.

Get medical attention as soon as possible. You need to get checked for injuries and sexually transmitted infections. If you are a female and you were attacked by a male, you also need to consider the risk of pregnancy.

Decide whether you want to report the incident to the police. Try to do this as soon as possible. If you choose to report an incident right after the assault, do not shower or change your clothes because that will destroy evidence.

Be with someone who cares about you and makes you feel safe. Decide who you want to tell. Talk to someone you trust.

Do whatever is necessary to make you feel safe.

Talk to a counsellor. Friends and family are also very helpful, but may not know how to help you deal with what happened to you. Counselling can help you to cope. People who get counselling after a sexual assault tend to have fewer problems than people who don't.

**In New Brunswick, you can call the
Fredericton Sexual Assault Crisis Centre crisis line
24 hours a day:**

(506) 454-0437

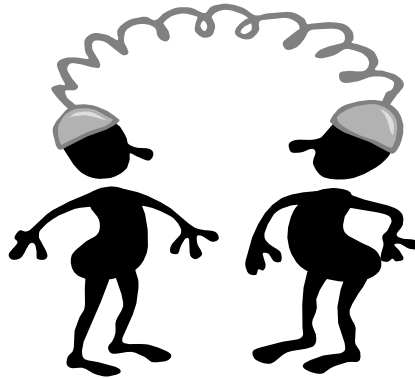
No matter what you say or do, being sexually assaulted is

NEVER YOUR FAULT!

Thinking about BOUNDARIES

Every person has their own unique set of boundaries. Get to know yourself! Think about which activities are "okay" or "not okay" for you. It is important to think about your own sexual boundaries whether or not you are involved in a relationship.

In a healthy relationship, it is essential to talk about your personal boundaries. You will need to communicate, to figure out which activities are acceptable to both of you. Be clear and be specific - don't expect your partner to read your mind! You and your partner need to understand and respect each other's personal boundaries.



Over time, you may notice your boundaries changing. As you get older, or more comfortable with your partner, you may decide that certain activities that were "not okay" before become acceptable. You may also decide that activities you have tried in the past are no longer comfortable for you.

On the following page, think about where each activity fits into the diagram for you. What would your boundaries be on a first date? What if you were in a longer relationship? What if you were at a party hanging out with someone you'd just met? What if you were drinking alcohol or doing drugs?

You are the only one who can decide what is "okay" or "not okay" for you, and you are free to change your mind at ANY time!

NOT OKAY

SOMETIMES OKAY

OKAY

cuddling	talking about birth control		saying “no”	touching
hugging	oral sex	kissing	spending time apart	
french kissing		buying birth control		massage
taking clothes off		stopping sexual activity at any time		
sex	talking to friends about what you do with your partner			
being alone together		talking about boundaries	masturbation	
sexual activities when drinking alcohol			talking about safer sex	
taking sexy pictures		hickies	holding hands in public	

TIPS for DEALING with CONFLICT

Find a time and place to talk.

Don't have a difficult conversation when you are really angry or in a rush. Wait until you are ready to deal with the issue, and choose a time that works for both of you.

Identify the problem.

This seems like common sense, but it can be very helpful to make sure you both understand what the problem is. Be specific, and don't drag in all kinds of other issues. Focus on one thing at a time.

Explain how you feel.

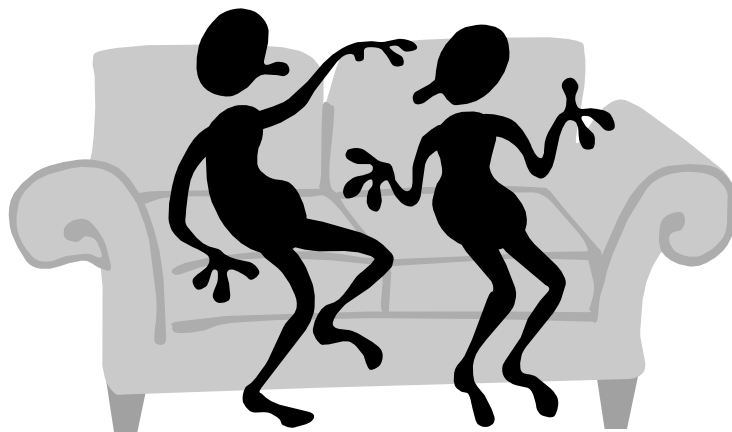
Your partner can't read your mind. They may not realize that you are bothered by their behaviour.

Use "I" statements.

Don't blame the other person for your thoughts and feelings. For example, instead of saying "You make me angry when you're late," try saying "I don't like waiting and I feel worried when I don't know why you are late."

Don't make assumptions.

Don't tell other people how they should feel. Everyone is different. Listen to your partner, and understand how they feel.



Know what you want.

Be specific and reasonable. Be prepared to compromise. Work together to find a solution without a "winner" and a "loser".

Agree to disagree.

It's okay if you and your partner have different points of view, as long as no one is getting hurt.

Don't accept disrespect.

Calling each other names is not helpful in figuring out how to deal with problems. Support each other and work together.

IMPORTANT STUFF

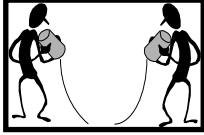
It is okay and normal to have disagreements in a healthy relationship.

You have choices. You can choose to be in a relationship. You can also choose to leave a relationship. Decide what is right for you.

If you and your partner are disagreeing all the time or if you are not able to work together to find solutions in a healthy way, you need to figure out what to do. Are you both willing to make it better? Is it worth the effort?

Help is available. If you want to leave a relationship but feel scared or uncertain of what to do, talk to someone: your friends, your parents, teachers, a counselor, a community member...

Effective Communication



How to reduce your risk of sexual assault

SPEAK UP AND BE CLEAR.

Tell your partner how you feel. Don't expect them to read your mind. If you don't say what you mean, they may not get the message.

USE EYE CONTACT.

Eye contact shows you mean what you say and demonstrates courage and strength.

BE CONSISTENT.

Your body language should match what you are saying. For example, smiling while you say "no" may send a mixed message.

DON'T ACCEPT DISRESPECT.

If you tell a person about your boundaries and they don't listen or take you seriously, get out of the situation.

USE "I" STATEMENTS.

The other person may feel attacked if you say things like "You make me feel..." or "Your problem is...". It is more clear to say things like "I don't want to..." or "I feel...".

BE AWARE.

Stereotypes can make you feel like you need to act a certain way. Girls sometimes feel pressured to be "nice" and ignore their true feelings. Guys may feel pressured to be tough and hide their feelings. Be honest with yourself and with your partner.

DON'T APOLOGIZE.

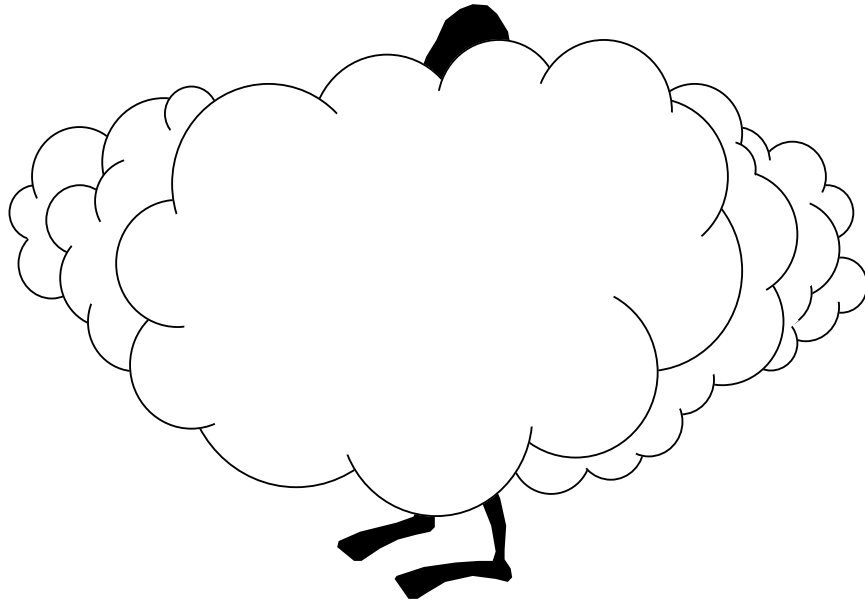
There's no need to make excuses or apologize when you say "no". You are allowed to say "no" and you don't have to defend your reasons for saying "no".

KEEP YOUR VOICE CALM.

The way you say something can be more important than the words you say. A timid voice may not be taken seriously. If you shout, the other person may become defensive or angry.

Notes...

Stereotypes



IN THIS SECTION...

What are STEREOTYPES?

Society's MYTHS

THINK about it!

What are STEREOTYPES?

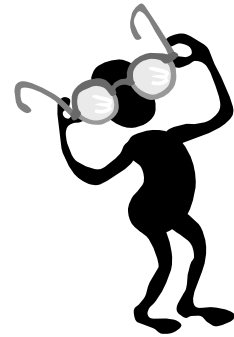
Stereotypes...

- ...are judgments you make about a person or a group of people.
- ...may or may not be true for individuals within a group.
- ...affect the way you treat other people.

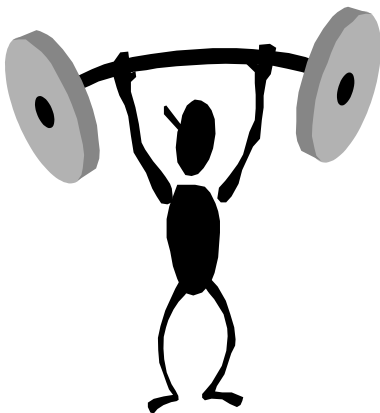
Don't believe everything you hear! Think about the stereotypes you may have heard about people who...



- ...have lots of piercings.
- ...like to play hockey.
- ...wear glasses.
- ...wear brand name clothing.
- ...enjoy skateboarding.
- ...come from different cultural backgrounds.
- ...go to a certain school.
- ...live in a certain community.



....like hip hop music...or heavy metal...or rap...or country...or pop...or opera...



- ...like to play computer games.
- ...hang out at the gym.
- ...make their own clothes.
- ...have tattoos.
- ...love science classes.
- ...shave their head.
- ...belong to a religious or spiritual group.



Each person is unique.
Take the time to look beyond the stereotypes!

Stereotyping affects us all!

In society, males and females are told what to do, how to act and how to look. What about people who don't fit the stereotypes? Think about the media's image of a "real" man or a "real" woman. Some of us can look at these images and laugh....others believe the hype. Stereotypes can make us feel like we need to be someone we aren't. They don't reflect real people.

Stereotypes are BORING!

Think about the most interesting people you know. Do they fit the stereotypes? Most likely they do not live up to the impossible images of the "perfect" woman or man. Real life is full of people of all different shapes, colours and attitudes. That's what makes the world such an interesting place. How boring would it be if everyone looked the same and liked the same things?

Stereotypes can be DANGEROUS!



Men and women who are trying to live up to impossible standards are bound to end up disappointed and feeling badly about themselves. They may feel they are not worthy of respect due to their failure to achieve the unrealistic ideals. This can lead to violence. Many abusers have very rigid beliefs on the roles of men and women in society. Not living up to these roles is "failure" and can result in insults, threats and even violence. People who feel badly about themselves may believe they deserve to be abused or mistreated.

NOBODY deserves disrespect or violence.

Society's Myths

Every day, we get all kinds of messages from the world around us. We learn about who we are and how we're "supposed" to be from friends, parents, teachers, television, movies, music, the Internet, "celebrities"... Society tells us how we should look, act and feel about ourselves and others. Be aware of these messages and of how they affect the way you treat people. **Think for yourself!**

That's not ladylike!

Boys will be boys!

Be a man!

Don't cry like a girl!

Men need to be tough! They are the "boss" and should be in control.

Men don't show their feelings. They don't cry, and are never afraid.

It is okay to use degrading and stereotypical images of men and women to sell things.

Women are weak and rely on men to protect them.

Someone needs to be "in charge" in a relationship.

Only losers are single.

It is okay to use others to get what you want.

If you love your partner enough, everything will be okay.

It is better to be in a relationship (even if your partner hurts you!) than to be alone.

It takes a guy and a girl to make a relationship. People who say they are homosexual or bisexual are just confused, sick or experimenting.

Sex is something you "deserve" if you are in a relationship.

Girls who have sex are "sluts" or "whores". Guys who have sex are "cool" and "studs".

Physical violence is a good way to solve problems.



Think about it!

This is me:

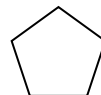
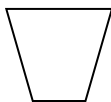
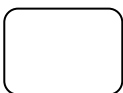
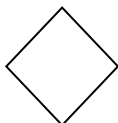
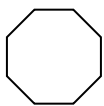


The media and society send all kinds of messages about how I should look:



The
"perfect"
person

I don't look like the "perfect" guy or the perfect girl. My friends look like:



The media rarely shows images of people like us. It makes us feel like there is something wrong with the way we look. Other people who believe the hype put us down and tell us we should try harder to look like:



BORING!

There is a lot of pressure on everyone to look like:



This can leave us feeling badly about ourselves. Sometimes people only choose friends who fit the stereotype, or try to distance themselves from people who look different by being mean or abusive.

**Be happy with who you are.
Help others to be happy with themselves!**

Notes...

Making your own Waves

IN THIS SECTION...

Knowledge is Power

Get INVOLVED! Speak out!

MAKE some WAVES in YOUR COMMUNITY

Tips for facilitating workshops

Knowledge is Power

The Facts:

A study of New Brunswick teens in grades 7,9,and 11 found that 29% of females and 13% of males had experienced some type of dating violence. (Muriel McQueen Fergusson Center for Family Violence Research, 2002)

Abuse can happen to ANYONE. It doesn't matter how old you are, whether you're male or female, or whether you're with someone of the same or opposite sex.

You CAN make a difference.

If you are in a difficult situation, or know of friends who might need help, you are not alone. There are people who can help you. Talk to your teacher, guidance counselor, parent, principal, or someone in your community. You can also refer to the resources at the front of the manual for more information.



Get involved! Speak out!

It's great that you want to get involved, and it's good to speak out to others, but first of all - you need to look at your own attitudes and your own behaviour.

Make sure all your relationships with people are built on respect and equality. Promote self-esteem and healthy relationships.

Challenge behaviour that is sexist, abusive, racist or homophobic. Remember - not speaking out when someone says something hurtful says you are okay with it.

Practice honest and caring communication with people. Speak the truth about your feelings and don't compromise your beliefs or values.

Be a role model for healthy behaviour.

MAKE A DIFFERENCE!
Join with others to speak out and change things for the better!! Learn more about the issues and share what you've learned with your peers.

Make some waves in your community!

Present the play: *The Many Faces of Abuse*.

Staging a play is a lot of work! You will need to make copies of the play, recruit ten committed actors, find a space, and schedule rehearsals. You will also need somewhere to stage the play and an audience to invite.

Create a mural.

Get permission BEFORE you start painting! Recruit some artistic friends to help out, and don't forget to send us a picture of your art work!

Present a workshop. Develop and present a workshop in your community, at your school or at a local high school or middle school. There are many topics to choose from: Healthy Relationships, Personal Boundaries, Self-Esteem, Effective Communication, Media and Gender Stereotypes... Choose something that interests you. Research your topic, and come up with some fun activities for your workshop.

Wear your t-shirts. Plan to wear your t-shirts on the same day or to an event which is already happening in your community. Spread the word!

Wall of Fame and Wall of Shame

Gather ads from magazines, posters, etc. Create a "Wall of Fame" to illustrate positive images in the media, and a "Wall of Shame" to point out negative images. Include notes in your display, to explain the influence of media and why you think the ads are good or bad.

Write a poem, short story or essay to share the Making Waves message.

Submit your creative writing to be published in your school or community newspaper. We would love to see what you have written!

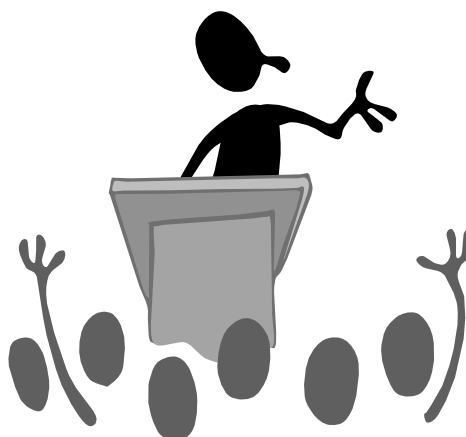
Prepare facts and stats to be included in your school's morning announcements or aired by a local radio station. There are all kinds of statistics and bits of information in your manual that could be adapted. Gather facts and write up a script of what should be included.

Prepare a presentation for a community or school staff meeting.

Tell community members, staff and teachers what Making Waves is all about. Adults can be involved in abusive relationships and need to know the facts!

Invite an "expert" to speak about relationship violence issues.

There are lots of community organizations to choose from: local transition houses, the sexual assault crisis centre, a community elder, a school or public health nurse, a sexual health centre, the friendship centre...



Make Your Own Posters.

Make posters to display around your community or school. There is lots of great information in this handbook that can be used as a starting point. You could make posters to provide information on healthy relationships, warning signs of unhealthy/abusive relationships, tips for effective communications, the role of media in our lives, gender stereotyping...be creative!

Have a poster contest. Provide participants with relationship violence information to include in their artwork or pick a theme such as "Violence in the Media", "Stereotypes Affect Everyone", "How to Keep Safe" or "Preventing Violence in Our Community".

Tips for facilitating workshops

A good facilitator plays many roles: leader, educator, moderator, "expert"...your job is to create a space that motivates and challenges the group members to learn. Be a role model! Show your peers and community members that young people can make a difference! Spread the word that relationship abuse is not okay!

KNOW YOUR TOPIC - Familiarize yourself with the material you will be presenting, and do any extra research that will help you to feel more prepared. Develop a basic workshop outline which you can refer to throughout your presentation. Index cards can be helpful for remembering detailed information.



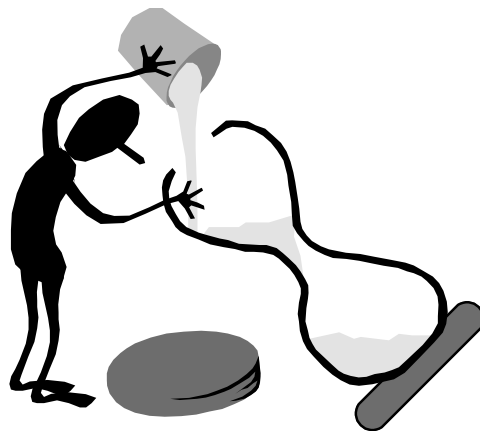
KNOW YOUR AUDIENCE - How many people will attend? Participants' age range and gender can influence your workshop. If participants don't know each other, you can provide nametags and allow more time for introductions. Be aware that some participants may have experienced violence or may be in abusive relationships.

KNOW YOUR SPACE - How much room will you need for your presentation? Think about the seating arrangement and whether or not you will need chairs and tables. Set up the room so that everyone can see, hear and participate in the workshop.



SET GROUP GUIDELINES - Basic ground rules that are agreed upon by the group help create a safe and friendly environment. For example: One person talks at a time; Treat each other with respect; It's okay to ask questions.

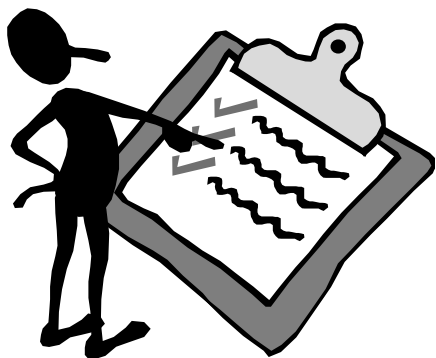
BE PREPARED - Take time to practice the workshop with your co-facilitators. Make a list of supplies, handouts and resources you will need for your presentation. If you are using any equipment like a laptop, television or DVD player, check to make sure everything works properly before participants arrive.



BE FLEXIBLE - Every presentation is different. Some groups will be very engaged and involved, and others will require more effort to get motivated. Prepare plenty of activities to fill your time, and include a few extra ideas in case something goes too quickly or does not work as planned.

KEEP IT INTERACTIVE - Learning should be interesting and fun! Use activities, games, role plays and small group discussions to involve everyone. People learn by doing. Lectures are boring! Be creative, and allow participants to learn from each other.

KNOW YOUR LIMITS - Decide ahead of time what you feel comfortable talking about in the workshop. If participants ask questions you are unable to answer, tell them you will find the information they are looking for and get back to them as soon as possible. Make sure to follow up!



KEY MESSAGES - What is it you want the participants to remember? What information is the most important for them to learn? It's a good idea to end the workshop with a summary of the key messages.

LIFE LESSONS

Accept yourself and others.

Take part in your community.

Make a difference.

Realize you ARE good enough.

Get informed.

Examine your ideas.

Appreciate who you are.

Stand up for what you believe in.

Voice your opinions.

Be alive.

Take control of your life.

Break the barriers.

Be aware.

Believe in yourself.

Be a role model.

Make some waves!