

# VIOLENCE PREVENTION

## A PROGRAM FOR CHILDREN AGED 8 TO 12



<u>Duration:</u>	6 workshops lasting 1 hour each
<u>Frequency:</u>	One workshop per week for the first 5 sessions*
<u>Target audience:</u>	Children aged 8 to 12 (grades 3-6)
<u>Price:</u>	\$100 (includes adults' workshop on the same topic)
<u>General objective:</u>	To empower children to adopt safe behaviours when facing situations of psychological, verbal, physical, and sexual violence.

### Specific objectives:

- Teach children about their rights and duties regarding the people around them.
- Help children develop their discernment so they can identify situations of psychological, verbal, and physical violence.
- Offer solutions to put an end to violence.
- Empower children to identify trusted adults and to denounce any inappropriate situations
- Legitimize the right to say "no"
- Show children that they legitimately have the right to say "no."
- Sharpen children's ability to identify a potential situation of sexual violence.
- Encourage children to find ways to avoid or get out of violent situations.
- Help children identify perpetrators and understand that a child who experienced violence is not at fault and does not have to keep any unhappy secrets
- Increase the child's self-esteem and confidence.
- 6<sup>th</sup> workshop: Making sure that the concepts learned over the past 5 sessions are well understood.

The workshops offered by *Bulle et Baluchon* include a follow-up and support to the institution visited.

*\*The 6<sup>th</sup> workshop, which reviews the concepts addressed previously, occurs approximately 2 months after the 5<sup>th</sup> workshop.*

*The Bulle and Baluchon workshops are held in compliance with the health regulations in force and the measures required by your establishment to ensure a safe environment for all.*