

VIOLENCE PREVENTION

A PROGRAM FOR CHILDREN AGED 4 TO 8

(Inspired by the *Tales About Me* program)



Duration: 5 workshops lasting 1 hour*

Frequency: 5 consecutive weeks

Price: \$100 (includes the adults' workshop on the same theme)

Target audience: Children between the ages of 4 and 8 (daycare, kindergarten, grades 1 and 2)

General objective: To facilitate the integration of children into society by developing their social skills, their ability to solve problems peacefully and to adopt safe behaviours, all within the framework of preventing violence among children.

Specific objectives:

- Develop the child's self-esteem and their ability to express their feelings
- Develop the child's sensitivity and generosity towards others
- Teach children that they have rights
- Develop the child's ability to recognize violent situations
- Offer solutions to put an end to violence
- Encourage children to trust adults
- Strengthen children's ability to identify their feelings when they are touched in a pleasant or an unpleasant way.
- Legitimize the right to say "no"
- Encourage children to find ways to avoid or get out of violent situations
- Help children understand that a child victim of violence is not at fault and does not have to keep any unhappy secrets

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

**The daycare and kindergarten workshops are approximately 45 minutes in length.*

The Bulle et 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.