

# TRAINING

PREVENTING, RECOGNIZING AND  
REPORTING ABUSE



Extend-A-Family

WATERLOO REGION

[www.eafwr.on.ca](http://www.eafwr.on.ca)

Live Fully  
In a Community Where Everyone Belongs



This brochure should provide you with some basic indicators to recognize, prevent and report abuse.

## PREVENTING, RECOGNIZING AND REPORTING ABUSE

Through the **Looking Out For Me: Abuse Prevention and Awareness** workshop, Extend-A-Family Waterloo Region can provide comprehensive training regarding abuse. This brochure provides basic information about:

- Different types of abuse
- Your rights
- Information about who you can talk to about abuse should it occur, and what might happen if you don't tell someone
- Body Bill Of Rights

Should you have any questions, or would like to learn more about trainings available to you, please contact Sarah Martin or your Extend-A-Family Waterloo Region Coordinator or Community Facilitator

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**To Register Call:**  
**519-741-0190 ext. 0**

# ABUSE DEFINITIONS

Match the word to the definition: Level One

Using this page, match the definitions with the types of abuse



- ☐ Financial abuse
- ☐ Physical abuse
- ☐ Verbal abuse
- ☐ Emotional abuse
- ☐ Sexual abuse

1. Someone touching the private parts of your body when you don't want them to.
2. Someone in a position of power over you, makes you feel bad about yourself.
3. Someone hits you or threatens to hit you.
4. Someone uses your money to buy themselves stuff.
5. Someone in a position of power calls you a bad name.

Answers: 1. Sexual abuse 2. Emotional abuse 3. Physical abuse 4. Financial abuse 5. Verbal abuse



## ABUSE HAS HAPPENED...

# YOUR RIGHTS

**You have the right to be safe and make choices for yourself. Review this page below.**

<b>YOU HAVE RIGHTS</b> <b>EVERYONE HAS RIGHTS</b>	You have the Right to say NO to being hurt, physically, sexually or emotionally	You have the Right to decide to engage in consenting sexual activity or not
You have the Right to privacy	You have the Right to have and keep personal possessions	You have the Right to be treated with dignity and respect
You have the Right to choose your own consenting sexual partner	You have the Right to live in a home without being abused by anyone	You have the Right to be free of insults or jokes that put you down
You have the Right to have your basic needs met while in care (food, clothing, shelter and supervision)	You have the Right to feel safe and be free from threats	You have the Right to make your own choices and decisions
You have the Right to say no to things that will put you in danger	You have the Right to spend your money on things that you want	You have the Right to personal thoughts and feelings, and to decide who you will share those feelings with

**If in immediate DANGER, call 911.**

If abuse has happened, tell someone you trust. Even if it didn't just happen once, tell, the abuse could happen again. The person you trust, along with police,

# BODY BILL OF RIGHTS

You are in charge of your body, your feelings, and how other people touch you. Review the Body Bill of Rights often.

1. **Trust your feelings**
2. **Decide whether you have a NO feeling or a YES feeling about touches.**
3. **If you are being touched in a way that gives you a NO feeling, then you have the right to say NO.**
4. **If someone is touching the private parts of your body without permission, you have the right to YELL NO and get away.**
5. **You have the right to tell someone you trust when you are touched in a way that gives you a NO feeling.**
6. **You have the right to tell another trusted person if the touching doesn't stop.**
7. **No one has the right to hit or kick or hurt you on purpose. If this happens, you have the right to YELL NO and get away.**
8. **You have the right to give and receive touches that give YES feelings.**



# WE LOOK FORWARD TO SERVING YOU

The families who founded EAFWR in 1981 believed that strong friendships and relationships were essential to their children's lives. This belief, along with three additional pillars of service - Servant Leadership, Person-Centred Approach and Belonging - are EAFWR's foundational values and have remained unchanged as we've grown from serving 14 families in the beginning to over 1,500 people today.

**A person-centred approach** – all of our programs and activities are designed to put the person first and build on the individual's strengths and passions.

**A creative approach** – while all funding has guidelines for use, EAFWR takes a flexible and creative approach to support people in using their funds in the way they want, that serves them best.

**For more information about Extend-A-Family and our programs please visit [www.eafwr.on.ca](http://www.eafwr.on.ca) or call us at 519-741-0190**



*Moving beyond  
inclusion to belonging*

Extend-A-Family  
Waterloo Region

Community. Dignity. Belonging.

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🌐 [www.eafwr.on.ca](http://www.eafwr.on.ca)

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