



## Wheatland Crisis Society Public Education Program 2020

### **WCS Public Education Mission Statement:**

WCS is committed to creating safer communities through educating the public, of all ages, about the effects of domestic violence on the community and its survivors. We endeavor to break the silence and build open channels to discuss this social issue and make resources to support people more accessible. Awareness is a key ingredient in domestic violence prevention and WCS strives to provide presentations that challenge societal norms.

### **WCS Public Education Goals:**

To provide Strathmore and its surrounding communities knowledge and resources regarding issues related to domestic violence and abuse. Liaise with community services to collaborate with and inform the community about services for family violence. We strive to create opportunities for any group, individual, consumer or service provider to access the public education services for information and/or training on family violence related topics all free of charge.

Programs currently available:

### **Kindergarten-Grade 1**

- *Self Esteem*. Students will complete two activities centered around building their classmates and their own self esteem.
- *Bullying (Hands are Not for Hitting)*. Students will listen to a short story about positive things they can do with their hands, followed by a class discussion. Students will participate in an activity surrounding the topic of kind things they can do with their hands.
- *Healthy Relationships (Getting along & being a kind friend)*. Students will participate in a class discussion and 2 activities geared towards how they can become more cooperative.
- *Anger (The Angry Octopus)*. Students will listen to a story about ways to manage their anger. Students will participate in breathing exercises and practicing mindfulness when confronted with angry feelings. A short activity will follow about ways they can manage their angry feelings more constructively.
- *Building Social & Emotional Character (Have you filled a bucket today?)*. Students will be read the book "Have You Filled a Bucket Today?" followed by a class discussion and coloring activity surrounding the book.

### **Grade 2**

- *Self Esteem*. Students will complete two activities centered around building their classmates and their own self esteem.

- 
- *Healthy Relationships.* Students will participate in 2 activities on kindness and helping others. A “Kindness Bag” activity can be used as an ongoing program for the students to practice kindness throughout the term.
  - *Anger Management.* Students will learn and practice several techniques on how to cope with angry feelings. Students will also participate in an activity about their favorite ways to manage this tough feeling.
  - *Bullying.* Students will learn about the upstander vs. bystander effect through demonstrations, role play and a short video. Class discussion on problems and solutions will round out this program.

### **Grade 3**

- *Ways to Solve Conflict.* There will be a class discussion about how the students solve conflict and new ideas on conflict resolution will be presented to the class. The students will participate in an activity where conflict may arise and will be given interactive tools to help them solve the problem.
- *Understanding & Practicing Empathy* The public educator will have short discussion on the idea and practice of empathy. The students will participate in “This Wrinkled Heart” activity where they will learn about how what we say and do can have lasting effects on others. A role play activity with students in pairs on practicing empathy will follow.
- *Anger Management.* Students will learn different ways to deal with conflict and how to “cool down” through 3 different activities.
- *Self-Esteem.* Students will work through 3 activities focused on raising their own self-esteem and helping others to gain self-esteem.
- *Bullying.* Students will learn about the upstander vs. bystander effect through demonstrations, role play and a short video. Class discussion on problems and solutions will round out this program.

### **Grade 4**

- *Ways to Solve Conflict.* There will be a class discussion about how the students solve conflict and new ideas on conflict resolution will be presented to the class. The students will be grouped into pairs to participate in an activity designed to help them come up with ways they can solve different types of conflict in their lives.
- *Self-Esteem.* Students will work through 3 activities focused on raising their own self-esteem and helping others to gain self-esteem
- *Empathy.* The public educator will have short discussion on the idea and practice of empathy. The students will participate in “This students’ life” activity where they will learn about the things that make them different and what others may not know about characteristics that they have. An activity on practicing empathy will follow.
- *Anger Management.* Students will learn different ways to deal with conflict and how to “cool down” through 3 different activities.

---

## Grade 5

- *Ways to Solve Conflict.* There will be a class discussion about how the students solve conflict and new ideas on conflict resolution will be presented to the class. The students will be grouped into pairs to participate in an activity designed to help them come up with ways then can solve different types of conflict in their lives.
- *Understanding & Practicing Empathy.* The public educator will lead a discussion on the idea and practice of empathy. The students will participate in a “scavenger hunt” activity where they will get to know other students life experiences and how those experiences have impacted them. An art activity on community minded empathy practices will follow.
- *Identifying Cyber & Face to Face Bullying.* Children will be divided into teams and play a real life game of Jeopardy designed to increase their knowledge about what cyber bullying looks like and what they can do if it happens to them or to others.
- *Session Five: Creating Healthy Relationships and Building Emotional Character* The group will start with a discussion of what makes a healthy relationship (relationships will be presented as any connection between them and another person including parents, teachers, friends and other children they do not always get along with). A game to highlight healthy and unhealthy traits in relationships will follow. Students will be invited to colour and make their own fortune teller games that offer them tips and challenges to create healthy habits within their own relationships with others. Time permitting another interactive “Kindness Jar” activity will proceed.
- *Anger Management.* Students will learn different ways to deal with conflict and how to “cool down” through 3 different activities.

## Grade 6

- *Empathy & Accepting Differences.* Students will participate in 3 activities during this presentation. The first being learning about the definition and meaning of empathy, the second is designed to accept and celebrate differences and the third will have the students practice empathy with role play.

## Grade 7

- *Understanding Assertiveness & Building Healthy Relationships.* Class discussions and activities on being assertive vs. passive and/or aggressive. Discussion and worksheet on healthy and unhealthy characteristics of a relationship. Relationships in this program are discussed as family relationships, friendships, teammate/coach relationships, and dating relationships.
- *Family Violence: Understanding Types of Abuse and Recognizing Supports.* In this program students will broaden their understanding of different types of abuse and who it can affect. Students will complete 3 activities focusing on types of abuse, recognizing abuse and how to create a solid support network.

---

## Grade 8

- *Building Healthy Relationships & Boundaries.* The understanding of individual boundaries will be discussed in this presentation. Boundary setting will be practiced along with an activity on recognizing healthy and unhealthy relationship characteristics.
- *Family Violence: Understanding types of abuse and recognizing supports.* In this program students will broaden their understanding of different types of abuse and who it can affect. Students will complete 3 activities focusing on types of abuse, recognizing abuse and how to create a solid support network.

## Grade 9

- *Healthy Relationships.* The public educator will provide students with characteristics of healthy and unhealthy relationships and open the floor for questions and discussion. Students will participate in 2 activities that will educate them on relationship “red flags” and how to identify healthy and unhealthy behaviors.

## Grades 10-12

- *Recognizing Abuse & Knowing Your Relationship Rights.* A discussion about what a relationship (not just romantic) can look like and how to spot red flags will be followed by a real life example. Students will learn about the cycle of abuse and be provided with safety oriented and practical tips about how to support themselves or someone in their life who may be experiencing abuse. Students will also participate in an interactive class activity where they will learn about healthy and unhealthy relationship characteristics.
- *The Bystander Effect: What it is and how you can create change for your generation.* In this program students will be challenged to think about abuse from different points of view and will learn about the “Bystander Effect” through a TED Talk and class discussion surrounding abuse and theories as to what they can do about it. Leadership, toxic masculinity and everyday actions you can take to create safer and healthier spaces will be discussed and questioned.
- *Understanding Your Resources and Inspiring Leadership (Suitable for Grade 9 as well).*  
Understanding who to contact when someone is experiencing relationship or family abuse can be the first (are often biggest) step in the path to safety. This presentation will provide students with an inside look at how shelters and outreach programs help those impacted by abuse. Students will learn about strengths-based communication and gain inspiration for becoming leaders in their schools and communities. This program is suitable for any class and can be altered to be used as a tool for a career discussion on social work and non-profit work or as part of a health class about family/relationship abuse.

---

## Adult Programs

The WCS adult programs can be accessed by any individual or group (businesses, non-profits, clinics, hospitals, schools, faith communities, teams or government departments and more) and can often be adjusted to meet your needs. We encourage you to reach out if you have any questions. Groups sizes can range from 2-200 and the Public Educator is able travel to several communities in Wheatland and surrounding counties.

- *Domestic Violence & Your Workplace.* Developed by the Alberta Council of Women's Shelters (ACWS) this workshop can be structured to suit your needs (just ask!). A brief 1.5 hour lunch and learn can provide teams or individuals with the tools to recognize signs, assess the situation and help someone experiencing domestic violence or family abuse along with gaining some understanding about current Alberta OH&S legislation and employers responsibilities for responding to violence in the workplace. Longer workshops (2-4 hours) can take a more in depth look at these topics and help people gain a comprehensive understanding of domestic violence and helpful and appropriate responses.
- *Elder Abuse: Recognizing, responding and resources.* This 1 hour presentation will provide practical knowledge about what elder abuse is, how to recognize it and how you can help someone experiencing elder abuse.
- *WCS Programs & Services.* Understanding what an agency does can be a key factor in helping others access services that can help them. This 1 hour presentation focuses on the programs and services provided by WCS. Participants will gain an understanding of our frame work, inclusive practices and how we can help their clients, patients, friends or family members.
- *Screening for Domestic Violence in a Clinical Setting. Responding and Safety Planning with Patients.* This presentation will provide medical professionals with language and tools to support disclosures of domestic violence. An in depth look at trauma informed care and adequate safety planning along with resource education will also be provided in this 1-1.5 hour session.