

VARIOUS TYPES OF ABUSE

Lesson 1

8
GRADE

LEARNER OUTCOME¹ W-8.7:

Determine the signs, methods and consequences of various types of abuse (e.g., neglect, physical, emotional, sexual abuse).



MATERIALS:

1. SLIDES: [Types of Abuse](#)
2. SLIDES: [Cycle of Abuse](#)
3. SLIDES: [How Survivors Might Cope](#)
4. HANDOUT: [Is It Abuse?](#)
5. SLIDES: [Choosing to Disclose](#)
6. SLIDES: [Supporting a Friend](#)



INTRODUCTION:

Knowing the signs, methods and consequences of various types of abuse can help address the problem of abuse so that those in abusive situations can recognize their need to get help, while others can use this information to help those in abusive situations seek help. This lesson focuses on identifying various types of abuse, signs of abuse, the impact of abuse, and ways to cope with abuse.



Addressing the topic of abuse may cause some students to be distressed or show signs they are or have been somehow involved in an abusive situation. Dealing with controversial issues encourages students to examine their own beliefs and experiences. Teachers need to act with sensitivity and discretion when handling individual student information that is sensitive or could cause embarrassment or distress to the student or family. Respect confidentiality in the classroom and anticipate where discussions will lead in order to protect students from revealing inappropriate personal information.²

- Before starting these lessons it is recommended you advise the school counsellors so they are aware of possible disclosures of abuse.
- Ensure your students understand that disclosures of abuse cannot be kept confidential. Disclosures will result in the immediate aid to the student who is or has been abused.
- Refer to your school division's guidelines for your policy around reporting abuse.
- *The Child, Youth and Family Enhancement Act* requires you to report the abuse of a young person to the Child and Family Services Authorities or Delegated First Nation Agencies. You can locate your local office by visiting http://www.child.alberta.ca/home/local_offices.cfm
- For more information review [Responding to Child Abuse: A Handbook](#), published by the Government of Alberta or visit <http://www.child.alberta.ca/home/593.cfm>



APPROACHES:

NOTES:

A. Ground Rules

(5 - 15 min)

Ensure ground rules are established before beginning this lesson. For classes that have already established ground rules, quickly reviewing them can promote a successful lesson.

B. Discussing Abuse

(15 – 20 min)

Students become familiar with various types of abuse and the abuse cycle.

1. As a class, brainstorm various types of abuse. Write the answers up on the board.
 - Neglect
 - Physical abuse
 - Emotional abuse
 - Sexual abuse
2. Review the definitions and signs of different forms of abuse using the slide Types of Abuse.
3. Discuss how abusive situations may fluctuate using the slide Cycle of Abuse.
4. Review the ways people may cope with abuse using the slide How Survivors Might Cope.

C. Is it Abuse? Story Activity (15-20 min)

Students explore abuse scenarios to learn ways to find and offer help.

1. Divide the class into small groups.
2. Give each group one of the handouts Is it Abuse?
3. Give groups time to read the scenarios and discuss the answers to the questions on each handout. Have one person per group record the answers.
4. Debrief this activity using the slides Choosing to Disclose and Supporting a Friend to aid in the discussion of the following questions:

- How do you think a person who has been abused feels?
- What can a person who is being abused do to leave the abusive situation? (Use slide Choosing to Disclose).
- What can you do if you suspect or know someone is being abused? (Use slide Supporting a Friend).



QUESTION BOX:

(10 min)

If time permits, address student questions.



SELF REFLECTION:

- During the lesson, were:
- Ground rules being followed?
 - Good practices established regarding group work and discussion?

What will you change for future classes with this group?

What will you change for future use of this lesson?



STUDENT ASSESSMENT:

During the lesson, did students:

- Knowledge:**
- Describe the four types of abuse?
 - List the healthy and unhealthy ways that survivors cope with abuse?
 - List ways a student can support a person a student suspects is being abused
 - Identify support people an abused person can access for help
- Describe what an abused person can do to disclose the abuse?
- Skills:**
- Recognize the signs of abuse?
- Attitudes:**
- Understand the impact of abuse that an abused person goes through?

¹ Alberta Education. (2002). *Health and life skills guide to implementation: Kindergarten to grade 9*. Retrieved from <http://education.alberta.ca/media/352993/pos.pdf>

² Alberta Education. (2002). *Health and life skills guide to implementation: Kindergarten to grade 9*. Retrieved from <http://education.alberta.ca/media/353029/epc.pdf>