



**BC YUKON SOCIETY OF TRANSITION HOUSES**

## **CHILDREN WHO WITNESS ABUSE PROGRAMS**

**2009-2010 RECOMMENDED RESOURCE LIST**



## CHILDREN WHO WITNESS ABUSE PROGRAM RESOURCE LIST

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PLEASE NOTE: All lists are alphabetical and prices may vary depending on supplier

## **PROGRAMS AND OTHER MANUALS**

## 1. Program and other Manuals

1. Adventures in Peacemaking: A Conflict Resolution Activity Guide for School Age Children. This guide contains hands on activities designed to meet the needs of after school programs, camps and recreation centers. With 10 chapters, it teaches skills for creative conflict resolution through games, team challenges and dramas. It also has easy to implement strategies on how to reduce conflict and intervene effectively. Written by William Kreidler and Lisa Furlong, 1996. (AbeBooks, \$20 US plus shipping).
2. A.S.A.P., A School-Based Anti-Violence Program. Contains a Facilitators Manual and Video. Strategies and program materials for elementary school aged children. Center for Children and Families in the Justice System, 1996 revised. (Center for Children and Families in the Justice System, \$150 plus postage and shipping).\*
3. Best Practice Guide for Children Who Witness Abuse Programs in BC. Elizabeth Barbeau, 2009.\* Guideline of suggested standards for the basic level of service of CWWA programs in BC.
4. Children's Domestic Abuse Program. Group Manual. Contains Introduction to the Children's Program. Group sessions for children ages 3-5, 6-8 and 9-12. 1986. (Kidsrights).\*
5. Children Who Witness Abuse Group Program. Contains Lesson Plans and Activities for preschool aged children. Developed by Judy Kerr, John McKenzie-Cooper and Carol Elliot, 1986. (B.C./Yukon Society of Transition Houses, \$20).\*
6. Group Treatment for Children Who Witness Woman Abuse. A manual for practitioners. Contains detailed curriculum for 10 group sessions, which can be adapted for children of all ages. The Community Group Treatment Program for Child Witnesses of Woman Abuse, 1997. (Children's Aid Society).\*
7. Group work with Child Witnesses of Domestic Violence, A Practitioners Manual. 1995. (The Domestic Abuse Project).\*
8. Manual for a Group Program for Children Exposed to Wife Abuse. 1986. (Center for Children and Families in the Justice System).\*
9. Project Child Recovery: Group Intervention for Child Witnesses of Family Violence. Contains detailed curriculum for children age 5-8 and 9-12. Written by Dave Yawney and Brenda Hill, 1993. (YWCA of Lethbridge or the Society for the Prevention of Child Abuse and Neglect).\*
10. Supporting Students Exposed to Domestic Violence: A Guide for Teachers. Written by Susie Lang-Gould 2007 BCYSTH\*

11. Teasing and Bullying: Unacceptable Behaviour. A manual for children in grades 4-6 and adaptable for K-3. Designed for parents and professional organization. This manual helps children take responsible action and has proven to change attitudes. Written by Marilyn Langevin, .M.Sc. SLP ©, 2000. (Institute for Stuttering Treatment and Research, no price listed).
  
12. The Virtues Project. An educator's guide that provides 5 strategies for creating cultures of caring and integrity in schools and clubs. This book features how to establish restorative justice, 52 values such as cooperation, unity and excellence, one minute counselling and how to establish effective ground rules. Written by Linda Kavelin Popov, 2000. (Chapters, \$44.95).

## **WORKBOOKS**

## 2. Workbooks

1. An Elephant in the Living Room. A workbook and storybook for children who are living in families where drinking is a problem. Designed for children ages 7 through to early adolescence. Jill Hastings and Marion Typpo, 1984. (Chapters, \$13.30 for the Children's Book or \$12.54 for the Leaders Guide).\*
2. A Volcano in my Tummy: Helping Children Handle Anger. Contains activities to help children understand and gain skills about anger and self-esteem. Designed for children ages 6-15. Elaine Whitehouse and Warwick Pudney, 1996. (Chapters, \$12.76).
3. Creative interventions for Troubled Children and Youth. Contains approximately 30 activities set out in detail that deal with assessment, feelings, social skills and self-esteem. Designed for both children and adolescents. Liana Lowenstein, M.S.W., C.S.W., CPT.S., 1999. (Source Resource, \$26.95).
4. Earthlight: New Meditations for Children. Meditations help: release creativity; be free from fears; enjoy adventures and develop inner peace and strength. Designed for parents to help children. Maureen Garth, 1998. (Chapters, \$20.95).
5. Group Treatment for Children Who Witness Abuse. Contains group activities and layout for Facilitators. Designed for children ages 5-12. Susan Loosley and contributors, 1997. (E-mail: [Imarshall@caslondon.on.ca](mailto:Imarshall@caslondon.on.ca) ).\*
6. I Wish the Hitting Would Stop. A 28-page workbook for children who have experienced violence in their home. Designed for children ages 6-14. Susan Patterson, 1990. (Source Resource, \$3).
7. Moonbeam: A Book of Meditations for Children. Meditations help: awaken creativity; sleep peacefully; develop concentration and quiet fears. Designed for parents to help children. Maureen Garth, 1998. (Chapters, \$16.76).
8. Safe Teen: Powerful Alternatives to Violence. An in-depth look at the issues and skills taught in the *Safe Teen* workshops - including anger management and assertiveness training for young women, and awareness of gender stereotypes and violence prevention for young men. Anita Roberts, 1999 (Chapters, \$21.95)
9. Therapeutic Exercises for Children. A book of worksheets that provides guided self-discovery using cognitive behavioural techniques. Designed for children ages 8-12. Robert Friedberg and contributors, 2001. (Source Resource, \$36 or Odin Books \$32.95).

## **BOOKS**



### 3. Books

#### A. Children and Adolescents

1. A Nifflenoo Called Mildred. Every time something bad happens, Nifflenoo is very brave and says “never mind”. After tucking his feelings away every time he’s bullied or meets disappointment, see how he learns how to express his feelings and stand up for himself. Margot Sunderland, 2001. (Odin Books, \$19.95).
2. A Pea Called Mildred. A story that helps children pursue their hopes and dreams. Mildred is a pea with dreams and great plans but people are always telling her that her dreams are pointless. However, with the help of a kind person, she achieves her goals. Margot Sunderland, 1999. (Odin Books, \$19.95)
3. A Terrible Thing Happened. This gently told and tenderly illustrated story is for children who have witnessed any kind of violent or traumatic episode, including physical abuse, school or gang violence, accidents, homicide, suicide, and natural disasters such as floods or fire. Margaret Holmes, 2000 (Chapters, \$12.30)
4. Dinosaur Divorce: A Guide for Changing Families. This book deals with various aspects of divorce such as living with a single parent, spending holidays at two houses and adjusting to a step parent. Designed for children ages 3-5. Marc Brown, 1988. (Chapters, \$8.99).
5. Don’t Feed the Monster on Tuesdays! A story dealing with self-esteem issues. Designed for children ages 6-10. Adolph Moser, 1991. (Odin Books, \$19.95).
6. Don’t Rant and Rave on Wednesdays! A story dealing with anger and anger solutions. Designed for children ages 6-10. Adolph Moser, 1994. (Odin Books, \$19.95).
7. George and Martha: Tons of Fun. 5 brief episodes reveal the ups and downs of a great friendship. Designed for elementary school aged children. James Marshall, 1980. (Chapter, \$9.50).
8. Hands are Not for Hitting. A book illustrating good things that hands can do and that violence is not okay. Designed for children ages 4-10. Martine Agassi, 2000. (Odin Books, \$18.95).
9. I Can’t Wait. A book dealing with problem solving. Designed for children ages 3-12. Elizabeth Crary, 1982. (Odin Books, \$20.95 2<sup>nd</sup> Edition).
10. I Like Me. A story book dealing with self-esteem issues. Designed for children ages 3-8. Nancy Carlson, 1990. (Chapters, \$9.99).\*

11. I'm Not Bad, I'm Just Mad: a Workbook to Help Kids Control Their Anger. With this book, kids learn to express anger in non destructive ways, use problem solving skills and cope with feelings of frustration. Lawrence Shapiro (2008) (Chapters, \$21.95 or Odin Books, \$20.95).
12. It's My Body. A book to teach young children how to resist uncomfortable touch. Designed for younger children. Lory Freeman, 1996. (Chapters, \$14.36).
13. Simon's Hook. A story dealing with teasing and put-downs. Designed for children of all ages. Karen Burnett, 1999. (Chapters, \$10.92).
14. Something Is Wrong At My House. A book about parents fighting. Designed for children ages 5-10. Diane Davis, 1984. (Chapters, \$9.95 or Odin Books \$7.95).
15. Stick Up For Yourself!: Every Kid's Guide to Personal Power and Positive Self Esteem. Simple words and real examples help kids build genuine self esteem, assertiveness, responsibility and relationships. Gershen Kaufman, Lev Raphael and Pamela Espeland, 1999. (Chapters, \$13.56).\*
16. Therapeutic Stories that Teach and Heal. Contains 108 therapeutic stories for children. Nancy Davis and Valerie Solarz, 1996. (Odin Books, \$89.95).
17. The Trouble with Secrets. A story about good and bad secrets. Karen Johnsen, 1986. (Chapters, \$8.95).
18. Was It In The Chocolate Pudding? A story about divorce and separation. Grown up words like "differences" or "new arrangement" from a kid's point of view. Dealing with day to day issues, this book puts special emphasis on the fact that divorce is not the child's fault. Designed for children 2-6. Sandra Levins, 2005. (Chapters, \$12.30).
19. We Can Get Along. A book that teaches children how to get along and resolve conflict peacefully. Lauren Payne, 1997. (Chapters, \$12.30).
20. When Nothing Matters Anymore. A survival guide for depressed teens. It contains descriptions of types of depression and includes true stories. Teens learn to recognize depression, understand its effects, take better care of themselves and talk with people who care. Bev Cobain, 1998. (Source Resource, \$23).

## **B. Parents and Professionals**

1. For Your Own Good – Hidden cruelty in child rearing and the roots of violence. Designed for both parents and professionals. Alice Miller, 1990. (Chapters, \$16.00).
2. Growing Up Again: Parenting Yourself, Parenting Your Children. This book addresses parenting issues while helping to heal and affirm parent's own issues. Jean Illsley Clarke and Connie Dawson, 1998. (Chapters, \$18.36).
3. How to Cope with Mental Illness in Your Family. Contains helpful information for all those concerned with mental illness in the family and helpful tools to overcome these effects. Designed for parents, but can be appropriate for older children. Diane Marsh, 2002. (Chapters, \$19.50).
4. Non-Violent Communication: A Language of Compassion. This book partners practical skills with a powerful consciousness and vocabulary to help you get what you want peacefully. Discover how the language you use can strengthen relationships, build trust, prevent conflict and heal pain. Marshall Rosenberg, 1998. (Chapters, \$19.95).
5. Soul Murder – The Effects of Childhood Abuse and Deprivation. A term first used to describe a 17 year old boy who was locked in a cellar, away from all forms of communication; this book conveys the first comprehensive case of child deprivation. Designed for parents and professionals. Leonard Shengold, M.D., 1991. (Chapters, \$28.00).
6. Testifying on Behalf of Children: A Handbook for Canadian Professionals. A practical guide to the Canadian legal system, the court process and testifying. Robin Vogl and Nick Bala, 2001. (Thompson Books, \$19.95).
7. The Resilient Self: How Survivors of Troubled Families Rise Above Adversity. This book provides strategies for overcoming a difficult family upbringing. Designed for adults and professionals. Steven J. Wolin and Sybil Wolin, 1993. (Chapters, \$28).
8. When Anger Hurts Your Kids. Based on a study of how 250 parents cope with their anger, this book helps readers understand their anger and its effects. Sixteen anger causing “triggers” are identified in this book and parents are taught how to change their thoughts. Patrick Fanning, 1996. (Chapters, \$15.96).

## **BOOKLETS**

#### **4. Booklets**

1. Children's Activities Contributed by Participants in Level 2 Children Who Witness Abuse Training. 1994. (B.C./Yukon Society of Transition Houses, \$5.00). \*
2. Children Who Witness Abuse Program Counsellor's Handbook: 20 Most Commonly Asked Questions. 1995. (B.C./Yukon Society of Transition Houses, \$5.00). \*

## **VIDEOS**

## 5. Videos

### A. First Nations

1. Honouring Our Voices. (32:56) Six women tell of their history of abuse as children, how that abuse continued into their adult relationships, and how they made the choice to stop the cycle of violence and silence. It is continually expressed upon the viewer how important it is to talk about what has, and is, happening. Elder Vera Martin talks about the importance of talking together, laughing together, crying together, and singing together. “Singing in a certain way brings you closer to spirit, I don’t know the scientific, I just know that singing does that”. This video documents a very encouraging and inspiring approach to First Nations women healing from abuse. Native Counselling Services of Alberta, 1993. \*
2. Little Voice in the Dark. (06:48) Animated story, written from a First Nations perspective, about a child trying to understand his friend’s family problems. His mother shares her story of growing up witnessing abuse. Designed for elementary school aged children. Susan McCallum/Vera McGinty. Tsawwassen Indian Band, 1992. (Gastown Post and Transfer). \*
3. The Circle. (28:50) (With Study Guide) Uses the story of a teenaged boy with a drinking problem to explore how First Nations are healing themselves, their families, and their communities, and to identify ways in which these methods can be adopted by non-Native individuals and groups to assist in their healing. BC Council for the Family, 1992. \*

## B. Children and Youth

1. A Love That Kills. (19:35) A tragic story about Monica, a 19 year old murdered by her boyfriend. This will help teach young people about violence in a relationship, how it can impact their lives and how it can be prevented. Designed for teens. National Film Board, 1999. (National Film Board, \$59.95).
2. Dream Worlds 3. (60:00) This video examines the stories contemporary music videos tell about girls and women and encourages viewers to consider how these narratives shape individual and cultural attitudes about sexuality. A film by Sut Jhally, 2002. (Media Education Foundation, \$250 American).
3. Feelings Yes, Feelings No. (58 total) This 3 part video teaches children how to protect themselves from sexual abusers. A must for all concerned with prevention and recognition of sexual assault of children. Part 1 teaches children the skills to build self-worth, self-confidence and good judgement, Part 2 reinforces the understanding of Yes/No feelings and Part 3 introduces the issue of sexual assault by trusted adults. Designed for parents, and elementary school children. Moira Simpson, 1999-2000. (National Film Board, \$59.95).
4. Hip Hop: Beyond Beats & Rhymes. (55:00) An in-depth look at representations of manhood, sexism and homophobia in hip hop culture. Designed for high school students. Byron Hurt. 2006. (Media Education Foundation, \$295 American).
5. Spin The Bottle: Sex, Lies and Alcohol. (45:00) The video discusses the way that alcohol abuse has been normalized in the lives of millions of young people. It also offers young people concrete strategies to counter the presence of alcohol propaganda and inspires them to take back control of their lives. Designed for college and high school students. 2004. Jackson Katz (Media Education Foundation, \$275 American)
6. The Children's Voice. (30:00 short version or 60:00 long version) A documentary about the pilot program of The Children's VOICE, a unique troupe of children, aged 9-16, all witnesses of violence in the home and formerly abused youth, who banded together for a common purpose, to collectively write and perform a play based on their life stories and concerns. The video captures their triumphant effort to break the cycle of violence for themselves and for other youth still in crisis. Katherine Marielle, 1994. (Canadian Filmmaker's Distribution Centre, price currently unavailable).
7. The Touching Kit – Teacher's Kit. (Video, Teacher's Manual & posters). Actors portray fun characters, showing scenarios and introducing the "Bill of Body Rights". Designed for school aged children from kindergarten to grade 8. 1995. (The Community Child Abuse Council, \$79.50 plus GST and Shipping & Handling).
8. Tough Guise: Violence, Media and the Crisis in Masculinity. (82:00) Examines the relationship between pop culture imagery and the social construction of masculine



identities in the U.S at the dawn of the 21<sup>st</sup> century. Designed for college and high school students. 2000. Jackson Katz (Media Education Foundation, \$275 American).

9. What About Us? (25:00) A video that is presented entirely from the children's point of view and is intended for use in a group counselling setting to help children talk about and cope with their own experiences of abuse and to reassure them that they are not alone. Viewers will observe how a child may develop a safety plan for dangerous situations. The drama will also show children learning to accept that they are not to blame for their parent's conflict and the violence at home, that help is available and that they can reach out for it. Hilary Jones – Farrow & Judith Blackwell, Friday Street Production Co., 1993. (B.C./Yukon Society of Transition Houses). \*
10. Wrestling With Manhood. (60:00) The film pays attention to the popularity of professional wrestlers among male youth, addressing its relationship to real-life violence and probing the social values that sustain it as a powerful cultural force. It shows how this so called "entertainment" is related to homophobia, sexual assault and relationship violence. 2000. Jackson Katz (Media Education Foundation, \$250 American).

### C. Adults and Professionals

1. Breaking Peaces: Babies Have Their Say About Domestic Violence. (19:00) Formed around a poem, this video represents what parents, infants and toddlers would say, if they had a voice, about experiencing domestic violence. 2002. (Child Development Media Inc, \$70)
2. In Our Defence. (26:00) This drama/documentary poses the questions “Why would some people want to abuse others?” Told in a dramatic story line, this half-hour film is interspersed with documentary footage of statements from counsellors, police, and legal experts and reflects Canadian society and Canadian law. The film is for 15-25 year old women and men, in their formative adult relationships. The Image Works, Alberta, 1992. \*
3. Insight: Healing from Abuse/Children who Witness Abuse. This video is about children who witness abuse and the healing process that is associated with children who witness. Open Learning Agency, 1994. \*
4. Make a Difference: How to Respond to Child Witnesses of Woman Abuse. (21:40) Child witnesses of women abuse deserve special attention. It is estimated that three to five children in every school classroom are growing up in homes where their mother is beaten or otherwise abused by her partner. Even if the children themselves are not direct targets of the abuse, they are deeply affected by seeing or hearing abuse, by the attitude of the abuse, and by their own confused feelings about what is happening. 1994. (London Coordinating Committee to End Woman Abuse). \*
5. Seen But Not Heard. (29:00) (With Study Guide). A docudrama for general audiences and those who work with children, abused women, and assaultive men. It explores the many serious emotional and physical effects on children who witness violence in their homes. This video combines documentary interviews with dramatized scenes. The docudrama focuses on the point of view of the child who unwillingly witnesses violence. It explores the many serious emotional and physical effects which violence can have upon its indirect victims, the children for whom home is not a safe place. This video provides valuable information for any professional working with children, abused women, and assaultive men and is suitable for general adult audiences who have been properly briefed. Hilary Jones-Farrow & Judith Blackwell, Friday Street Production Co, 1993. (B.C./Yukon Society of Transition Houses). \*

VIDEOS AVAILABLE AT BC/YUKON SOCIETY'S LIBRARY

## **6. Videos Available for Loan at B.C./ Yukon Society's Library**

1. Dinner for Two. (7:18) This animated film tackles conflict in lively, humorous and provocative ways. It shows that amidst the chaos that differences create, there are still paths to reconciliation. 1996. (National Film Board, \$59.95)
2. Good Things Too. (47:23) Good Things Too is a compelling drama about five teens struggling to survive sexual abuse. As Hank, Tina, Janine, Melissa, and Mike's intimate stories unfold, we are drawn into their past through animated flashback sequences. This journey evokes painful and difficult memories as well as moments of triumph and success. 1995. (National Film Board, \$49.95)
3. Safety Planning With Children. 2003

## **GAMES**

## 7. Games

### A. Books of Games

1. In Control: A Book of Games to Teach Self-Control Skills. Teaches children such skills as: listening to others, following rules, and cooperation. Designed for children age 7 and up. Lawrence Shapiro, 1995. (Source Resource, \$39.95).
2. Self-Esteem Games. This book contains 300 fun activities that make children feel good about themselves. Designed for children of all ages. Barbara Sher, 1998. (Odin Books, \$18.99).

### B. Games

1. Anger Solution Game. This game helps children learn to control their behavioural responses to anger. Designed for ages 7 – 12. 1996. (Odin Books, \$67.95).
2. Let's Go Fish A Memory. The game can be used to enhance a child's ability to identify and express feelings. Respect and acceptance of each player's feelings and experiences are essential for the development of self-esteem and positive communication skills. Designed for ages 3 – 16. (Odin Books, \$55).
3. Snakes & Ladders: A Moral Journey. This variation of the traditional snakes and ladders game is a playful way to initiate discussions on ethical issues, moral values, and behaviour. It provides the opportunity to explore the feelings related to a wide variety of personal experiences. Designed for ages 8 – 18. (Odin Books, \$55).
4. The Dinosaur's Journey to High Self-Esteem. This game turns low self-esteem into positive self-image. Designed for ages 5 – 12. (Source Resource, \$75).
5. The Dragon Game. This game encourages storytelling about different sorts of anger as well as other closely related feelings such as anxiety, frustration, and embarrassment. Designed for ages 4 – 16. (Odin Books, \$55).
6. The Goose Game of Feelings. The aim of the Goose Game is to provide a playful opportunity for children to explore and express their feelings. It provides an informal structure for personal storytelling, focussing on the emotional life. Designed for ages 3 – 16. (Odin Books, \$55).
7. The Healthy Kids Game. Provides kids with an opportunity to talk about trauma, abuse and other problems. This game helps kids heal and grow by helping them recognize and express feelings and learn problem solving skills. Designed for ages 5-16. (Odin Books, Family Edition \$70, Professional Edition \$85)
8. The Helping, Sharing and Caring Game. This game introduces and reinforces

empathy, caring, and sharing skills. Designed for ages 4 – 11. Invented by Richard A. Gardner. (Odin Books \$67.95).

9. The Hopscotch Game of Playground Situations. This board game addresses a great number of inter-personal issues that arise on the playground and elsewhere. The emphasis of the game is on the identification of personal feelings and the cooperative brainstorming of solutions. Designed for ages 6 – 15. (Odin Books, \$55).
10. The Play It Safe Game. This board game addresses a wide range of child safety issues, including motor vehicle safety, violence from peers and sexual abuse. It is useful for familiarizing children with unsafe situations and as a tool for developing safe strategies. Designed for ages 5 – 15. (Odin Books, \$55).
11. The Stress Less Game. Learn 6 important ways to handle stress effectively including relaxation, positive thinking, time management, self-care, environmental control and managing relationships. Designed for ages 7 – 12. 1997. (Odin Books, \$67.95).
12. The Talking, Feeling and Doing Game. A psychotherapeutic game for children. Designed for ages 4 – 15. Richard A. Gardner. (Odin Books, \$67.95 – on sale only to mental health professionals).
13. The Ungame. This non-competitive game can be a great icebreaker or a serious exchange of thoughts, feelings, and ideas. Designed for ages 5 – adult. Talicor Inc., 1997. (Odin Books, \$27.95).

### **C. Play Therapy Tools**

1. Craft Materials (crayons, paints, felts, glue, clay, beads, etc.). Designed for children of all ages.
2. Lego. Designed for children of all ages. Lego is great to get kids, especially boys, talking.
3. Wooden Doll House (complete with people, furnishing, etc.). Designed for children of all ages.

## **WEBSITES**



## A. Children and Young People

1. <http://www.angriesout.com> – This site contains interactive exercises and articles that help children deal with their anger. There are resources for children, parents, couples, adults and teachers.
2. [www.apa.org/pi/pii/teen/contents.html](http://www.apa.org/pi/pii/teen/contents.html) - This is a document on teen dating and domestic violence. It explains the stereotypes and behaviours of boys and girls, cultural beliefs about violence, having a disability and being gay or lesbian. There is also list of the different types of violence, what it means and what it looks like. A list of resources is also included in the document.
3. [www.breakthecycle.org](http://www.breakthecycle.org) – This website is designed for both youths and adults and promotes safe, healthy relationships regardless of where you live, who you are or what you believe. It teaches about domestic violence, healthy relationships and the law. There are resources available on the site such as videos and free handouts and a youth activism program that trains young people to raise awareness about date violence.
4. [www.burstingthebubble.com](http://www.burstingthebubble.com) – A website targeted at youth that defines domestic, child and sexual abuse through the use of true stories, F.A.Qs and facts about domestic violence. It has strategies for a safe exit plan from an abuse relationship and available resources.
5. [www.clicklaw.bc.ca](http://www.clicklaw.bc.ca) – An online service that provides legal information, education and help for BC residents and is divided into topics such as Your Family, Your Money, Your Safety and Your Communities. There is access to finding someone to talk to about legal problems, resources about how the legal system works as well as an analysis and reform of the law and legal system.
6. <http://www.dvirc.org.au/whenlove/> - Information about what is abuse, why it happens and relationship warning signs are available on this website. True stories from people who have experienced abuse are shared as well as steps for developing a safety plan and ideas about how to deal with abuse.
7. [http://www.familieschange.ca/kids\\_flash/village.htm](http://www.familieschange.ca/kids_flash/village.htm) - This animated site is designed for children to educate them on divorce and changing families. Each character in the site represents a topic such as law, feelings, changes to the family, resources, reasons parents split and tools to help children cope with separation. There is also a family site to help parents talk to their children and answer any questions their children may have.
8. [www.freefromfear.org](http://www.freefromfear.org) – With both a children’s site and an adult’s site, domestic violence is focus. In the children’s site, there is access to help lines, refugee services

to help find accommodation and a list of recommended books children can read that deal with domestic violence. There is also a “What if” tab that provides steps that may be taken if you or someone you know is experiencing violence. In the adult site, there is a list of resources, books and help lines. There is also a guide for working with children and young people and an explanation of child protection.

9. [www.thehideout.org.uk](http://www.thehideout.org.uk) – This site for children and young people is designed to help them understand domestic abuse and how to take positive action if experiencing abuse. What is abuse? Is it happening to me and what can I do are some of the topics that are covered in this site. There is also a feature that lets the users disguise the site in case they don’t want anyone seeing and a way to “cover their tracks” by teaching them to delete it from their browser’s history.
10. [www.itsnotyourfault.org](http://www.itsnotyourfault.org) – This website provides help for children, young people and adults dealing with family break up. Help lines, related websites, support services and explanations about what they might be feeling are provided on the site. There are also true stories from children about their family break up.
11. [www.loveisrespect.org](http://www.loveisrespect.org) – What is abuse, are you being abused or are the abuser and facts about abuse are some of the topics discussed on this site. This site also provides an exit plan for breaking up with someone and how to support someone in need.
12. [www.lss.bc.ca](http://www.lss.bc.ca) – This website provides legal aid for low income residents of BC. Legal advice, lawyers and legal information can be accessed from this site. There are also resources for lawyers and community workers.
13. [www.uhavetheright.net](http://www.uhavetheright.net) – Healthy and unhealthy relationships are the topic of this website. There is a diagram that shows that difference between healthy and unhealthy, a quiz to see if you are in a healthy relationship and a resource list of books and support services. Also provided are strategies for helping you get out of a relationship or someone who is in an abusive relationship.

## B. Counsellors and Parents

1. [www.basic-counselling-skills.com](http://www.basic-counselling-skills.com) – This website is where you can learn basic counselling skills and techniques such as patterns of session, body language and asking questions. Theories, sample sessions and self help strategies are also provided to help talk to clients.
2. <http://www.bcysth.ca> – This website provides access to three manuals that are targeted at helping children who have experienced domestic violence.
3. [www.ifcc.on.ca/HCT\\_SWASM.pdf](http://www.ifcc.on.ca/HCT_SWASM.pdf) - This downloadable document has a section for service providers and a section for mothers. In the mother's section there are strategies and techniques to help mothers and their children stay safe, how to heal and strengthen the mother/child bond and what children learn from violence. In the section for service workers, techniques are provided for working with abused women in shelters, Aboriginal women and those new to Canada. There are also sections on abusive men; detailing their characteristics, how they parent and affect the family, the impact of violence and survival strategies for children and teens.

## 8. Order Information

B.C./Yukon Society of Transition Houses  
325-119 West Pender Street  
Vancouver, B.C. V6B 1S5  
Ph: (604) 669-6943  
Toll Free: 1-800-66-1040  
Fax: (604) 682-6962  
[www.bcysth.ca](http://www.bcysth.ca)

Canadian Filmmakers Distribution Center  
119-401 Richmond Street West  
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