

# Parents and Caregivers' Information Sheet

Grade 10 - 2024-25

## VIOLENCE PREVENTION

### HOW TO PREVENT VIOLENCE AS A PARENT AND KEEP MY TEEN SAFE?

The fact that you are reading this sheet is a great first step! While there is no way to completely eliminate the risk of our teens being victims or perpetrators of some form of violence, parents can still help their teens recognize and avoid harmful behaviours in their relationships that lead sometimes to violence.

Here are some ideas:

- Teach your teen to respect their body, their instincts and their emotions. At the same time, give them tools to recognize and respect the same in others.
- Make sure your teenager understands the acceptable and unacceptable behaviour of individuals and people in positions of authority.
- Be able to identify the indicators of violence (and warning signs) and teach your teen about them as well.
- Establish security measures around the use of the internet.
- Show interest in your teen's daily life. Ask them about their group of friends, their daily life, how they feel, etc.
- Get to know the people in your teen's life. Know who your teenager is spending their time with. Talk openly about these people and ask questions to make your teen feel comfortable doing the same.
- Be available and encourage your teen to talk to you openly if they are uncomfortable or have questions.



### WHY TALK ABOUT VIOLENCE WITH ADOLESCENTS?

Violence in interpersonal relationships is prevalent among adolescents. The statistics on this are clear:

- 25% of youth had experienced physical sexual harassment (2023).
- 55% of sexual assaults were perpetrated against women under 25 (2016-17).
- 58% of young people in couples have suffered at least one form of psychological, physical or sexual violence in the last year (2015).

As young people move through adolescence, they continue to discover interpersonal relationships outside the family: their friendships deepen, their family relationships evolve, they begin to discover romantic relationships. According to the BC Adolescent Health Survey (2023), 42% of young people have had a romantic relationship in the past year. As parents or guardians of a young adolescent, this transition can be a difficult step. Adolescents tend to distance themselves from their parents or family, and they don't share their feelings and information about their relationships as much as they used to. That's why it's important to talk to your teenager, even though they may seem distant. Being open and reassuring shows your teen that you are always available to chat with them.

## SIGNS OF AN ABUSIVE RELATIONSHIP

### What you see



Your teenager only participates in activities that include their partner or consistently refuses to participate in activities that their partner would not like to participate in.

Your teen's partner is constantly texting them to track their every move.

Your teen suddenly set aside goals and activities that in the past were very important to them.

Your teenager wears scarves and turtlenecks very often (these could be skin marks or bruises).

### What you hear



"They think my friends don't like them, so they don't like spending time with them" or "They think my friends are a bad influence on me and they are just trying to help me"

"You don't understand, it's because they love me too much that they always send me messages on all the apps"

Your teen's partner gives false compliments or doesn't hesitate to put them down.

"I cannot go camping this weekend because I will not have a network connection to answer my partner and they will not be happy with that"

### What you feel



An instinct that your teenager appears to be depressed, anxious, or distant.

Your teenager seems to have stories that make no sense when discussing what they've been up to with their partner.

You don't feel comfortable when your teen wants to see or discuss their partner.

You can easily lose patience when your teenager mentions another argument they had with their partner.

Inspired and adapted from: <https://socialworklicensemap.com/blog/emotional-abuse-teen-relationships/>

## CONSENT AND SEXUAL ASSAULT LAWS IN CANADA

### AWARENESS

Awareness is at the heart of violence prevention: without recognizing what violence is and how it occurs, it becomes difficult to ensure the protection and safety of everyone. It is therefore essential to speak openly with young people about violence, providing them with facts and resources that promote healthy relationships. By doing this, we can also change the dialogue around violence and begin to create a culture that promotes healthy boundaries and behaviours.

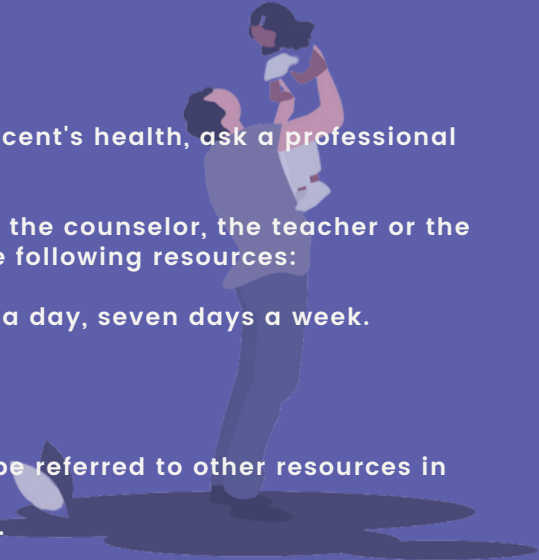


# Resources

⚠ Important! If you are concerned about your adolescent's health, ask a professional for help, or call the helplines mentioned below.

Do not hesitate to communicate with the school staff: the counselor, the teacher or the principal. Your family doctor can also help, as can the following resources:

- **Kids Help Phone:** to confide in somebody, 24 hours a day, seven days a week. Anonymous and bilingual. Toll-free number: 1-800-668-6868. [kidshelpphone.ca](http://kidshelpphone.ca)
- **Ending Violence Association BC:** to confide in and be referred to other resources in British Columbia. Toll-free number (VictimLink BC): 1-800-563-0808.



## RESOURCES IN FRENCH

- Site internet : [LigneParents](http://LigneParents) pour parler à des intervenant.es professionnel.les, en apprendre davantage sur la communication et les relations adolescents.es (amitiés et amoureuses), et sur la dépendance affective.



## RESOURCES IN ENGLISH

- Website: [LoveisRespect.org](http://LoveisRespect.org).
- Website: [Prevnet \(Canada's Healthy Relationships Hub\)](http://Prevnet)
- Website: [Break the Cycle](http://Break the Cycle)

## Contact us:

### Réseau-Femmes



Maryse Beaujeau-Weppenaar  
[direction@reseaufemmes.bc.ca](mailto:direction@reseaufemmes.bc.ca)



1555, 7th Ave W.  
Vancouver, BC



604-736-6912

### JLRS



General inquiries: [info@jlrs.ca](mailto:info@jlrs.ca)  
Claudya Leclerc: [projets@jlrs.ca](mailto:projets@jlrs.ca)



[www.jlrs.ca](http://www.jlrs.ca)



@jeunesleadersrs



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