

Parents and Caregivers' Information Sheet

Grade 10 - 2024-25

BREAKING THE CYCLE OF ABUSE

The iceberg of violence



The Violence Iceberg is a visual tool to better understand where violence comes from and why it remains such a problem in our society.

The iceberg presents violence in our society in two parts. Indeed, only a tiny part of the iceberg is visible as violence. This visual helps us to better understand the sources and who maintains violence in our society.

In the hidden part (what we do not see), we find the actions which are normalized and which contribute to the culture of violence. This culture leads to illegal actions considered more "extreme", the tip of the iceberg. In other words, the bottom of the iceberg feeds the forms of violence at the top.

Acts of physical violence or extreme violence that we see, for example, in the news, do not come out of nowhere. For someone to get to the point of killing, sexually assaulting or hurting someone, it was preceded by subtle forms of violence. These are the roots of violence. To prevent violence, we must uproot the subtle attitudes, norms, and actions that sit at the bottom of the iceberg and allow violence to escalate.

HOW DO I DEAL WITH STEREOTYPES AND NORMS WITH MY TEEN?

To start, it is important that you are able to recognize stereotypes related to gender, ethnicity, religion, sexual orientation and/or identity, culture, and any other identity markers. You can consult the resources at the end of this sheet for more information on this subject. When we are able to identify a stereotype, we are able to understand the norms (expectations) associated with it: for example, the stereotype that "women are more emotional than men" reinforces the social norm that men should occupy leadership positions and women should remain in the care sector, peer or home.

Deconstruct stereotypes:

For example: "Asians are all good at math"

- Ask your teenager to compare the comment in question or the stereotypical character they see on TV with people they know in real life. How are they different?
- Deconstruct stereotypes: "Yes, Asians can be good at math but it can be detrimental to assume that they are all good as it can affect the self-esteem and self-confidence of an Asian person who is less good in math."
- Explain that stereotypes about a group affect the way group members are treated and viewed (including by ourselves!).
- Finally, this is a great opportunity to highlight zero tolerance for stereotypes in your household.

WHAT IS RAPE CULTURE?

Rape culture is the set of behaviours and discourses, both in the media and in private contexts, that normalize, trivialize or condone rape and sexual assault. In short, these widespread discourses communicate that sexually aggressive behaviour is acceptable.

Rape culture takes different forms. This includes the process by which victims of sexual violence are silenced, mocked, blamed or distrusted. In Canada, 1 in 3 women and 1 in 8 men will experience sexual assault in their lifetime, but it is very common for victims to be disbelieved when they talk about their experience of assault. Their behaviour, their outfits, their alcohol consumption, their reactions to assaults (etc.) are scrutinized to the point of calling into question the veracity and credibility of their testimony. Conversely, comments about aggressors are often defensive and/or lenient.

The culture of rape is also the trivialization of aggression. This means, for example, normalizing the wandering hands or sexist comments of an employer or parent, instead of holding those people accountable for their wrongdoing.

All of this contributes to a culture in which the experiences of victim-survivors are trivialized and perpetrators are not held accountable for their consequent actions.

TACKLING RAPE CULTURE: THE CULTURE OF CONSENT

The culture of consent puts consent at the forefront of any conversation, appreciates it and discusses it openly. In this culture, stereotypes and jokes of all kinds are challenged, victims of violence are believed and perpetrators are held accountable.

HOW TO FIGHT AGAINST RAPE CULTURE AND PROMOTE THE CULTURE OF CONSENT AS A PARENT?

- Teach that every emotion, instinct, and lived experience is important and valid, and that everyone deserves to be listened to. This is especially important in a context where young boys are made to believe that no emotion is acceptable other than anger. Teaching this discourages boys and men from normalizing aggressive attitudes and prevents girls and women from giving in, in circumstances where their limits have been exceeded.
- Saying no means no. When you say no, don't go back on your words. Being firm and teaching your teen to respect limits is essential to understanding consent. Likewise, using your judgment as a guardian also allows your teen to be firm when they say no. It helps them understand that they shouldn't feel like they have to push past their personal boundaries just to please someone else.
- Value consent on a daily basis. Although family cultures vary, it's important to remember that consent also applies to less meaningful things like hugs! No one should be forced to give or receive a touch or emotional gesture if they don't want to.
- Openly discuss respecting the body and limits of others.
- Openly acknowledge the wrong and harmful attitudes about sex, body, relationships, power, control and manipulation in front of your teenager. Start by expressing zero tolerance for sexual objectification. When an advertisement, movie, or celebrity targets a person, discuss the dangers with your teenager and encourage them to use critical thinking when they hear words that might encourage sexual assault.
- Tell your teen that they have a safe space with you to ask questions, express their concerns or unease, and talk about their experiences. An essential step in ending rape culture and promoting the culture of consent is to break the taboo around these topics and speak openly about sexuality, boundaries and consent.

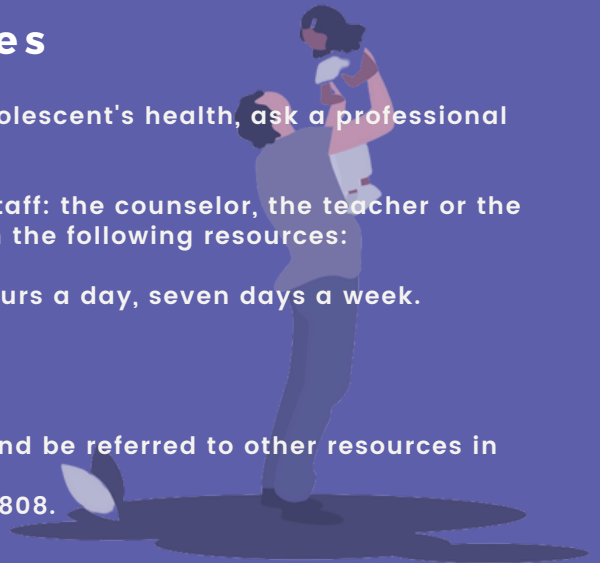
(inspiré et adapté de How to Parent Against Rape Culture, par Stacey Steinberg et Jannifer Sager, du Washington Post)

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
- **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

- [Émission Pa t'mentir sur la Masculinité toxique](#) : 2min32s à 7min53s
- [Action Canada pour la santé & les droits sexuels](#) : Éducation à la sexualité: prévenir la violence et améliorer la sécurité
- [Enseigner L'Égalité](#) : Des pistes pour persévérer dans l'égalité



RESOURCES IN ENGLISH

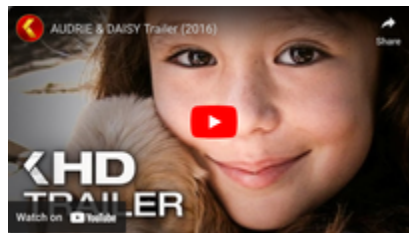
- WAVAW Rape Crisis Centre: [What Is Rape Culture?](#)
- Website from the University of Calgary: [The Facts about Sexual Violence](#)

Bilingual Documentaries

The Hunting Ground



Audrie and Daisy



Athlete A



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