

















Quiz Question and Answer Key

Emotional	
Points	Answer
<p>100</p> <p> What is emotional abuse?</p>	<p> “Emotional abuse” is a pattern of behaviour by an adult that can damage the self-esteem of a child.</p>
<p>200</p> <p> List the ways an adult could emotionally abuse a child or youth. Give two or more examples.</p>	<p> Emotional abuse includes the following behaviours:</p> <ul style="list-style-type: none"> • constantly criticizing; • insulting; • ridiculing; • ignoring; • threatening; • rejecting; • exploiting; and • withholding love and support.
<p>300</p> <p> Give three or more examples of how emotional abuse would make a child feel or act.</p>	<p> Emotional abuse leads to many feelings and behaviours, including:</p> <ul style="list-style-type: none"> • sadness; • depression; • anxiety; • feeling worthless and unloved; • loneliness; • low self-esteem; • helplessness; • inability to trust others; • confusion; • thoughts of suicide; • eating disorders; • trouble sleeping; • withdrawal from friends and activities; • substance abuse; • self-harm; • dropping out of school; • failure in school; and • poor peer relationships.







Quiz Question and Answer Key

<p style="text-align: center;">400</p> <p> What unhealthy ideas do children mistakenly learn from witnessing family violence, which is any form of abuse, mistreatment, or neglect that a child or adult experiences from a family member? Give four examples.</p>	<p> Unhealthy ideas that children and youth mistakenly learn from witnessing family violence include:</p> <ul style="list-style-type: none"> • that violence has a place in the family; • that violence is normal and acceptable; • that it is okay to hit someone who may be smaller and less powerful; • that there are few, if any, consequences for violence; and • that violence is an acceptable way to handle anger and stress.
Physical	
Points	Answer
<p style="text-align: center;">100</p> <p> What is physical abuse?</p>	<p> “Physical abuse” happens when an adult injures, or threatens to injure, a child or youth. It can take the form of hitting, beating, burning, or shaking.</p>
<p style="text-align: center;">200</p> <p> What is the difference between normal bruising on a child and suspicious bruising from physical abuse? Give two or more examples.</p>	<p> Normal bruising happens on the hard parts of a child that stick out: the elbows, knees, and forehead. These bruises happen from normal activities like playing and falling.</p> <p>Suspicious bruising happens on a child's soft parts: the stomach, back, face, arms, and legs. Adults physically abuse youth in places that can be covered by clothing to hide the marks.</p>







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<p style="text-align: center;">300</p> <p> What is the difference between “abuse” and “discipline”? Give three or more examples.</p>	<p> Discipline:</p> <ul style="list-style-type: none">• is used by parents to correct a specific misbehaviour: a child knows that if they fail to meet expectations, they will be corrected;• is intended to educate the child;• is a situation in which the parent / caregiver maintains their self-control;• does not involve the use of objects like belts, sticks, or bats;• does not leave bruises, cuts, or scratches; and• is a tool to help children learn. <p>Abuse:</p> <ul style="list-style-type: none">• is often unpredictable, and children may not know what will cause it to happen;• is intended to instill fear;• is a situation in which the parent / caregiver loses their self-control;• can involve emotional abuse and can make a child or youth feel humiliated or degraded;• can involve physical abuse and leave a child or youth with cuts, bruises, or broken bones; and• is done out of anger or frustration.
<p style="text-align: center;">400</p> <p> What would cause you to suspect someone is being physically abused? Give four examples.</p>	<p> The following may indicate that someone is being physically abused:</p> <ul style="list-style-type: none">• bruises of different colours and shapes on their back, stomach, neck, face, under their arms, or on the backs of their legs;• broken bones;• wearing long sleeves and pants all the time to hide bruises;• getting angry if you ask them where they got the bruises;• giving an explanation for the bruises that does not make much sense;• getting angry at others easily and lashing out physically;• harming others;• self-harming; or• substance abuse.





Quiz Question and Answer Key

Neglect	
Points	Answer
<p>100</p> <p> Give a definition of neglect.</p>	<p> “Neglect” is when a parent or caregiver does not meet the basic needs of a child or youth.</p>
<p>200</p> <p> What is the difference between poverty and neglect?</p>	<p> “Neglect” is when a parent or caregiver does not meet the basic needs of a child or youth. This can happen when parents / caregivers “choose” not to meet those needs, or when they are trying to provide for their children but are unable to do so. This can result from insufficient resources; for example, poverty, no access to adequate housing, or other challenges. Many families that experience poverty are still able to meet the basic needs of children and youth.</p>
<p>300</p> <p> List three or more basic needs that children and youth need to live.</p>	<p> Basic needs of children and youth include:</p> <ul style="list-style-type: none"> • food; • clothing; • shelter; • education; • exercise; • fresh air; • medical and dental care; • hygiene; • sleep; • discipline; • supervision; • stimulation; • interaction; • safety; and • love.

Quiz Question and Answer Key

<p style="text-align: center;">400</p> <p> What are some indicators that may cause you to suspect someone is being neglected? Give four examples.</p>	<p> A person who is being neglected may be:</p> <ul style="list-style-type: none"> • always hungry; • stealing food; • always tired; • wearing clothes that often do not fit; • dirty and have body odour; • dressed inappropriately for the weather; • sick often; • suffering from toothaches; or • over- or underweight.
Getting Help	
Points	Answer
<p style="text-align: center;">100</p> <p> What stops people from reporting child abuse when they see it happening or when they suspect it is happening?</p>	<p> People may avoid reporting child abuse because:</p> <ul style="list-style-type: none"> • They are afraid to break up a family. • They are unsure if it is abuse, and they do not want to make a false report. • They do not know whom to report to. • They are afraid the person will find out they made the report. • They know the person doing the abuse and do not want them to get in trouble. <p>Note: If a person makes a report of child abuse because they suspected it was happening and it turned out not to be abuse, they will not be in trouble and there will be no legal consequences.</p>
<p style="text-align: center;">200</p> <p> Whom do people report child abuse to when they see or suspect it is happening?</p>	<p> All adults have a duty to report if they know or suspect a child is being abused. They do not need to have proof. To report abuse, you would call Child Protective Services (the name may vary by province / territory). Child Protective Services is the agency that helps children and youth who are being abused. It is there to protect youth from harm.</p> <p>Youth can call Child Protective Services if they are experiencing abuse or to report that someone else is experiencing abuse. If a young person is not comfortable calling, they can have an adult call for them.</p> <p>The police are also an option, especially if the child or youth is in immediate danger.</p>

Quiz Question and Answer Key

<p style="text-align: center;">300</p> <p> How would you help a friend who told you they were experiencing emotional abuse, physical abuse, or neglect? Give two or more examples.</p>	<p> Youth often reach out for help from their peers before they talk to an adult. You can:</p> <ul style="list-style-type: none">• Listen: be calm and let them talk. Listen without judgment.• Talk in a calm and caring voice, and let them know it took a lot of courage for them to tell. Tell them you believe them.• Link: Let them know there are people who can help. Encourage them to talk to a trusted adult, or offer to go with them to talk to someone who can help.• Live: Keep checking in with them. Do things with them that will help them cope in healthy ways: hang out; go for walks; play a sport; go to the mall; go hunting; play video games; bead; or carve.• Make sure you take care of yourself and talk to friends or family about your feelings.
<p style="text-align: center;">400</p> <p> Name three places you could go if you were experiencing abuse and were feeling unsafe at home.</p>	<p> You could consider going to:</p> <ul style="list-style-type: none">• a friend's house;• a relative's house;• an elder's house;• a school;• the youth centre;• the mall;• a park;• a walk on the land;• a community centre;• a youth shelter; or• a cadet / JCR training activity.