



# Knowledge & Skills Self-Assessment List

Please complete this self-assessment to gauge your general knowledge of domestic violence before starting the risk assessment and management training.

<b><i>I can:</i></b>	
<p><b>1. Describe</b></p> <ul style="list-style-type: none"> <li>a. Define the various forms of domestic violence</li> <li>b. Explain how domestic violence impacts men and women differently.</li> </ul>	
<p><b>2. Recognize warning signs of woman abuse</b></p> <ul style="list-style-type: none"> <li>a. Differentiate the subtle and more obvious signs that abuse may be occurring.</li> <li>b. Explain why we often hesitate to offer help when we know or suspect domestic violence is happening.</li> </ul>	
<p><b>3. Recognize the factors that increase risk of future harm</b></p> <ul style="list-style-type: none"> <li>a. Describe the ways that risk factors are conditions that increase danger</li> <li>b. Differentiate the subtle and more obvious risk factors</li> <li>c. Discuss how isolation increases risk of harm</li> </ul>	
<p><b>4. Safely talk to a woman I know or suspect is experiencing abuse</b></p> <ul style="list-style-type: none"> <li>a. Start with heart</li> <li>b. See it, name it, check it</li> </ul>	
<p><b>5. Safely talk to an abusive man (someone who is part of my social network)</b></p> <ul style="list-style-type: none"> <li>a. Identify the best timing, location, and atmosphere</li> <li>b. Be familiar with the basic skills of making the behaviour visible, providing information and conveying caring</li> </ul>	
<p><b>6. Respond appropriately to disclosures that someone has experienced abuse</b></p> <ul style="list-style-type: none"> <li>a. Practice the skills of calm emotional response</li> <li>b. Be familiar with basic responses: (a) I believe you, b) not your fault, c) how can I help? d) brave to disclose, e) convey caring</li> </ul>	
<p><b>7. Respond appropriately to disclosures of past abusive behaviour</b></p> <ul style="list-style-type: none"> <li>a. Practice the skills of calm emotional response</li> <li>b. Familiarize self with basic responses: (a) how can I help? b) possible sources of support and information, c) explore alternate behaviours, e)</li> </ul>	



convey caring	
<b>8. Refer to community support services</b> a. Be familiar with services in my community that can provide support to someone experiencing abuse b. Be familiar with the services in my community that can provide support to a man using abusive behaviour who wants to make a change	
<b>9. Understand my work as participating in efforts to shift social norms</b> a. Examine the individual barriers to change (fear, surprise, defense, anger, etc.) b. Examine attitudinal barriers to change (embarrassment, stigma, privacy of home life, etc.)	
<b>10. Understand the importance of collaboration</b> a. Describe the importance of working collaboratively to support changing behaviour b. Identify key organizations that are also doing this work	

If you have 5 or less check marks, we recommend that you view the Neighbours, Friends & Families webinar before proceeding to the Risk Assessment and Management training modules.

If you have between 6 or 7 check marks, you may benefit from viewing the Neighbours, Friends & Families webinar before proceeding to the Risk Assessment and Management training modules.

If you have 8 to 10 check marks, you have a good basis for understanding domestic violence. You may be interested in viewing the Neighbours, Friends & Families webinar before proceeding to the Risk Assessment and Management training modules.