



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.

<i>I can:</i>	
<p>1. Describe</p> <ul style="list-style-type: none"> a. Define the various forms of domestic violence b. Explain how domestic violence impacts men and women differently. 	
<p>2. Recognize warning signs of woman abuse</p> <ul style="list-style-type: none"> a. Differentiate the subtle and more obvious signs that abuse may be occurring. b. Explain why we often hesitate to offer help when we know or suspect domestic violence is happening. 	
<p>3. Recognize the factors that increase risk of future harm</p> <ul style="list-style-type: none"> a. Describe the ways that risk factors are conditions that increase danger b. Differentiate the subtle and more obvious risk factors c. Discuss how isolation increases risk of harm 	
<p>4. Safely talk to a woman I know or suspect is experiencing abuse</p> <ul style="list-style-type: none"> a. Start with heart b. See it, name it, check it 	
<p>5. Safely talk to an abusive man (someone who is part of my social network)</p> <ul style="list-style-type: none"> a. Identify the best timing, location, and atmosphere b. Be familiar with the basic skills of making the behaviour visible, providing information and conveying caring 	
<p>6. Respond appropriately to disclosures that someone has experienced abuse</p> <ul style="list-style-type: none"> a. Practice the skills of calm emotional response 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 	
<p>7. Respond appropriately to disclosures of past abusive behaviour</p> <ul style="list-style-type: none"> a. Practice the skills of calm emotional response b. Familiarize self with basic responses: (a) how can I help? b) possible sources of support and information, c) explore alternate behaviours, e) 	



convey caring	
8. Refer to community support services 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	
9. Understand my work as participating in efforts to shift social norms 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.)	
10. Understand the importance of collaboration 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.