

Understanding Violence

- 1) **What is violence against women and children?**
 - a) Physical Harm
 - b) Emotional or verbal abuse
 - c) Controlling behaviour (e.g. isolation, monitoring mobile phone)
 - d) **All the above** ☒
- 2) **Which of these is a sign that someone might be experiencing violence?**
 - a) They seem unusually quiet or scared
 - b) They avoid talking about their home life
 - c) They have unexplained bruises
 - d) **All the above** ☒
- 3) **True or False: Violence only happens in certain cultures or communities.**
 - a) True
 - b) **False** ☒
- 4) **Which type of violence can be invisible but very harmful?**
 - a) Emotional manipulation
 - b) Threatening messages
 - c) Gaslighting
 - d) **All the above** ☒

Youth awareness & Empathy

- 5) **If a friend tells you they don't feel safe at home, what is the BEST first step?**
 - a) Keep it a secret
 - b) Tell them to ignore it
 - c) **Listen, believe them, and help them reach a trusted adult** ☒
 - d) Tell everyone
- 6) **What is something survivors of violence need?**
 - a) Blaming questions
 - b) Judgement
 - c) **Safety, support, and someone who believes them** ☒
 - d) Pressure to "move on" quickly
- 7) **True or False: It is NEVER the survivor's fault.**
 - a) **TRUE** ☒
 - b) False

Youth as Changemakers

- 8) **How can young people help prevent violence in their community?**
 - a) Speak up against harmful behaviour
 - b) Support friends who feel unsafe
 - c) Show kindness and respect
 - d) **All the above** ☒
- 9) **What is one powerful way youth can raise awareness?**

- a) Designing posters or banners
 - b) Creating social media messages
 - c) Wearing orange to support the cause
 - d) **All the above** ☒
- 10) **Why are young people so important in preventing violence?**
- a) They influence their peers
 - b) They can challenge harmful attitudes early
 - c) They bring creativity and new ideas
 - d) **All the above** ☒
- 11) **If you hear a friend making jokes about hurting women and/or children, what can you do?**
- a) Laugh along
 - b) **Tell them the joke is harmful and NOT ok.** ☒
 - c) Ignore it
 - d) Post it online
- 12) **Which action shows you are a positive role model?**
- a) Respecting boundaries
 - b) Using positive language
 - c) Supporting equality
 - d) **All the above** ☒

Youth Empowerment/"Your Voice Matters"

- 13) **What colour represents the movement to end violence against women?**
- a) Green
 - b) Blue
 - c) **Orange**
 - d) Purple
- 14) **Why do we join the Orange the World Walk?**
- a) To celebrate Halloween
 - b) **To show we stand together to stop violence.**
 - c) To win prizes
 - d) Just for fun
- 15) **What message could your banner or T-shirt spread?**
- a) "Silence is Power"
 - b) **"Speak up. Stand Strong. Stop Violence"** ☒
 - c) "Don't get involved"
 - d) "It's not my problem"
- 16) **True or False. Every young person can help create a safer, kinder community**
- a) **True** ☒
 - b) False

