



Neighbours, Friends & Families

I'm ready! Facilitation Skills Self-Assessment List

Use this chart to assess your own skills and to identify areas where you need to do more work.

<i>My Skills</i>	<i>My Self Rating</i>
Describe woman abuse 1) Define the various forms of woman abuse 2) Identify the root causes and social context/conditions of violence against women 3) Examine the social myths surrounding woman abuse	<input type="checkbox"/> Very Poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very Good
Recognize warning signs of woman abuse 1) Differentiate the subtle and more obvious signs that abuse may be occurring. 2) Describe the effects of minimizing behaviour	<input type="checkbox"/> Very Poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very Good
Recognize the factors that increase risk of future harm 1) Describe the ways that risk factors are conditions that increase danger 2) Differentiate the subtle and more obvious risk factors 3) Discuss the reasons that violence is often minimized by observers. 4) Explain how minimization increases risk	<input type="checkbox"/> Very Poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very Good
Safely talk to a woman I know or suspect is experiencing abuse 1) Start with heart 2) See it, name it, check it	<input type="checkbox"/> Very Poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very Good

My Skills	My Self Rating
<p>Safely talk to an abusive man (someone who is part of my social network)</p> <p>1) Identify optimal timing, location, and atmosphere</p> <p>2) Be familiar with the basic skills of making the behaviour visible, providing information and conveying caring</p>	<p><input type="checkbox"/> Very Poor</p> <p><input type="checkbox"/> Poor</p> <p><input type="checkbox"/> Fair</p> <p><input type="checkbox"/> Good</p> <p><input type="checkbox"/> Very Good</p>
<p>Respond appropriately to disclosures that someone has experienced abuse</p> <p>1) Identify situations where disclosures can be anticipated</p> <p>2) Practice the skills of calm emotional response</p> <p>3) 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>	<p><input type="checkbox"/> Very Poor</p> <p><input type="checkbox"/> Poor</p> <p><input type="checkbox"/> Fair</p> <p><input type="checkbox"/> Good</p> <p><input type="checkbox"/> Very Good</p>
<p>Respond appropriately to disclosures of past abusive behaviour</p> <p>1) Identify situations where disclosures can be anticipated</p> <p>2) Practice the skills of calm emotional response</p> <p>3) Familiarize self with basic responses: (a) how can I help? b) possible sources of support and information, c) explore alternate behaviours, e) convey caring</p>	<p><input type="checkbox"/> Very Poor</p> <p><input type="checkbox"/> Poor</p> <p><input type="checkbox"/> Fair</p> <p><input type="checkbox"/> Good</p> <p><input type="checkbox"/> Very Good</p>
<p>Refer to community support services</p> <p>1) Familiarize myself services in my community that can provide support to a woman experiencing abuse</p> <p>2) Familiarize myself with the services in my community that can provide support to a man using abusive behaviour who wants to make a change</p>	<p><input type="checkbox"/> Very Poor</p> <p><input type="checkbox"/> Poor</p> <p><input type="checkbox"/> Fair</p> <p><input type="checkbox"/> Good</p> <p><input type="checkbox"/> Very Good</p>
<p>Understand my work as participating in efforts to shift social norms</p> <p>1) Examine the individual barriers to change (fear, surprise, defense, anger, etc.)</p> <p>2) Examine attitudinal barriers to change (embarrassment, stigma, privacy of home life, etc.)</p>	<p><input type="checkbox"/> Very Poor</p> <p><input type="checkbox"/> Poor</p> <p><input type="checkbox"/> Fair</p> <p><input type="checkbox"/> Good</p> <p><input type="checkbox"/> Very Good</p>

<i>My Skills</i>	<i>My Self Rating</i>
<p>Understand the importance of allies & self-care</p> <ol style="list-style-type: none"> 1) Describe the importance of allies to support changing behaviour 2) Generate sources of information and creative connections (key idea: many others are also doing this work) 3) Discuss the reasons why values such as “self-sufficiency as primary” vs. interdependence can be barriers to growth 4) Identify reasons why self-care matters 5) Identify resources/sources of self-care 	<ul style="list-style-type: none"> <input type="checkbox"/> Very Poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very Good
<p><i>Notes to myself</i></p>	