

# Plan to Protect Worksheet

1. Physical abuse is using \_\_\_\_\_ that results in or could result in injury.
2. Emotional abuse is attacking an individual verbally to damage their dignity or damage their self respect which includes insults, humiliation and \_\_\_\_\_.
3. Neglect is \_\_\_\_\_ to provide reasonable care or properly supervised activities.
4. Appropriate discipline means establishing boundaries of acceptable behavior, and maintaining these boundaries with \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ expressions of authority.
5. Situations to avoid:
  - o Individual \_\_\_\_\_ of children or youth.
  - o Driving alone with an unrelated child or youth in your vehicle.
  - o Being alone with a child in the \_\_\_\_\_.
6. Please make sure you are familiar with the washroom guidelines for the age group you are working with as outlined in the video!
7. It is ALWAYS \_\_\_\_\_ to be alone with a child.
8. Youth Leaders: All meetings outside of the church facility \_\_\_\_\_ be approved by an Emmanuel pastor or director who will provide a permission form to be completed and signed by the parents or guardians.
9. You should \_\_\_\_\_ drive alone with a student.
10. Your home is \_\_\_\_\_ a public space.
11. Messaging apps where messages disappear are \_\_\_\_\_ allowed.
12. If you suspect abuse, the first step is to \_\_\_\_\_.

Please check the appropriate boxes:

- I have completed watching the Plan to Protect video and will hand in my completed worksheet to my Ministry Leader, or directly to the Volunteer Coordinator at [wendy.bergen@eefc.ca](mailto:wendy.bergen@eefc.ca).
- I am under 18 years of age, or up to date with all of my checks, and am not required to complete the CAR or CRC
- I have completed the CAR application, and have handed it in to my Ministry Leader
- I will complete the process for my Criminal Records Check if requested and am aware that the results will be sent to ME in the mail. It is MY responsibility to hand in the results to my Ministry Leader at church once I receive them by mail.

Name: \_\_\_\_\_



Date: \_\_\_\_\_