

# Worksheet 1: Topic

What is a topic you are interested in pursuing for your project this semester?

- How to have conversations with your children about abuse

What is the general conversation around your topic?

- Sexual, physical, emotional, verbal abuse. How to set boundaries and how to identify safe and unsafe people. Having a voice

Who are the people concerned with your topic?

- Guardians and Children

Find 3-5 Podcasts, articles, books, TED talks or video clips that discuss your topic. Copy their links below:

- Safe People by Cloud and Townsend
- Boundaries by Cloud and Townsend
- [https://www.ted.com/talks/kristin\\_jones\\_why\\_children\\_stay\\_silent\\_following\\_sexual\\_violence?language=en](https://www.ted.com/talks/kristin_jones_why_children_stay_silent_following_sexual_violence?language=en)
- [https://www.ted.com/talks/viann\\_nguyen\\_feng\\_4\\_signs\\_of\\_emotional\\_abuse?language=en](https://www.ted.com/talks/viann_nguyen_feng_4_signs_of_emotional_abuse?language=en)
- [https://www.ted.com/talks/the\\_power\\_of\\_words/transcript](https://www.ted.com/talks/the_power_of_words/transcript) (side note: when it happens in school)
- [https://greatergood.berkeley.edu/article/item/five\\_ways\\_to\\_support\\_students\\_affected\\_by\\_trauma](https://greatergood.berkeley.edu/article/item/five_ways_to_support_students_affected_by_trauma)

After this brief survey of your topic, What do you want to specifically study about this topic?

- How we can have safe productive conversations about abuse in our household first

What do you see that needs to change within this topic?

- Adults having fear of talking about it or talking about it in a way that puts fear in a kid or stops them from trusting everybody. Everybody isn't unsafe

Why are you passionate about this topic?

- Because I was sexually, physically, emotionally, and verbally abused from the ages of 4 years old until I was about 23 years old. Now I am 35 just healing from it and as I look back conversations with my mom could have been different. But she only did what she knew. I was a kid who was very fearful and people-pleaser so I had no knowledge of how to break the cycle and heal until I go older. I lived in a Christian home in which made my view of God very negative.

What are you hoping to learn?

- I am hoping to learn more of the effects of abuse, other people's experience (believers and non-believers) Ways to have the conversation that makes Guardian and child comfortable and build trust with each other

What do you believe you will discover?

- How many people avoid the conversation
- How many guardians knew about the abuse and said nothing
- The statistics of abuse in a believers home vs a non believers home to be higher