



The goal of this Study Guide is to facilitate for students of teenage years a better understanding of issues such as, Addiction, LGBTQ Community , First Nation Issues, Mental Illness such as anxiety, depression, self-harm, and suicide. The Unit is comprised of 13 short videos depicting a reenactment of real life experiences intended to help reduce stigma surrounding these topics and continue to promote an environment of greater understanding, support and acceptance in our society today.



Teens 101 Study Guide

Episode 6 – Family Stress & Anxiety – Eileen’s Story

Episode #6 – Eileen’s Story

Eileen’s family emigrated from China to North America to create a new life for their children. The Chinese family culture and dynamics were important in the household. Eileen found it difficult to fit in with her peers and she was heavily relied upon at home for chores. She was also pushed hard to excel at school and placed in a school for advanced education. Unfortunately, at a young age, she was sexually molested and kept it a deep dark secret. Her self-identity would develop into a critical low level of self-esteem and alienation from any social life. High school was a nightmare. She found a message of hope from an unusual source and decided that prior to entering University she’d transform her life with an ultimate spiritual and physical makeover.

Learning Goals:

After taking the quiz entitled " How much do you know about Sexual Abuse" and after viewing Episode # 6 and discussing his/her responses with the class and the teacher, the student will have a better understanding about sexual abuse and how to help those that have experienced it.

Prior Learning:

Prior to the viewing of Episode # 6 the student will potentially have an understanding of sexual abuse through different forms of media, and his/her own opinions and perceptions of the ramifications of sexual abuse.

Minds On:

Before the viewing of Episode # 6 the student will have taken the quiz entitled "How much do you know about Sexual Abuse (See worksheet # 6a) and have discussed with other students and the teacher some facts and misunderstandings about sexual abuse.

Action:

The students will be given questions on Episode #6 (See Worksheet 6b). Discuss with the students that they will have to respond to the questions as they are watching the episode and be prepared to discuss their responses following the episode.



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Following the discussion of the episode questions, bring the students’ attention to the section of the Episode where Dr. K outlines the 3 ways a person can help his/her brain create confidence. This is an opportunity for self-reflection with each student. The following three points are the three points Dr. K asks an individual to consider:

1. What are some qualities that you most admire in people and how can a person incorporate these qualities in his/her life?
2. Who can you express your needs to and how often are you seeking his/her support?
3. What is one action that you can take today that best represents the qualities that you most admire in an individual?

Consolidation and Connection:

Each student has reflected and developed ideas that support these above three questions from Dr. K outlined in the episode. The teacher can lead a class discussion of these questions and responses and list the ideas of the students for future reference.

Make the students aware that the effects of sexual abuse will be one of the topics that they will have a choice of completing an assignment on after all of the thirteen episodes of "Teens 101" have been viewed.



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Answer Sheet

How much do you know about sexual abuse?
Worksheet 6a

1. Eight-five percent of sexually abused children know their abusers. **T/F (True)**
2. More than one third of Canadians have suffered some form of child abuse. **T/F (True)**
3. There is no correlation between child abuse and mental disorders. **T/F (False)** **In a recent study, a strong correlation has been found between some form of child abuse and mental health issues.)**
4. Sexual abuse occurs when an adult or youth uses a child for sexual purposes that may include fondling, intercourse, incest, sodomy, exhibitionism and commercial exploitation through prostitution or the production of pornographic materials. **T/F (True)**
5. Sexual abuse usually takes place in the home of the child or the abusers. **T/F (True- over 50% of all sexual abuse takes place in a supposed “safe” surrounding.**
6. Children who are victims of sexual abuse will suffer from the trauma of it for the rest of their lives. **T/F (False- With the support of family and health care professional sufferers of sexual abuse can go on and live very healthy, happy and productive lives.)**
7. Many children make up false stories about being sexually abused. **T/F (False- In fact many children afraid and ashamed to tell about being sexually abused until many years later after the fact.)**
8. People who commit acts of child abuse are motivated by their sexual urges. **T/F (False- Perpetrators are motivated by their need for dominance and control.)**
9. If a person has been sexually abused they will grow up and become an abuser. **T/F (False- Approximately 25% of child abusers were abused as children).**



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Quiz #6a- "How much do you know about sexual abuse?"

1. Eight-five percent of sexually abused children know their abusers.

True	False
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2. More than one third of Canadians have suffered some form of child abuse.

True	False
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3. There is no correlation between child abuse and mental disorders.

True	False
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4. Sexual abuse occurs when an adult or youth uses a child for sexual purposes that may include fondling, intercourse, incest, sodomy, exhibitionism and commercial exploitation through prostitution or the production of pornographic materials.

True	False
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5. Sexual abuse usually takes place in the home of the child or the abusers.

True	False
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6. Children who are victims of sexual abuse will suffer from the trauma of it for the rest of their lives.

True	False
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7. Many children make up false stories about being sexually abused.

True	False
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8. People who commit acts of child abuse are motivated by their sexual urges.

True	False
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9. If a person has been sexually abused, they will grow up and become an abuser.

True	False
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Episode 6 – Family Stress & Anxiety – Eileen’s Story

Episode #6 Questions- Eileen Worksheet 6b

1. Describe the traditional household that Eileen grew up in? How did this affect her communication with her parents?
2. How did being sexually abused affect Eileen in high school?
3. What important piece of advice does Eileen not only give those who have been abused but to all of us?
4. What effects did being sexually abused have on Eileen’s choice of boyfriends when she was in University?
5. What was Eileen’s breaking point? When did she decide to break her silence and begin to live her life beyond being a victim of sexual abuse?
6. How did Eileen’s choice to stand up for herself lead to new opportunities for her?
7. Dr. K suggests that we try to get to know the best version of ourselves and develop confidence. How did Eileen do this?