

LIFESKILLS

Abuse and Coping Mechanisms

FUEL | ONLINE TRAINING





Table of Contents

LIFESKILLS: MY WELL-BEING
ABUSE AND COPING MECHANISMS

MODULE 1: What is abuse? 1

MODULE 2: Types of abuse 1

MODULE 3: What does abuse look like? 1

MODULE 4: Getting help 1

MODULE 5: Staying safe 1

©Copyright Fuel Online (Pty) Ltd. All rights reserved.



ABUSE AND COPING MECHANISMS

MODULE 1:
What is abuse?

Abuse is unacceptable in all contexts. This module looks at what abuse is, and how to identify it in both the home and workplace.

MODULE 2:
Types of abuse

Abuse has many faces. This module teaches you how to recognise the different kinds of abuse: mental or physical, domestic or work-related.

MODULE 3:
What does abuse look like?

How can you tell if someone around you is being abused? How do people behave when they are being abused? In this module, you will find out what signs to look for and what to do about it.

MODULE 4:
Getting help

You do not need to suffer in silence! Abuse must stop, and there is help if you know where to find it. This module offers solutions and advice to those in abusive situations.

MODULE 5:
Staying safe

To break the cycle of abuse, you first have to identify it. In this module, learners will find out how they, or those close to them, can avoid getting into another abuse relationship.

©Copyright Fuel Online (Pty) Ltd. All rights reserved.

info@fuelonline.co.za

www.fuelonline.co.za