

The formation of
future parents





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CAREER

- 2009-2018 Research on long-term prevention of suicide and discomfort
- 1990-2009 Ministry of Immigration and Cultural Communities
Immigration Counselor
Responsible for Customer Service
- 1988-1990 University of Quebec in the Outaouais
Marco Council: development of a program of international exchanges
- 1987-1988 Ministry of the Plan of Nigeria, Directorate of Regional Development
Deputy Coordinator of a micro-realizations program
- 1977-1978 Quebec Planning and Development Office
Regional Director of the Outaouais region
President of the Regional Administrative Conference
Coordinator of the Economic Development Summit in 1986
- 1976-1977 Regional Organization for the Development of the Center-Est au Burkina Faso
Technical and management manager: rural development project
- 1973-1977 Quebec Planning and Development Office
Research and socio-economic planning agent
- 1971-1973 Canadian International Development Agency
Coordinator of the experimental public awareness program
- 1971-1971 Secretary of State of Canada
Secretary in the correspondence of the Minister
- 1965-1967 Canadian Overseas University Service in Chad
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François Asselin



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I dedicate this book to my parents, who have accompanied me for more than twenty years on the road to freedom.

I also take this opportunity to thank many citizens of Havana who have warmly welcomed me a dozen times since 2009. I never hesitated; I have been supported and encouraged in many ways to concretize the original project that they have before their eyes: the training of future parents on the psychological needs of their future children. There are several studies in more than thirty countries, but none of them has informed about a project related to this matter.

I have left, I think, to ask the indigenous peoples, who have been underestimated by their own abilities and their exceptional experiences, with respect to their multi-millenary practices that still persist in favor of the parents and their children.

THE AUTHOR

“Children are the hope of the world
because children are the ones who know how to love”.

JOSÉ MARTÍ

“I was wondering,
what else can we do? What else can the Revolution do?
Well, we would have to go back a bit, start educating the children
before birth; There is a formula: educate parents...”.

FIDEL CASTRO

“Parents always want our children to be better than us,
although we do not always know how” .

GABRIEL GARCÍA MÁRQUEZ

“During human existence, there is no more important work
than being a parent and, despite this, there are few things
that we are so ill prepared for. There are no schools
or preparatory courses to be parents”.

GERMAIN DUCLOS

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PROLOGUE

Since 2009, the author of this book has published several documents on the subject of the formation of future parents on the essential psychological needs of their future children. Yet, we believe that the subject is actually inedited.

The original idea and most of the themes are directly linked with great simplicity and have been presented for the first time internationally in the month of October 2017 by Mr. Francois Asselin and other prestigious professionals at the occasion of the First International Symposium on training of future parents, in the framework of the International Congress ADOLECA 2017, held in Cienfuegos.

Numerous specialists from different disciplines, from more than twenty Latin America and the Caribbean countries, made the presentations. The Symposium received the support of United Nations Agencies (UNICEF, PAHO, UNFPA, UNDP), the Cuban Society for the Family Development (SOCUDEP) and the National Council of Scientific Societies of Health of Cuba.

In January of 2018, the 28th Cuban Congress on Pediatrics and the II International Symposium of Child Care took place in Havana, where important reflections of the author of this book were discussed with the participants on the subject of the formation of future parents.

The themes presented in this book, very happily published simultaneously in Spanish and French, and could not exist

without a very strong personal conviction and great persistence in the face of many difficulties. It is time now, of asking the professionals for advice.

Future parents' training programs on the psychological needs of their future children, after long periods of validation, experimentation and scientific evaluation, should favor the emergence of safer, better informed and prepared parents to interact with other parents, sometimes in difficulties, and with professionals when necessary. It can also be assumed that training will improve relationships and possibly contribute to a decrease in the divorce rate.

We thank the author for the collaboration in the scientific development of our professionals and for the support in the formation of the new generations of parents.

Francisca Cruz Sánchez
President of the Adolescence Section
Cuban Society of Pediatrics

Conference at the Cuban
Congress on Pediatrics.
Conventions Palace of Havana

1. I have agreed to talk with you about the parents, but not about parents in general: but about future parents. Believe me, they are not aliens. It could be any of us. Let's go back to the program book for a moment. I have never been good at math. So, if I'm wrong, do not believe me too much. The word *pediatrician* repeats itself more than 400 times, I think. The word *father*, only one. I always thought that, at least, I was essentially a pediatrician.
2. In each of the pages of the program of this congress that brings us together and that you have in your hands, or in front of you, we are reminded that "Nothing is more important than a child". I am not a pediatrician. I am a father and I feel forgotten. Maybe I'm not important after all. Here, I am questioning. Would we have made such a big mistake if the sentence were "nothing is more important than a child and his parents"?
3. We must realize that future children and their future parents will be millions of times more likely than current parents. First, let me give you an example. In twenty years, there will be two million more children in Quebec, and between 12 and 15 % of them will be innocent victims of various forms of abuse. Do you know the people who abuse? It is time to establish training programs, first, about the involuntary incompetence of parents. Before sharing with

you some suggestions that are considered not to published internationally, I present this reflection.

4. If previous generations had developed the training programs for future parents and the psychological needs of their children, would not we live in a better world? So, we who know a little more, what can we do for future generations? How many of us know that we are responsible for future generations?
5. Since when am I interested in parents? Thirty years ago, in my small village, a 15-year-old boy and a 13-year-old girl took their own lives. I knew these two children, who were the age of two of my children. I did not know what to think of such situation. I concluded that these young people were not the only ones responsible for their actions. In my opinion, one part of the fault may concern to the society and the other part to the parents. We can not change a society. And parents?... Yes... one by one.
6. Recently, several meetings have served as a trigger for all my research. In fact, a person of sixty years confessed to me, repeating with bitterness, that she did not have self-esteem, that she did not have confidence in herself, that she did not know why, and that despite all her efforts, she could never change. He did not know why he was like that, despite all his efforts he could never change. I was scared. I wanted to understand and this led me to read or consult books by psychoanalysts, who, without exception, remind us that childhood is the only floor of our lives. It soon became clear to me that this person had suffered one or more traumas at an early age. Why does not she remember it? The wounds are lodged in her unconscious memory and can remain there until the end of life.
7. I have a question for you. When a father hurts a child psychologically or emotionally, he always thinks that the injury can have negative repercussions for many, many years? Here I would like to explain two things that we do not talk about enough: unconscious memory and innocence. Regarding the latter, I can not be satisfied to hear repeatedly

that the children are innocent. We must develop the theme for understanding it.

8. In recent years, I have patiently clarified about a concept that is rarely evoked: bad living. However it is important for many psychoanalysts, especially for Alice Miller. The concept of bad living to be retained in this project refers to discomfort or psychic inconvenience, diffuse or intense, felt by a child, a teenager or an adult, who can often be unaware of the origin of it. From an early age, these people become losers. On the one hand, they are prone to abuse and abuse whose reasons they know little about. Consequently, they fit into society or they adapt poorly and, on the other hand, they identify less with the good that society can bring them and benefit less from it.
9. We recognize that everything has its origin. We will not discuss here the existence of God or any higher being. In fact, it is not our purpose today. We can and must ask ourselves urgently the origin of all forms of violence to find ways to diminish both in number and intensity; it would be only a little. With that spirit, I wonder: to what extent can we say that many of the acts of violence are the consequences, partially, of the bad living, directly or indirectly, by the abusers of today in their own childhood?
10. It can be said that the physical, emotional or psychological trauma suffered during childhood is a real path to a bad living that can be very early in a person's life and rekindle unexpectedly, sometimes repeatedly, over the years with different intensities.
11. These injuries to which we refer can lead to different types of depression, suicidal ideation and behaviors, suicide attempts and suicide. At the same time, they can cause many problems of adaptation for the individual who suffers, which does not seem deeply affected. And who says here that the individual suffers, says the family, says society, says human resources and follows saying financial resources.
12. Here are some: alcoholism, addiction, school desertion, problems with justice, compulsive gambling, vain search

for an own identity or its reconquest, indoctrination, psychosomatic diseases, self-poisoning, drugs, frequent recourse to health services and social services, repression of the anger, development of feelings of shame and guilt, decrease of self-esteem and self-confidence, withdrawal from the community, violence or submission, itinerancy, exclusion, various forms of diversion, use of commercial anaesthetics, or other. Each of these problems, or several of them, in turn, can add weight to existing bad living and amplify it. If this infernal circle is not eliminated, it will reproduce endlessly.

13. Now let's go to the heart of this issue, if you allow me. The training courses on the essential psychological needs of the children and by extension of the adolescents that I suggest, would focus on the attachment of mothers and fathers mainly during the first years, and then on an in-depth knowledge of self-esteem, what encourages it and what can annihilate it. The same goes for self-confidence, autonomy, independence and interdependence. The same goes for self-confidence, autonomy, independence, interdependence.
14. Accompanying children, first day after day and night after night and then throughout life, is the most extraordinary adventure that one can lived and at the same time be lived by any individual. Surely during training periods, experienced parents will be very happy to testify about their life experience and therefore their family life.
15. This wonderful thing that we do not hesitate to affirm, is however unstable and in this desire to foresee the long-term problems and to prepare the parents, briefly informs some. All of them have their own characteristics and their importance. But let's start with a situation that directly affects women, especially young women, moreover, the youngest. Certainly we refer to the situations of women who live unwanted pregnancies from time to time. The consequences are enormous for these women and their children. It is only women who experience such injustice.

It is time for all men, without distinction, to give concrete and daily solidarity to women and only with words.

16. The training courses for future parents will offer privileged moments to debate the issue of unwanted pregnancies, but we know that this will not be enough. Public and permanent campaigns are necessary. Many other issues deserve the attention of prospective parents, including the disclosure of a different sexuality of the parents, a physical or mental illness, disability and the consequences of divorce on children, parents and family.
17. On several occasions, reflecting on these few contents that have been the most important for me, I came to a point of evidence that surprised me. It is obvious that when debating and reflecting on a group of future parents about the identified issues, they relate with great intensity their personal and family history. Who does not know the story that he lived is likely to repeat it? The appropriation of their stories is one of the most important and critical moments in the life of a young adult and a young father. At 50, 60 and 70 years of age, it makes no sense to think about it because the responsible authors are no longer there to discuss it frankly or do not want to.
18. When would it be more appropriate to offer classes to future parents? If you ask me, I would tell you from elementary school, high school, university and finally during prenatal classes or preparation for marriage.
19. The war against ignorance and the involuntary incompetence of caring parents who are constantly dedicated to their children has begun. The first weapons with which future parents should become acquainted are the primordial roles of maternal attachment and parental attachment. We are pleased to know that there is knowledge and that it has been increasing fortunately for just over twenty years, according to some sources. On the other hand, we are deeply saddened to see that the future parents are so misinformed.

January 25, 2018

Different ideas

1. The survey regarding unwanted pregnancies

There was a formation of groups of adolescent women and groups of adolescent males. Seeing their results, it would be very interesting that both groups meet to exchange, but in this situation it is important to ensure the perfect anonymity of each person. This formula that groups male and female adolescents seems to be winning and constructive. We can therefore launch other topics, as well as making it known in several countries. A daring issue would be asking adolescent women who think and what they expect from men, and asking men a similar question: what do they think and what do they expect from adolescent women? One can think of bullying that is observed among young people, which has sometimes led some to suicide.

2. How to contribute to the development of parenthood?

This is what I suggest doing on a small scale. Ask future mothers and future parents, with a lot of freedom, how they would like to be equipped to live well their close paternity. My subject here is not very clear, but the meaning is there. I know. I can feel it. I have no doubt that we can help with the support. For once, the answers will not come from the specialists, who however will find a lot of freshness.

3. Announcements

I imagine a poster contest about unwanted pregnancies. In time to be present at the Havana Book Fair? Who would know? Small reproductions can be offered to each visitor. Imagine the impact. This could be useful for many things that have not yet been thought.

4. Reflection 1

I still can not understand why this measure (the training of future parents) has not been a reality for millennia. "From the beginning of humanity". We must understand our past and the rock on which we are sitting. I would like scholars of different cultures and religions to review the many texts that must exist.

5. Reflection 2

In Cienfuegos, our great Peruvian, Uruguayan and Ecuadorian "friends" made it clear to me that I could never understand anything about the relationships between parents and children in indigenous communities. Following his opinions, I thought: These people can teach us much more than we can imagine. For millennia they have reflected and validated their practices. We are just beginning... with difficulty...

6. A partnership project (received text)

With everything we see and what is happening in the today's society, whether in Quebec, Canada or anywhere else in the world, this training is even essential for everyone, not only for those who are considering starting a family. It is important to be informed at an early age about what awaits, about self-knowledge, efforts to understand and respect others, especially before getting involved in a couple, and with more reason, before to give birth to children And why not, also reminders about important prerequisites throughout the life of a family, which necessarily evolves over the years, and about the difficulties that may be encountered.

7. Road to double track (double track)

Seeing the opposite is, first of all, promoting the words of future parents who will reach the specialists. The shape opposite perpetuates what we see that some people describe as scandalous.

8. An unpublished project

For the first time in almost a decade, I recalled, on the one hand, the lack of training courses for future parents about the psychological needs of children and, on the other hand, the almost certainty that it will always be there from now on. I always knew, but it was not a good time to talk about that. The symposium on this subject freed me. I think it's with such a new spirit that you and our collaborators could be invited to connect firmly preventing the damage to life, suicide and violence in the short, medium and long term. This project is not the attribute of a fashion.

9. Personal history and family history

It is rare that a person can change their behavior, if necessary, if they do not know their own history and that of their family. This is a very important step when considering paternity and motherhood. I say among other things. It is early in life that this recognition must be made. At sixty it's not too late! It's too late. It depends on pedagogues and andrologists to illuminate this path that we suggest here to undertake in working groups. You must trust in their strengths and abilities. They are the main owners.

10. Andragogy (Adult Education)

"Person who analyzes the situation of adult education with respect to the factors (social, political, economic, psychological) that may affect it and that participates in the development of an educational support relationship with the purpose of improving the learning process in adults. It begins with a clear understanding of individual learning needs, then helps to establish learning and

intervention objectives, proposes methods to achieve them and evaluates the results. In addition, he is responsible for the implementation, supervision and evaluation of the programs of activities, the selection and training of educators and leaders, and the development and conduct of scientific research. It can offer individuals or groups its services of teaching, professional assistance, animation or counseling”.

11. When you should start the formation of futures parents?

As soon as possible. At the primary level? Yes. Already in elementary school. All educational systems must identify their responsibilities, abilities and means of intervention with respect to essential human formation. The human formation of parents must continue with other more familiar means after the birth of the children.

12. Religions

What were your roles in training future parents?

Speaking of marriage is not talking about children. Can they play a role? I’m not a practitioner, but I think they can play a very important role.

13. What to do also?

You have to think about organizations, foundations, research centers, chairs, and municipalities.

14. We write anything

“The great merit of the initiatives, proposals and projects are precisely lies precisely in that they have been written by a geographer. A person decontaminated and not influenced by biological concepts. You have only been able to have these wonderful ideas so they can become reality. Many people have written about family, responsible fatherhood and motherhood. But you had the idea and the desire to form new generations of parents for a better future for humanity”. I have had these ideas because millions of

people ask them every day, when they take a moment. I attest that in ten years nobody objected to the proposed measure. By chance, I had more moments.

15. With voices that count and resound in the distance

Many of you have contacts with professionals Canadians and Quebec. I would like us to think, if that is appropriate, that you communicate with some of them to share yours observations. But, I believe that things would change if opinions were communicated by sources that they consider more reliable.

10 000 – 100 000 – 1 000 000 100 000 000 (Towards a new paradigm)

If the courses were offered and followed annually by 10,000 couples for ten years in Havana, what could happen in Cuban society? And a hundred million in the world? I do not regret having written a long time ago that the development of people is inseparable from that of society and vice versa. The project will have to resort to sociology and anthropology.

16. Who says children says parents: they are hand and glove

We recognize the good that can be done to children. But how many have come to testify that they will also see parents who are safer, more efficient and happier?

The trainings will be contagious. Often, they will influence life environments, large or small. Who still says that the measure will have a very important impact on companies. It is not without thinking that I wrote and talked about an essential paradigm shift. Nor is it because of anything that I think of a symposium in three years or at a convenient time.

17. The costs

It seems to me that credible people are beginning to consider this issue not only extremely important, but crucial. I am convinced that courses for future parents,

and their positive effects later, will contribute to the reduction of personal and collective spending. This is not my narrow field of competence and interest. But, I think that this type of study is not new for academics and the best public servants.

18. Partnership

Without being too sure, I wrote that the courses could be related to the divorce rate. I do not know who can reflect one day on this subject, because I go there because of my intuition. I do not know too much. However, I think they should help improve and deepen relationships in the couple. When writing this, would not I approach the sentimental education that is almost non-existent in so many societies?

19. Advantages of courses before and after the birth of children

I would recommend that a small team or a few people trace the benefits of providing training courses for prospective parents and training or support for parents with children. In no way is there a question of assessing the former to the detriment of the latter and vice versa. For me, they must be complementary. If we do not, we will face a protest. I am certainly in the best position to confirm that there will be a protest.

20. The voice of parents

Our “friends” have a great knowledge and an experience out of the ordinary. However, I think that the new tools, often very simple, like the survey, for example, can find a place in your professional coffers. I remember one of my main concerns: the recognition and, if possible, the mastery of individual history and family history. The goal of future training courses for parents is to get them to talk about them because they are the teachers of the future. I’m sorry I can not think anymore.

21. Self-analysis and unconscious memory

Children are helped and parents are helped. This affects generations. What savings anyway! What improvements in life! What contributions to families and society! We know this because we live among people who drag their pain from being from one decade to another, very often even without knowing it. Of course, the weight of the pain of being is not so heavy for everyone. Fortunately. But, it must be detected early. In the document of discussion (12/12/2011) I wrote some words that they occurred to me. I refer here to self-analysis and to unconscious memory. The practice of psychoanalysis at large scale is totally unreal. However, I begin to think that our "friends" detect quite well the signs of "despair and anguish" (speeches, silences, behaviors, physical attitudes, dependencies).

22. A link between violence and pain of the being of the childhood and adolescence?

Rightly or wrongly, I hypothesized that violence could have its origin in childhood and more particularly in the pain of being. I can not identify other sources that prove it. By the way, who is interested in the sources? We are interested in the evils! There are several "forms" of violence. The one that attracted me the most was the one directed to women. Is there a common core to the different forms of violence in our societies? I ask the question.

23. Define the state of innocence

I am neither a psychiatrist nor a pediatrician. I only have beginner questions. It is said quite clearly and frequently, and pedagogically to parents, that children are innocent, although one can, perhaps, introduce nuances. Which? I don't know. I have no words about it. One thing is certain: future parents who will attend classes should leave convinced for the rest of their lives. Are we talking about the innocence of children? How do we explain it so that it is integrated into the future parents and the people who

have children? It is not enough to say that children are innocent. In my opinion, unconscious memory has little to do with innocence. It requires a deepening of the subject.

24. Cite sources of real origin and nowhere else

I only have one point of view really neglected by almost everyone. I'm interested in the sources. The deeper they are, the more important they are and the more indicative of ways to explore. We are in the field of Humanity, not in superficiality. I do not have the ability to go further. Others can if they want it. I doubt they go there. Why do I have this propensity to believe it? Because it not only affects the minds of researchers. It touches his deep being, the historical being of each and every one. Can we find a source in an oasis? But certainly we go by plane quickly as Antoine de Saint-Exupéry, or with a guide discovering space and time.

December 28, 2017

Conference at the First International Symposium on training of future parents Cienfuegos Convention Center

If at some point they come to think that I am exaggerating, then it may be true. Exaggeration is a nice and surprising way to develop new perspectives.

I am not a psychologist, nor a psychoanalyst, nor a psychiatrist. However, almost without realizing it, I spent these last nine years reflecting on the formation of the future parents, strangely non-existent formation according to all the sources consulted, and according to hundreds of meetings and thousands of correspondence exchanges.

The process developed, supported by numerous readings and analyzes, is intuitive and iterative. The results, comments and very specific proposals are complementary to the interventions of the actors in the field of prevention and assistance for vulnerable people and their support for recovery.

- Jean, 15 years old
- Germaine, 13 years old
- Pierre, 15 years old
- Collette, 62 years old

How is it that a geographer by profession intervenes in this congress? Looking a bit my own story can be understood better.

In 1995, Jean, the best friend of my eldest son, whom I knew well, took his own life. The one and the other were only fifteen

years old. I see my son again in church, sitting between his mother and me. What to think? What to tell him?

In 1997, Germaine, a 13-year-old girl, whom she also knew, committed the same act. A few years later, Pierre, 15, murdered his father, his mother and his brother.

These tragic events led me to a reflection of years. I am viscerally convinced that these young people could not be the only ones responsible for their actions. I could only consider two possibilities: society and parents.

Surprisingly, when I retired, there was an encounter that shook me and questioned me. I had just met Colette, a person of about 60 years old, who told me, and repeated to me to the point of exhaustion, that she had no self-esteem, no confidence in her, that she did not know why and that she could not change. So, I wanted to understand, and you might have done the same thing, coming from a person that age. Fortunately, I had time. A lot of time.

It was so I began to investigate and, among other things, I read several psychoanalysts who, in general, agreed that childhood is the only floor of our entire life. Little by little it became clear that this person had suffered one or several serious traumas during his childhood, and perhaps also during adolescence.

But how could she say that she knew nothing and that, therefore, she could not change because, in fact, how to change when we do not know the origin of a deep evil? For me, the answer was not simple. It seems that in young individuals there is an unconscious memory that stores facts, emotions and feelings that can resurface for periods, throughout adult life, and with different intensities. Then I considered that this person, without knowing it, had suffered a serious level of negligence on the part of the parents or substitutes.

We are not here in a situation of war or natural disaster.

Returning to Jean, Germaine and Pierre, I understood that for them, as for Colette, their injuries did not come, in general, from their environment, but from their close relatives, generally oblivious to the consequences of their actions in the short,

medium and long term.

No one thinks about the long-term consequences of their harmful acts.

The period of childhood in particular contains a mixture of well-being and discomfort with irregular weight.

In the course of my work, I retained that discomfort, the bad living, absorb much essential energy or completely annihilates it.

Here is the definition I give.

The concept of bad living to be retained in this project refers to discomfort or psychic discomfort, diffuse or intense, experienced by a child, a teenager or an adult who can often be unaware of the origin of it. As of their young age, they become to often "losers losers" sometime their entire life. On the one hand, they are prone to abuse and abuse whose reasons they know little about. On the one hand, they hardly support or mistreat the negative aspects of society and, on the other hand, they define and take less advantage of all that is good for them.

In the next two decades, 2 million children will have been born in Quebec. Between 12 and 15 % of them will be exposed to serious physical, psychological and emotional injuries susceptible, in some cases, to affect them throughout their lives.

Geographer by profession, I became interested very early in the possibility of inserting a case like Colette's in a large-scale situation that would allow it to be better placed and act. I have no idea how many children will be born in other countries during the next two decades. But in Quebec we like children and there will be 2 million births.

"The figures are fragile beings that, by dint of being tortured, end up confessing everything they want to tell them." Alfred Sauvy, demographer.

In Quebec, then, it is also known that in the course of the next two decades, between 12 and 15 % of these children (240 000 and 300 000) will be exposed to serious physical, psychological and emotional injuries.

These are sad realities that Quebec society also faces.

The Directorate for the Protection of Youth in Quebec identifies 20 cases of child abuse or abuse per day. Thus, in one year there will be 7300 cases and 146 000 cases in 20 years. It must be perfectly understood, in addition, that this abuse is only the tip of the iceberg.

I am concerned about long-term prevention measures, I defend them and support them, while many others among us privilege the short and medium term and, very often, the immediate. My position is that the bad living is an important risk factor that can lead to suicide among other evils. Initially, this project focused on the long-term prevention of the bad living and suicide. But several meetings in Havana impelled me to add violence to those objectives, because now I consider that violence has roots in the bad living.

I want to present four images of long-term prevention.

- The glasses
- The key
- The cigarettes
- Bread
- The formation of the future parents

A father whose children are abroad sends them a series of identical objects each year and keeps one for himself. He does this thinking that, if one of his children is in trouble someday, those objects will remind him that someone is waiting for him without judging him.

A mother regularly sends greeting cards to her children, accompanied with an envelope with a postage stamp and her address for the answer. One day he sent one of them, whom he had not seen for a long time, a small box of chocolates... which contained no chocolates... but the keys to his house.

My father always smoked a lot. He died at 53 years old. By my part, I started smoking at 13 years old. But, when my oldest son reached that age, I told my three children that I would give them \$ 1000 on their 18th birthday if they reached that age without smoking and without using drugs. They cost me \$ 3000.

All three cases demonstrate early interventions. That kind of long-term commitment should be made as soon as possible, well in advance.

Imagine, now, bread. A loaf that can be cut into slices of 12 and 13 years and slices of 18 and 19 years. The duration of adolescence is recognized here. Often, I have indicated that it seems creative and productive to take the time necessary to see things differently. For me, adolescence in that whole bread, with its crust and its crumb. But not only bread. It is also the preparation, the cooking, the presentation and, I would add, the society that cultivates the cereal indispensable for its manufacture. In other words, the adolescent is a link with the carrier of the coming years that is childhood.

I present in the Annex a summary of my concerns for the whole project that I present today:

The project that I suggest for the training of future parents, according to my research, has not been unpublished before. It needs, however, to be deepened and validated. We can talk a little later. For now, it is important to recognize that the psychological needs of children have never been taken seriously in prenatal courses or courses of marriage preparation.

We have mentioned the importance of developing long-term visions that facilitate the framing of a series of actions that must be undertaken if we hope that they materialize in a timely manner. But then why training for future parents when there is available a wide range of courses and many resources as soon as one becomes a father or mother?

Here are two reasons, among others, that are important to me.

The first: we must look for ways to reduce the number of injuries suffered by children and adolescents because their consequences can be catastrophic. It is necessary to learn about their nature and talk about them before they occur. When such maltreatment occurs after birth, shame and guilt are usually installed and, then, it is difficult to recognize and correct

mistreatment. It is said that the shame and guilt felt by parents are the two most difficult feelings to calm down.

The second one (which surprised me from the moment I knew it) is that the future parents, accompanied by people trained in andragogy, would talk to each other about self-esteem, self-confidence and how both they develop or destroy themselves silently, and also about autonomy and interdependence.

It is far from everything. It is just here that we enter the heart of the project. Advancing and deepening that dialogue, the exchanges become friendly or explosive, as the case may be, and other times, they end up suffocated by the sobs. Why? Because a large number of participants will inevitably recognize the traces of their personal and family history.

If there is a probability of changing a person, it will never happen if that person does not know his story. The future parents would have, within that framework, a unique opportunity to talk with their own parents about their respective pasts, to see all this from different angles and to repair, if necessary and possible, what happened. We know well that there are people who expect their parents to reach 60 or 70 before speaking, but the parents die and so they will die too carrying that discomfort.

Among us, specialists in support relationships are numerous. So, could anyone stand up and tell us if the people who mistreat children and adolescents easily recognize the medium and long term consequences of the physical, emotional and psychological injuries - sometimes serious - that they have caused and that are they willing to repent and repair them? These injuries can lead to different types of depression, suicidal ideation, suicide attempts and suicides.

Apparently *innocence* is a word unknown to many. However, Alice Miller stated that the fetus wants good and the good. This is true in the case of the newborn child who has needs and not caprices. There would be no humanity if it were not the case. A Brazilian author that I have read also says that birds are born free and free should live. For my part, I still can not say that parents who do not have any self-esteem can contribute to the development of their children. Here, I admit

that I do not have the answer. But, if that were the case, should not we think mainly about meeting the unmet needs of those parents?

All future parents need training specific?

Probably not. In many cases, a series of adequate knowledge of the exercise of parenthood exist, are innate or inherited through several generations. However, since we live in a society and that families are the pillars of society, as we mentioned, it would be propitious for these individuals to join and participate in training groups for future parents.

The most frequent injuries of which I speak, caused consciously or unconsciously, are related to the following five problems, all abundantly documented: physical abuse, sexual abuse, neglect, abandonment and psychological abuse. But even this is only an iceberg tip because it can cause many problems, sometimes convergent, of adaptation for the individual who suffers, his family and society.

Here are some of them:

alcoholism, drug addiction, school desertion, troubles with justice, vain search for own identity or its reconquest, indoctrination, psychosomatic diseases, self-mutilation, drug intoxications, frequent resources to health and social services, repression of anger, development of feelings of shame and guilt, undermined self-esteem and self-confidence, community withdrawal, violence or submission, behavioral changes, exclusion, use of commercial anaesthetics, and so on.

Each of these problems, or several of them, in turn, can add weight to the existing bad living and amplify it. If this infernal circle is not eliminated, it will reproduce endlessly.

I have no doubt that here everyone meets regularly with individuals who experience bad living. If there was someone who never did, I would suggest that you attend a meeting of any of the following organizations that do an extraordinary job:

- Alcoholics Anonymous
- Anonymous Compulsive Eaters

- Narcotics Anonymous
- Anonymous Depressants
- Bipolar Anonymous
- Affective Anonymous Dependents
- Sex Addicts Anonymous
- Parents Anonymous
- Anonymous Players
- Anorexic and Bulimic Anonymous
- Multiple Toxics Addicts Anonymous

Ten years ago, a US study revealed a annual cost of US \$ 12 billion, only in the United States, as a result of millions of cases of abuse. To these already astonishing costs, we must add those caused by crime youth, the resulting mental health, prison costs, and others. Behind these figures, there is an ever increasing number of families (pillars of society) disunited and divorces. This panorama is worrying and discouraging. New commitments? It's something else.

The training of prospective parents could focus on priority in self-esteem and self-confidence. But, since I am seriously interested in long-term prevention, I think we should also talk about the consequences of divorce, mainly in children and adolescents, in possible sexual orientations and in life with siblings which, we know, is usually a taboo subject. In fact, one study reveals that 26 % of cases of violations are intrafamilial aggressions.

Finally, consumerism and, to a certain extent, the new information technologies attack head-on, and sometimes profoundly undermine, many families ill-prepared to face so many daily assaults.

With training like the one suggested, there is reason to believe that parents will be much more qualified to become front-line actors in the prevention of bad living, suicide and violence, as well as in allies of those who assume the responsibility of all days from the moment of the birth of the children. These formations, which must still be defined and validated, are weapons, small perhaps, but capable of allowing parenthood to defend themselves and fully play their role, because it seems that they need it more and more.

The pillars of all societies are families.

At what point in their history do humans become parents? For my part, I say it's like bread. Paternity and motherhood have existed since the intrauterine period or long before, since the desire to become a parent. Otherwise, how could the constitution of humanity take place?

The formations for the future parents, by the way, are able to contribute to the reduction of the bad living, and the number of suicides and cases of violence. It is a primordial investment in the early adulthood, along with the investments in physical and mental health. One can change the car. You can change the country. You can change your house. You can change your spouse. You can change work. But you can not change your son or daughter.

Let's see now a series of reflections that are made to often by people who received tragic news related to members of their family or acquaintances:

If I had known, I would have acted differently.

If I had known what...

If I had known when...

If I had known how...

If I had known who...

In the course of their life, parents, who normally love their children, act with them as best they can, and with the knowledge they have, to offer them the best of themselves. Their limited or erroneous knowledge does not always help prevent failures, and failures that sometimes have serious consequences. Nowadays, where and how can prospective parents be informed?

They have the family, when they have one, with friends who sometimes know as much or less than they do, with the street, the bars, the TV, the radio, the movies and, now, with the computer. Sometimes, the least, with some conference. This is fine, but apparently it is really insufficient considering the large number of injuries that could have been prevented. I will not answer the last question, because in this place each and every one can answer it. At least that's what I think.

Parenthood, more than ever, is harassed from several sides at the same time. In fact, one can identify a rampant capitalism feeding consumerism, numerous “anaesthetics” that appear in multiple forms including the growth of the consumption of various types of drugs, some devastating. Since about 30 years ago, the use of technology arose, sometimes unrestrained.

There is another thing that surprises me.

A while ago, I read two documents that presented very elaborate official suicide prevention policies: one from the government of Canada and the other from the government of Quebec. Between them they totaled 190 750 words. In these documents, in all, only seventeen times the words ‘father’ and ‘mother’ can be read. Are we really on the right path? Who, in our societies, are responsible for prevention of suicide? Who informs us correctly about reducing the number of suicides?

The training courses for parents are not as necessary as courses for driving cars seem to be, given that a lucid parenting is often hereditary or innate. But there are indications that this is not the only point of view.

Let’s try to make a comparison that lives in me for a long time. Why are there courses to drive vehicles that are also mandatory in many countries? To prevent bodies from being damaged or destroyed and accumulating on the routes until they become unusable? No. It is to prevent serious and/or fatal injuries to drivers and passengers. That’s what the training courses are for.

The authorities point out that, in Quebec, in 2016, there were 351 deaths due to road accidents (we are not talking about injuries). In that same time, 1116 suicides are counted.

Several thousand people and public organizations and private, in Quebec, in Canada and in twenty countries know the topic to study and the adjacent suggestion to train the future parents in relation to the psychological needs of children. Institutions and agencies are kept in silence, not daring to express any opinion about it.

But, as envisaged in the beginning, citizens educated and informed –among them, members of many community organizations– gave their views in a petition and in a survey.

In 2016, petition 6181 was filed with the National Assembly of Quebec. This petition was signed by 1006 organizations or citizens interested in the formation of future parents. The Ministry of Health and Social Services was asked to introduce into the prenatal courses a series of essential elements for the knowledge of the psychological needs of children, an unprecedented measure. The Minister, Dr. Gaétan Barrette, pointed out that the petition. It will be attended with attention in detail.

A thousand organisms do not constitute a consensus of experts, nor do they provide irrefutable proof. In April 2017, a CROP survey conducted on a sample of 1000 Québec citizens, aged 18 and over, revealed that 85 % of the population is either favorable or very supportive of the proposed measure. This deserves to be counted in Quebec and other places as well.

A single person or a couple can decide to enroll in a training course for future parents about the psychological needs of children. One would think that is good. It could be ten. Hundreds, easily, or thousands and thousands. I do not doubt that the figure would reach 100 000 in several countries.

In this way, we enter a new paradigm in which parents will be recognized as the first actors in the prevention of the bad living, suicide and violence.

Of course, I talk about the future parents. But I think it is necessary to broaden the horizon to speak rather of a program that extends over a fairly long period of time. This is, for the moment, just a working hypothesis.

In a first time, exchanges would occur within the framework of higher education, with emphasis on self-esteem and self-confidence. The reasons are well known. Sex education, little or no promoted, deserves to be addressed, as well as discussions about sentimental education, for now totally non-existent.

The second stage is that of prenatal courses, since there is a critical point to know for the child's well-being and future. We are talking of course, among others of parental attachment.

Finally, a final stage after birth, during which the exchanges would deal with the actions of the children, the behavior of

the parents, and vice versa, that is, an accompaniment to the development of the child. At this point, the Convention on the Rights of the Child of the United Nations should not be omitted.

As I was careful to announce it at the beginning of my presentation, I feel less embarrassed to share the last of my exaggerations. A man or woman who would like to follow training for future parents and whose, or whose spouse refused, should begin to seriously question themselves about it.

No one can ignore that hundreds of thousands of children and adolescents, or even hundreds of millions in the coming decades, will be the victim of physical aggression, or sexual abuse (even among siblings, taboo subject), or negligence, or abandonment or psychological abuse. These children of the future, here and in other places, they call for an international participation to promote the formation of parents about their psychological needs.

If we put ourselves to work, with a view to another international congress that could be held in the next three years -my wish and my hope-, the project will result, I am convinced, a paradigm shift in which the father and the mother will become the first and main actors of long-term prevention of the bad living, suicide and violence

If we put ourselves to work, with a view to another international congress

Before finishing, I would like to tell you about an event unexpected that shook me and invites me to continue. A retired judge gave lectures in the prisons using, without my knowledge, all my texts together with his personal professional experience, of course. This person told me that at the end of each of his conferences, several prisoners were crying. Here, everyone can draw their own conclusions. Mine is this: the prisoners are guilty of their actions, but not the only ones responsible for the path they took.

To conclude, I would like first of all to thank and value some words, without additional comments, words that became familiar to me over the years:

- Long-term prevention
- Bad living in childhood and adolescence
- Training for future parents
- Family and personal history
- Decrease in the number of injuries
- Injuries with long-term consequences
- Recognition of parents as first and main actors.

October 25, 2017

ANNEX

International long-term prevention project of bad living, suicide and violence

Training future parents on children's psychological needs

1. Summary

VISION AND PURPOSE

- During the course of the next two decades, two million children will be born in Quebec. Among them, 12 to 15 % will be subjected to serious physical, psychological, and emotional injuries likely to perturb them, sometimes with effects lasting their entire lives.

OBJECTIVES

- To reduce the amount of injuries in innocent children and teenagers caused by misinformed or neglectful parents.
- To develop parenting skills in order to improve the well-being of future parents and of their children.
- To promote healthy relations within couples, families, and society.

STRATEGY

- The training of future parents in regards to their children's psychological needs, such as on topics of attachment, self-esteem, self-confidence, autonomy, interdependency (...)
- Creating awareness from participants about their own life journeys.

EXPECTED RESULTS

- Promotion of a new paradigm in which parents are understood as having the main influence towards preventing distress and suicide in their children.
- Reduction in the use of damaging anaesthetics.
- Increase in the quality of life of children and of their parents on short, medium, and long term scales.
- Decrease in individual spending as well as in health care and social services expenses.
- Development of international collaboration in regards to the long term prevention of distress and suicide.

2. A concept

The concept of unease referred to here has to do with malaise or discontent of a psychological nature, either diffuse or intense, felt by a child, an adolescent or an adult who may be unaware of its origin. On the one hand, they are the victims of abuse and maltreatment, the reasons for which they often know nothing or very little about. On the other, they take badly or have a hard time managing society's flaws, inadequately identifying them, and benefiting less from the good or comforting elements that society can provide.

3. A quotation

In *L'estime de soi, un passeport pour la vie* ("Self-esteem: a passport for life") Germain Duclos, an educational psychologist, special needs teacher and the author of many works on the development of the child and self-esteem, writes the following: *"In the course of a human life, there is no more important task than that of parent, yet, there are few for which we are so ill-prepared. There exists no school or class to prepare one in becoming a parent."*

4. In comparison

Driving lessons, which became mandatory again as of 17 January 2011, prevent accidents that could result in

permanent injuries or the death of a driver, passengers, or any other persons involved in an accident. Material goods are of lesser importance. It should be noted that driving lessons are required before one heads out alone on the road or with passengers. The cost of the classes is \$850.

Such a price should make it possible for people to afford to participate in parenting training and to provide support to those with fewer financial means. The training programs that will be developed, validated, tested and evaluated will contribute to a reduction in government expenses, in particular in the areas of health, education and justice. Different non-profit organizations may even be very interested in offering the training at lower cost.

5. Moreover

Traumas of varying intensity and duration, huge weights, are the result of a child's basic, physical and psychological needs having been inadequately met by loving parents, whether by ignorance, immaturity or incompetence stemming from social or economic reasons. Evidence of these traumas shows up in five problems that have been abundantly documented: physical abuse, sexual abuse, neglect, abandonment and emotional abuse. Finally, this sense of unease is neither innate, nor an accident, nor an evil curse. It is created and sometimes ongoing.

Unease can lead to different types of depression, suicidal ideation and behaviours, suicide attempts, suicide, even very serious mental illness. It remains very fertile ground for the development of very numerous ailments that result in very significant social costs. Each or several of these troubles can add in their turn a weight to the bad living existing and amplify it. If this infernal wheel is not eliminated, it will turn endlessly.

François Asselin
2009-2018

Petition:
Introduction in prenatal knowledge classes
essential basis for meeting the psychological
needs of children

Text of the petition

- Considering that the family is a fundamental value in any society and that children have rights and parents have duties;
- Considering that some parents underestimate the importance of the psychological needs of children;
- Considering that some parents of Aboriginal and Inuit communities will feel greater support for the improvement of parental skills;
- Considering that the discomfort of innocent children is often anchored in unconscious memory and sometimes remains throughout life;
- Considering that more than ten percent of the two million children who will be born in Quebec for the next twenty years will experience a difficult childhood that can incapacitate a large part of their lives because parents who love them enough have not acquired knowledge and skills about affectivity, the development of self-esteem, the accompaniment, etcetera;
- Considering that prospective parents have the right to the information necessary to ensure the harmonious development of their children;

- Considering that the proposed measure is complementary with respect to current mental health, mental illness and suicide prevention practices;
- Considering that the training programs will allow a reduction of expenses related to mental health by the Ministry, individuals, employers, families and their environments;
- Considering that Quebec can serve as an example on the international scene;

We, the undersigned, request that the Ministry of Health and Social Services introduce essential basic knowledge in the prenatal courses for the satisfaction of the child's psychological needs.

The period to sign the petition ended.

Deadline to sign: September 30, 2016

Number of signers: 1006

Le ministre



Gaétan Barrette

Québec 

Gouvernement du Québec
Le ministre de la Santé et des Services sociaux

Québec, le 1^{er} novembre 2016

Monsieur Jean-Marc Fournier
Leader parlementaire du gouvernement Cabinet du leader parlementaire
du gouvernement
Édifice Pamphile-Le May 1^{er} étage, bureau 1.39
1035, rue des Parlementaires Québec (Québec) G1A 1A4

Cher collègue,

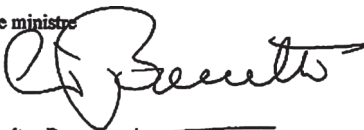
Le 6 octobre dernier, le député de Mercier, monsieur Amir Khadir, déposait une pétition adressée à l'Assemblée nationale demandant au ministère de la Santé et des Services sociaux d'introduire dans les cours prénataux des connaissances de base concernant les besoins psychologiques de l'enfant.

Le Portail d'information périnatale est l'outil privilégié pour les professionnels qui préparent les rencontres prénatales. Il contient de l'information validée, consensuelle et mise à jour régulièrement. Le thème de l'attachement et son importance pour le bon développement psychologique de l'enfant sont abordés dans la fiche intitulée "Adaptation à la parentalité".

Il est prévu que cette fiche sera révisée au cours de l'année 2017 afin de refléter l'état d'avancement des connaissances. Une attention particulière sera portée aux besoins psychologiques de l'enfant et aux moyens pour mieux outiller les parents en période périnatale.

Veuillez agréer, cher collègue, l'expression de mes sentiments les meilleurs.

Le ministre



Gaétan Barrette

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Bad living, suicide and violence

Each one is generally hardly occupied, pulled between many projects, questioned from everywhere and more and more requested by the multiplication of the social networks. Confronted with these realities, with the priorities and the emergencies which result from it, parents-to-be would want to escape a little bit such a dictatorship to participate in information sessions and of raising awareness during which the psychological needs for the children would be approached, reflected and deepened? The needs for training are not the same for all. The majority of the future parents are blessed by gods and their children will also be. During almost twenty years, they received from their own parents the best example and the knowledge to allow them to become in their turn good parents.

The international project of long-term prevention of the bad living -distress- and suicide has three interdependent objectives. At first the decrease, before they do not arise, of numerous physical, psychological and emotional wounds imposed on children or on innocent teenagers by parents immature, careless or badly informed about the harmful consequences in short, average or long-term, of their acts, words and behavior. Then the improvement of the quality of life of the parents by the improvement of their parental skills. Finally children, teenagers and adults of any age who will positively influence the wellness of their family members, their closed relations and the society.

The concept bad living to be retained in this project refers to discomfort or psychic, diffuse or intense discomfort, felt by a child, a teenager or an adult who can often be unaware of the origin of it. As of their young age, they become to often “losers losers” sometime their entire life. On the one hand, they are prone to abuse and abuse whose reasons they know little about. On the one hand, they hardly support or mistreat the negative aspects of society and, on the other hand, they define and take less advantage of all that is good for them. Taking a life is a personal decision, but those who take it remain full members of society until the last moment they retire. Suicide is the issue of a society, of each and every one.

The figure is a fragile being which submitted to the torture can say anything (Alfred Sauvy, demographer). It is not because figures are big that they lie. We can consider that two million children will be born in Quebec during the next two decades. How much will they arise from these decades in every country and in the world? Without an important change of societal culture, with statistics, for example those resulting from the Commission of the rights of the person and the rights of the youth of the Government of Quebec, we shall for a long time see that between twelve and fifteen percent of them will be disabled innocent victims temporarily or during a very long part of their life.

The World Health Organization (WHO) brings back that more than 2 million children are annually mistreated in the United Kingdom. In the developed said countries, 15 % of the girls under age 18 were deceived sexually. Every year in the world 155 000 children under age 15 die from ill-treatment. Two children victims of ill-treatment die every day in France. 80 % of the authors of ill-treatment were victims of ill-treatment in their childhood themselves. 40 million children from 0 to 14 years old suffer from ill-treatment. An American study revealed the annual \$12,4 billion cost for millions of cases of ill-treatment. It is unthinkable to imagine and believe that only governments, institutions, foundations and other public and private bodies will improve, alone, the fate of abused children and their future

prospects without the commitment of a multitude of parents aware of their responsibilities and its powers of action in each region and in each country.

Planetoscope considers that there will be 139 million births in the world in 2014. By multiplying by twenty years we obtain the number of 2780 billions births for this period. If we granted the same ratio of mistreated children as seems to know Quebec, the world would find itself with a number of children of the order of 333 in 417 millions. The WHO still considers that there are 800 000 people who commit suicide in the world every year, that is one every forty seconds. The WHO, which has for strategy to reduce of 10 % the rate of suicide in the whole of countries before 2020, could not however report the number of those who cultivate suicidal ideas. Furthermore, various sources bring reported that suicide attempts could be, according to countries and regions, in number from ten to twenty times superior of the reported suicides. In 2008 in Quebec, the Head office of the public health of the Ministry of Health and Social services announced that 2,3 % of the population from Quebec had thought seriously of the suicide during the last year, that is 144 000.

The bad living children can ignore who are the people responsible for their wounds and why they have to undergo them. It is not rare that they refuse to identify them for various reasons, of which love that they preserve and often testify with regard to their parents, because they are thought about it responsible or think it is part of their culture. It is not rare that they refuse to identify them for various reasons, of which love they keep, cultivate and show to their parents in spite of all the wrongs that they undergo, because they think persons in charge or still parse it is in their culture. It is so often a subject about which they will not want to speak for the previously evoked motives or they will not allow to state openly their unfortunate childhood. The consequences of such seclusions are at this detriment points which they can involved them to pose the tragic gestures. The bad living can spurt unexpectedly during the life of the adult and continue with intensities.

Regardless of age, the adult is not always fully aware of his or her bad living. He may be prey to the refusal or more sadly still find himself in the inability to define well the nature of his wounds and his origins especially considering that they may be engraved in a part of his unconscious memory. The bad living is liable to raise and cultivate suicidal ideas, cause suicide attempts and lead to suicides. It therefore seems desirable to pay special attention to the potential perpetrators of the bad living of children and adolescents. What is done in the field of suicide prevention for thirty years is admirable from every point of view. What can not be done, however, unless circumstances require, is to keep parents with difficulties from their children and adolescents. Parental awareness is possible if they are supported in this process by competent people in relation to help and by pedagogues. Parents can perfectly manifest important changes in them in favor of their child.

It is vain to hold responsible of the relatives of previous generations. But there are little doubts that parents do not reproduce, very often unconsciously, behavior which made them suffer, which damaged them in their progress and which can again handicap them. No human group can totally escape this reality no more than the habits and the traditions. All the bad living is not thus that parents strict affair. Parents live in a society whose positive and negative influences they also suffer. Parents can change their attitudes and modify their behaviors for the benefit of their children only if they know why and if those involved believe in the change. It is up to them to contribute to the improvement of the living conditions of communities and societies.

The wounds caused to children and teenagers, single or specific, involuntary or not, persistent or only flashing back at the time of unexpected events of the life which bring back them to surface, are of a physical, psychological or emotional nature. The five most documented problematics which assign the children and the teenagers who are likely to mortgage their future are the physical molestations, the sexual assaults, the negligence, the abandonment and the psychological ill-treatments.

These wounds can lead to various types of depression; in the ideas and in the suicidal behavior; in suicide attempts and in suicide. At the same time they can entrainer of numerous problems of adaptation for the unwell individual; in here are some:

Alcoholism, drug addiction, school desertion, disputes with the justice, compulsive game, vain search for an appropriate identity or in its reconquest, indoctrination, psychosomatic diseases, self-mutilation, drug intoxications, frequent appeals to the services of the health and social services, repression of the anger, development of senses of shame and guilt, mining of the self-respect and the self-confidence, bad communitarian attitude, violence or submission, itinerancy, exclusion, diverse forms of abnormality, recourse to detrimental anaesthetics, repression of the anger, development of senses of shame and guilt, mining of the self-respect and the self-confidence, bad communitarian attitude, violence or submission, itinerancy, exclusion, diverse forms of abnormality, recourse to detrimental anaesthetics, etc.

Each or several of these troubles can add in their turn a weight to the bad living existing and amplify it. If this infernal wheel is not eliminated, it will turn endlessly.

Say that the knowledge of the psychological needs for the children are innate or inherited to most of future mothers or fathers, it is to assert at the same time that they are in lesser degrees at other parents. Since the end of last half a century institutions and public and private organizations multiplied and diversified to help children, teenagers and adults of any age to prevent their suicide. Institutions and organizations have added a large number of people specialized in relation of help. Fortunately, a very large number among them demonstrate extraordinary capacities of resilience allowing them to overcome their ordeals while others benefit from the support of people significant for them.

In France, the Service of Psychopathology of the Child and the Teenager of the University Hospital of Amiens brings back that it is more and more admitted, in the Anglo-Saxon literature,

that there is a continuum which goes from auto-aggressive behavior to the suicidal ideas, the threats of suicide, suicidal behavior and suicide attempts with different severity levels up to the ultimate act that is the suicide. A hypothesis would want that we can think about the existence of some stages preceding in auto-aggressive behavior.

To avoid injuring itself seriously or hurting totally innocent people, susceptible to remain disabled in a permanent way as well as to prevent accidents entailing the death, it exists of numerous and expensive awareness campaigns. Among those are, for example, that promoting seat belt wearing and this other which aim at preventing the accidents on the scene of work. This mode of raising sensitization is favored when there is good reason to join one very individuals' large number without taking into account characteristics of each. For identical considerations of protection, some compulsory trainings are offered to clientele oriented for car driving courses extended for a few months, the control of pleasure craft or the handling of weapons. It would be regrettable if those who accumulated information regarding the psychological needs of children and adolescents fail to retransmit them to future parents through specially well-structured courses supported by a suitable pedagogy.

It is only during the second half of the XIXth century, thus very recently in the history of the humanity, that psychiatrists, psychoanalysts and psychologists began to supply lightings on the immediate consequences and the long-term repercussions of the good or bad living engendered at the children from their youngest age, to see during their life in the uterus.

In the course of the subsequent decades, from search to search and from a scientist to an other one, the fundamental psychological needs for the children were better and better identified, understood and expressed. For example, since around thirty years, the parental attachment took a very big importance among these needs. It is affixed in the knowledge of the self-respect, the self-confidence, the autonomy, the independence, the capacities in the interdependences, etc. This

same knowledge, indefatigably to deepen, is innate or inherited to a great majority of the parents.

Thousands of colloquiums, congresses, symposia, forums, workshops and other forms still meetings dealing with the prevention of the suicide are planned and held annually in several countries where it is not taboo any more to speak about it publicly. These events gather hundreds of thousands, maybe more than a million, national specialists as much as international, administrators of programs, first-line participants and other people in search of information for themselves or for very close beings. During the exchanges which are held in the North as in the South it is well attached little importance to the prevention of the bad living which can get during the childhood and during the adolescence and lead sometimes to suicide attempts and to suicides. The documentation is plentiful about the prevention of the act of the suicide. It is apparently much less about the suicidal ideas and the suicide attempts. It is inanimate as regards to bad living that can precede them and almost non-existent about the fathers and the mothers who have the biggest and the most determining influence on the life of the children and the teenagers and their future.

The shelves of bookshops and of the public and personal libraries crack under the weight of books on psychology, little present however in several countries saddened with strong rates of illiteracy. "Approximately 1,2 million Quebeckers have a control so weak of the reading, what we call now the literacy, they cannot work normally. Another 2,2 million has no level of literacy being enough for developing themselves completely". (Alain Dubuc, *The Press*, in November 11th, 2013).

For whom else are written a number of books and articles of a scientific or popular nature of psychology, mental health and personal expansion? In a parallel to the meetings of raising awareness and formation offered by institutions and public and private organization, every year several famous speakers cross Quebec. With the aim of presenting to listeners new avenues of reflection, new practices or methods, guides, recipes and tools of self-fulfillment. The medium is the message. How to

measure the efficiency of the courses to the adults compared with other means of information? Would we be wrong not to imagine the futures parents as levers and spearheads in any society where the family, no matter the shape under which it appears, remains one of the pillars?

The costs of the public campaigns of raising awareness, information and mobilization are assumed by the governments. Other campaigns generally, more modest and less expensive than the previous ones, are taken care by private organizations. Various training courses are made possible thanks to the financing offered by programs of various origins while others exist only thanks to financial contributions of the individuals. The courses possibly offered to parents-to-be should be assumed by them, except for vulnerable and needy people following the example of what is made in some countries. We think here particularly of certain meetings of information dedicated to pregnant and deprived teenagers during whom, unfortunately, the attendance of the fathers is very limited otherwise non-existent. During these meetings, we speak more and more about the attachment mother-child there? Yes. Of the attachment father-child? Rarely. Compared to the courses it is not a question of thinking only in expenses, but well in investments with of very high yields waited for the parents, the children, the teenagers and the society. Will the costs of a series of courses be higher, for example, than those who assumes a family for an end of the week of ski? There is no reason to believe it.

Numerous informations related to the welfare of children, adolescents and adults of all ages are transmitted by radio broadcasts. The topics are often treated in fifteen minutes at hours that do not suit everyone. The televised series are also means of dissemination and reflection during which the auditors requested by advertising every fifteen minutes are isolated, rather left to their fate. The content on radio and television is decided by those who develop and disseminate them publicly. They do not necessarily correspond to the content and the needs sought by the listener or viewer.

The courses which can be offered to parents-to-be are of quite a different nature and fill other purposes than only to inform or to amuse. Some can be offered during the pregnancy, coupled or not in prenatal courses, or in other times and places. By reflecting in small groups about subjects such as the attachment, the self-respect, the self-confidence, the autonomy, the independence the participants will feel inevitably invited to think about their life story and thus about the nature of the relations which they maintained with their own parents themselves. Here, it is the parents-to-be who detain the contents which they can complete, if it turns out to be necessary, with the cooperation of the members of family. It is indeed completely desirable that young adults take the time as far as possible to regulate any disagreement or incomprehension between them and their parents, if not they could trail them and be constrained about it all their life. This exercise of retrospection is also important, because the trend is strong for the today's parents to reproduce the model inherited from their parents.

The psychiatrists, the psychoanalysts, the psychologists, the academics and the other people formed in relation of help and acting within public and private bodies or even individually acquired a lot of knowledge on the phenomenon of the suicides and on the ways to warn them. All these people so developed big skills. Thus here are, as it is thought, the persons in charge of the prevention of the suicide. Yes. Doubtless. But do all these people have to remain the only ones authorized to owe and to be able to worry about such a problem? Not long ago, the government of Quebec and that of Canada published documents of substantial policies with the aim of countering the suicide. In about 350 pages, words as simple as "mothers" and "parents" appeared in total only 17 times, despite the fact that they are undoubtedly the first responsible for the well-being or bad living of each of their children and more indispensable collaborators and inevitable.

December 11, 2014

Report to the Minister of Health and Social Services and Responsible for the Elderly

OBJECTIVE: *Long term prevention of bad living
and suicide*

1. Presentation of the present and future situation

Only in Quebec, more than one million children will be born during the next two decades. Between ten and fifteen percent among them, according to various sources, will experience an unhappy childhood provoking negative consequences during an important part of their life or their whole life. We know why. They will have parents even sincerely loving their children, sometimes immature that will be bad or insufficiently informed on the fundamental psychological needs of their children, the way to satisfy them and what they have to avoid.

During the next twenty years the children and adolescents will be innocent victims of physic and psychological mistreatment, negligence, power abuse or without knowing of incest done by the parents or inside the brotherhood, etc. The parents attachment will be limited, their self-esteem ridiculed, their confidence undermined, their capacity of autonomy sabotaged, their interdependence reduced, etc.

These different attacks to right and welfare of the child will often be responsible of a persistent bad living that could create conditions that will make appear in the children, adolescents

and adults, from one period of life to another with variable intensities, dark ideas, suicide thoughts and suicide, etc. The consequences for the persons damaged in this way are many and they frequently reach the family, life environment and society.

More fortunate than others, many children will reestablish partially or almost totally from what they had suffered during their life and adolescence thanks to their capacity of resistance, foster parents, other adults or the continuity of caring offers made by psychiatrists, psychoanalysts, psychologists and other persons specialized respect support.

The abuse and negligence suffered by these beings without defense produce one or more big emotional injuries sometimes kept in the unconscious memory of the child, the adolescent and the adult that they will live them again in unexpected moments during their life. It's related to domination, humiliation, powerlessness, injustice, rejection, abandon and treason.

The bad living that has maintained the attention offers as many faces as persons. It takes essentially its source in the first childhood, let's say in the intra uterine life and it lasts during childhood, adolescent and adult life and only disappear in occasions at the end of life. This bad living that appears in the childhood and the adolescence is not here only in those that survive a punctual event such as mourning, a love failure, a separation, and accident, a disease, a loss of an employment, a lack of revenues, etc.

This bad living of origin, if it's not limited and early contained, instead of making the link of the chain that could take to suicide, could create the favorable conditions to develop mental diseases, alcohol abuse, drugs consumption and medicines, turning to a great number of anesthetics offered in different places in several ways. It's not also protected from persistent depression states and repetitive depressions. When the memories kept in the negative memory of the child reemerge, the lack of understanding, desperation and powerlessness quickly return.

In Quebec, many interventions, with the objective of reducing the number of suicide, have taken place after twenty years in the field of the public and private health care as well as in the education means and the enterprises. The recommendations presented in this document offer an enlarged view of the situation dedicating more time to bad living than to the only reality of suicide emerging as the tip of the iceberg.

The community organisms, the institutions and the professional working on their mental health have developed and always develop a number of ways to fight against suicide. The present propositions are for them an urgent and pressing appeal to future parents because it is possible sure that they are better aware and informed of the psychological needs of their children even before their birth. After the birth everything moves on to secure their development. The pots involuntarily and unfortunately broken during childhood and adolescence are not easily repaired. Although it is always possible, frequently it has a great cost for the institutions and organisms. Savings will be possible at short, medium and long term if we put a lot of attention to the formation of the parents.

INSOFAR AS it is better to prevent than to cure;

INSOFAR AS that the family is an essential value of all the society;

INSOFAR AR the children have the rights and the parents the obligation;

INSOFAR AS they will be born in Quebec almost two millions of children during the next twenty years;

INSOFAR AS between ten and fifteen percent of them, that is between two hundred thousand and three hundred thousand, will have despite them a difficult childhood and adolescence that can probably handicapped an important part of their existence or their whole life, because their parents that loved them, involuntarily, will not have acquire sufficient skills and competences, generally innate or inherited in great part of the parents, with respect the different types of attachment, the

development of the self-esteem, the confidence in himself, the autonomy, the interdependence, etc.

INSOFAR AS many parents don't analyze normally the consequences that their behavior will cause in their children during the subsequent decades;

INSOFAR AS the parents are frequently more worried for the physic needs to satisfy immediately than the psychological needs of their children;

INSOFAR AS each parent transmits to its child, consciously or unconsciously, an individual and family history, favorable or unfavorable, or both, of which he's not conscious;

INSOFAR AS the many injuries caused during the childhood and adolescence cannot be diagnosed, even declared, at the best moment that will facilitate the identifying of an attention offer and an adequate follow up;

INSOFAR AS the bad living in children, innocent victims, that settles during years in their unconscious memory, could be the soil for an unfortunate life at different stages with variable intensity, even push them to suicide tentative and suicide;

INSOFAR AS only part of the young people that have suffered severe damages will enjoy of a repairing force of resistance, mental health professionals, foster parents or other persons or enriching compensatory environments;

INSOFAR AS the future parent have an unquestionable right to essential information that will prepare them to guarantee the best possible the development of their futures children;

INSOFAR AS the assistant of the public and private field that accompanies the old persons at the end of their life confirm that for many of them the bad living never leaves them;

INSOFAR AS although the researches will continue, the psychiatrists, psychoanalysts, psychologists and the superior education institutions already have many information accumulated, quickly and easily accessible, that will facilitate the preparation of content for adequate courses;

INSOFAR AS there is no program of formation of parenthood offers before birth that takes into consideration the psychological needs of the children;

INSOFAR As the courses where the future parents will fully participate will offer, better than by other ways, the best awareness, the best formation and the tools of consciousness;

INSOFAR AS the content will allow a better communication between the persons affected and the third party of private and institutions;

INSOFAR AS the contents of the course will circulate in many homes and they will be multipliers of discussions and in-depth analysis;

INSOFAR AS a mobilizing in Quebec and campaigns of information and awareness could be carried out as were, for example, the campaigns for the use of the belt in Quebec;

INSOFAR AS the community organisms and the public and private institutions are in condition to offer the courses and its infrastructure is sufficient;

INSOFAR AS the next generations will profit of positive relapses of the education offered in benefit of the future parents and their children;

INSOFAR AS the parents of the Native Nations who have painfully see leave their children during decades to boarding schools, more than ten thousand in Quebec, will revolt if they knew about the torments that have suffered their children with the family and community consequences during various generations;

INSOFAR AS the measures proposed will be complementary to present practices of prevention of mental health, mental diseases and suicide;

INSOFAR AS the content of the courses proposed will allow many adults and old people to have better conditions of mental health;

INSOFAR AS the program of formation will have a mandatory character, it's not probable any real opposition from the different churches, cultural communities or persons whatever is their age group;

INSOFAR AS almost sixty organisms, institutions, foundations and leaders and persons involved in mental health in Quebec and other parts of Canada, informed in five opportunities since 2011 by means of the documents for discussions that they have received at present haven't expressed objections to the approach proposed and have never argue the pertinence of the recommendations presented in this memory;

INSOFAR AS a hundred of persons, citizens of Quebec and Cuba, have clearly expressed that the resultant view seems based on the common sense and their experience of life and that the recommendations presented will contribute to reduce the bad living that establishes and takes roots during childhood and adolescence leading in many occasions to tentative of suicide and suicide;

INSOFAR AS the costs of preparing and offering prenatal courses are already included in the budget of the Ministry of Health and Social Services and that the addition of sensitive information regarding the psychological needs of the child does not represent any excessive additional expense;

INSOFAR AS the training programs will allow a significant reduction of the expenses related to mental health for the Ministry, individuals, employers, families and their livelihoods;

INSOFAR AS the costs reduction in the field of public health and social services will reduce the request of service that will allow gathering more persons that are waiting for healthcare;

INSOFAR AS the formation courses as well as prenatal courses will be fully paid by the future participant parents;

INSOFAR AS if it's possible to continue progressively, the pilot projects could reasonable be put in place in a period of two year or earlier, and if they seem positive for a complete

development of the education program for the parents before the birth of the children, they could be considered afterwards; INSOFAR AS the courses program and its contents are similar to an unprecedented bigger project of the society;

International

INSOFAR AS Quebec could be an example in the international scene because the courses don't seem to be offered in any country;

2. Recommendations

It's recommended the display of a program of information, awareness and responsibility of attention course to the future parents in all the regions of Quebec including the territories of Native Nations that will directed essentially to the psychological needs of the children, of what they must be have and what they must avoid;

It's recommended introducing in the prenatal courses the basic knowledge essential for the satisfaction of the psychological needs of the child.

June 4th, 2013

Long term prevention of bad living and suicide: another view

Analogy

The Public Health National Institute of Quebec revealed that the death rate by suicide for 100 000 inhabitants decrease from 17, 0 to 16, 7 between 1981 and 2005. During this period the institutions, organisms and foundations aimed to prevention of suicide were multiplied. What would be the rate without these resources that were activated? There are many people that participate in a daily basis in the prevention of suicide. Would there be other collaborators, other approaches and other complementary programs than those that exist, that could be susceptible to make a bigger difference and that haven't yet received the due attention? Observers and analysts recommend evaluating the existing programs and not to be afraid to identify new ideas. That was what the professors Diego de Leo* and Brian Mishara,** among others, have recently make value.

On the other hand, psychiatrist Hubert Wallot*** considers that the suicide prevention centers, although they are useful,

* Director of the Australian Institute for Research and Prevention of Suicide.

** Director of the Center of Research and Involvement on Suicide and Euthanasia.

*** Professor of the Television University of the Quebec University in Montreal.

are not the solution to the fact that Quebec has the highest rate of suicide of Canada, particularly in men. The multiplication of the communications through social networks and the set-up of a certain way of virtual sentinels in Facebook in the United States, allow at present that a number of persons needing support can write better a message that to ask for help in a call center.

At the beginning of the 60's, less than 200 persons take their lives in Quebec every year. At present there are more than 1 000. Dr. Wallot retakes the ideas expressed many times before: the three fundamental mainstays of a society are the family, the social integration and the religion. In Quebec, at difference of other countries and peoples, religion has a true past and social integration has an uncertain future. The mainstay weakened by the repeated attacks of individualism and consumerism is the family. And when you say family it means today parents and those of tomorrow. It is well known that there are a number of new potential collaborators of the prevention of bad living, the negative ideas, the attempts of suicide and suicide, but many parents are insufficiently informed on the consequences at the short, medium and long term of their action towards their children.

One can imagine that the parents of the native nations that saw by turns go their children to boarding schools would have been rebelled if they have known the torments their children will suffer and its extended consequences to the next generations. Part of this wrong action was identified. It's the same essentially to many of those from Quebec. In one case as in other, the nearest family and the society suffer of great prejudices that sometimes are irreparable.

Paulo Freire, great Brazilian educator, who put on fashion the word public aware, would say that you cannot make anybody aware. Only the person can make himself aware and act. However, the information that could be available under different ways are the tools of the public aware, that add to the personal experience. Those that have information regarding

the subject of the psychological needs of the child have a great responsibility in finding the best way to transmit them. Freire would also say that public aware should be first applied to those persons.

With the purpose to share essential basic elements that refer to the psychological needs of the children different courses under different ways would be offered before the birth of the child. After it, it could be too late. The course will have two objectives. On one hand, improve the life conditions of the child for all his life and possibly enrich the next generations. On the other hand, exchanging with their families and with persons that support with their knowledge, called to think on the basic notions such as attachment of the parents, self-esteem, self-confidence... the future parents would necessarily visit again the first part of their life. They can understand it better while they are still among their family than wait to be 60 years with their bad living, when there are parents or friends gone that could not explain nothing else. Without excluding anyone, the courses could be offered to that quart of a million of children susceptible of living a difficult childhood and adolescence that will be born in the next twenty five years.

If the 300 000 native parents and the members of their family had been informed of the treatment their children will suffer from the physical, psychological, sexual and cultural point of view in the boarding schools, there is no doubt they would have been rebelled. Their non-native near neighbors would have equally reacted. Never anyone had anticipated that the mistreatments will frequently had impact during various generations. But contrary to the present, there was not many information with respect the subject of the psychological needs of the children. Today knowledge evolves. We are not anymore in point zero.

Thanks to the knowledge obtained by the psychoanalysts, psychiatrists, psychologists and other persons specialized in support relations, many basic information is available about the subject of what has to be done and what has to be avoided to

answer the psychological needs of the child with the objective to accompany them in its development and benefit its self-assurance and independence. That, which for a great majority of parents is innate, inherited or acquired, is not that way for an important minority.

To be continued...

March 3rd, 2013

Council of Support Center Administration 24/7 inc. 2009-2011

Test

This essay is a carrier of two objectives. The first tries to arouse reflection and discussion on the topic of the opportunity of prenatal courses enriched with more information about the psychological needs of the child. The second concerns the interest of developing an offer of courses for parents.

The medical-social clinics of Dr. Gilles Julien were very successful in recovering hundreds of children suffering from abuse, lack of affection or both, with novel methods. To achieve this, they associate their practices with their parents and different essential resources of the domain of education, health, justice and others. Yes, it is the domain of urgent humanitarian intervention that allows the reconstruction of solid foundations to prevent other serious problems that in a different way can negatively affect all periods of adulthood and sometimes even the last of these. But it is also evidence. All parents who viscerally love their children, except on very rare occasions, who should never be censured for having been insufficiently informed of the set of physical and psychological needs of their children and what is necessary to do and what is there what to avoid.

One of the questions that comes to mind and to which we must respond collectively is: Should we necessarily wait for the child to be born, quickly in poor condition for some before starting to transmit essential information to the exercise of the

responsibilities of the children? Parents in terms of the rights of their children that will allow these first extend the field of their reflections and how they are disseminated and for the benefit of whom?

If the future father deserves to be the most adequately informed of the future needs of his children and of the consequences of his dissatisfaction in the short and medium term without forgetting the deepening of his own needs, there is room for him to take a time in order to reflect on those that arise in the course of his adult life. In general, parents inherit a lot of their parental models. Which in their turn will they want to leave their children inheritance but the best? The time taken to reflect on the inheritance received from the previous generation or generations can not be a waste of time.

In other words, in what measures it is reasonable to think and avoid the number of children (close to one million will be born in the course of the next two decades) who will enter, consciously or not, into the funnel of suffering from bad living, suicide attempts and that will lead to their closest relatives in incomprehension and uncertainty or that sometimes they themselves will be occasionally tragic victims. Is it that they are more numerous to manifest different forms of violence against themselves and against other people who have a happy journey since childhood than those who from the beginning of life will have known difficult beginnings?

No woman or man is born with the germs of violence unless they are carriers from their intrauterine life. Where do these germs come from? Who sows, feeds and prepares them?

A work of awareness involves four main actions: Listening and respecting the other without judgments, the transmission of relevant information, tools that invite reflection and trust. Listening to children is one thing and listening to parents is another. They can be considered as two affordable incentives in each of the livelihoods, prenatal courses reviewed that take into account the psychological needs of the child from the point of preparation to become parents. These will be more relevant

and profitable if the psychoanalysts and psychologists, the parents and the forewarned grandparents are associated to develop their contents. The distributors of these courses must be convinced of their occurrence and feel comfortable, when embarking on new paths. "It takes a whole city to raise a child."

It is not about telling parents or future parents what to think. But they could be useful support and support points that were provided in their ongoing process of awareness. According to the great Brazilian educator Paulo Freire, the verb consciousness can not be other than a reflexive pronominal verb. No one is aware. Only the human being becomes aware by reflecting on his journey of life, the origin of his thoughts, behaviors, actions and on the impact he can have on himself and others.

As he repeated it to Dr. Julien, during a recent sniper interview to which he had been invited: <http://lesfrancstireurs.teleQuebec.tv>- the children victims or not of the mistreatment of lack or of mental or physical problems They have multiple rights. Now, it is remembered in the same inspiration that his parents are, therefore, his own victims. Bad parents are rare. They have the right, then, to be informed and supported, which opens a way that allows those who have the greatest need to be aware of their own rhythm.

In Dr. Julien's clinic, the teams work to identify the causes of the children's suffering before establishing an appropriate and concerted plan of action for each of them. Among the causes are parents who are victims of an obvious deficit of information and they must be part of the solution. One can ask what agencies and institutions of 2012 are responsible for these faults in the transmission of information, when and in what form they can be communicated.

Should the child's birth be passively expected? Would not the best equipped future parents reduce the number of sometimes truly dramatic situations that can have a precursor warning? How many times does one listen to the parents and the mothers affirm with regret and sadness: "I did the

best I could according to the knowledge I had acquired, but if I had known, I would have acted differently". How many will keep their secrets to themselves with shame or guilt, two feelings among the most difficult to reabsorb? To observe the suffering of children as much as that of their parents demands to consecrate themselves to it seven days a week.

It is to this that, as a priority among others, the helplessness centers dedicate themselves with an insufficient number of resources. However, it is a priority, urgent. But a certain state of disinterestedness manifests itself in less visible, more distant causes and we should not deprive ourselves of the means of identifying means to intervene earlier in the chain. The two types of interventions suggested here for the purposes of interventions and discussions are perfectly complementary to those we already know. In the medium and long term they are likely to allow, to a certain extent, a reduction in the number of people in need of help due to often brutal treatments. If we give ourselves collectively to this task, we can hope to limit the number of people who suffer every day entering the great funnel of their misery because of things recorded in their unconscious from very early in the psyche. Is it not an avenue that can become a winner for individuals, organizations and the social fabric? This can be confirmed or denied after pilot experiences and discussions.

We already have professionals, institutions and organizations that can be arranged in order to promote, experiment and implant in each community a program of enriched prenatal courses that take into consideration the psychological needs of children and courses for families. The little that would cost in the short term would be compensated in the course of future years.

In the immediate footprint of the Socioeconomic Summit of Outaouais in 1986, equitable international exchanges were multiplied in several sectors of activities that included, quite rightly, those of the University of Quebec in Outaouais. You can also mention, by way of example, the International School

of Outaouais by the School Commission of Aylmer. These initiatives facilitated the realization of numerous projects. It is strengthened by the experiences acquired, it is allowed to think that they could be advantages when looking at what is done in other countries and perhaps undertake collaborative projects on the subject that we would be interested in promoting here.

April 2, 2012

Discussion Stimulator Document

Prevention at long term of bad living and suicide: *another view*

INTRODUCTION

Confronted by the sad situations that continue and that seem to always provoke, from one decade to another, the same results sometimes is grateful to see, for a moment, the things in another way.

In its first part, the document constitutes an invitation to reflection with respect bad living and suicide. At the beginning, several data highlight the importance and the consequences they cause on persons, the family and the society of existing bad living is defined. The responsibility of the future parents is underlined in many opportunities, organisms are questioned, as well as contributions of researchers in view to facilitate the knowledge and share some essential notions. The document is not also afraid to put on the table some subjects considered taboos.

In its second part, the document is interested to show what could be done in a near future with the objective to reduce at long term the number of persons affected and suggests initiatives that could interest others.

PREMISES

The Survey “Events of Life and Health” (2005-2006) shows that the link between suffered violence and a diminished state of health are established in difficult biographic contexts.

While two third of population in ages between 18 to 75 years appear “protected” of the violent attacks and difficult events of life, the last third accumulates suffered violence (psychological, physical or sexual attacks, diminished mental state of health and affected biographic trajectory).

In mental health matter, more than physical, women and men express the impact on their health of the different brutalities suffered, being the mental health state probably a resonance box to the violence and to the other difficulties experienced.⁽¹⁾

“The figure is a fragile being that, submit to torture, could say doesn’t matter what” Alfred Sauvy, demographer. The same could be said of the results of many surveys, polls and studies. In 2011, in France, were approximately counted 42 000 000 of human beings from 18 to 75 years old of which one third, that is 14 000 000 according to that study suffer what will be called here “the bad being” or “bad living”.

That is nothing. In Quebec we are 8 000 000. Applying to the previous number the same pattern, one third, we can count more than 2 500 000 people of Quebec of both sexes that also suffer of bad living for the same reasons. That is also nothing.

It’s impossible to name the number of unhappy or very unhappy persons that suffer in different degrees in Quebec. It is true? Who cannot identify one or two in the neighborhood? Is it a problem of people predestined to unhappiness? Is it a problem of the society? Or is it both?

The bad living consequent with severe mental or physical disease or accidental events of life is not a privileged dominion in this document for discussions. The approach doesn’t concern the action of professionals with respect the help, not as well as the organisms and institutions worried by the human distress. With respect them nothing will be criticized. The intention is

other. Finally, the proposal and suggestions refer to the parents, past, present and future, but there will be no judgment to them.

The bad living, that has captured attention, that has as many faces as persons, is essentially the one that has its origin in the first childhood, even already in the intra uterine life and that continues through childhood, adolescence and adult life, with a variable intensity, from period to period, or in a permanent way and that only disappears frequently in the last moment of life, as will confirm those accompanying these persons at the end of their life.

The exactness of the numbers is not very important but there are hundred of thousand of persons, fragile, broken and vulnerable, that live in the maelstrom (hurricane) of bad living.

The bad living results from the essential, physical and psychological needs inadequately fulfilled in the child caused by the lack of maturity of the parents and the difficulty or impossibility of the child to express its feelings and emotions respect the different types of abuse and violence, leaving its pernicious effects on the child.

The five problems fully researched are physical abuse, sexual abuse, negligence, abandonment and psychological mistreatment. According to UNICEF, in developed countries, during all its childhood, even babies, from 5 % to 10 % of the girls and up to 5 % of the boys are victims of rape and a three times higher number suffers other type of sexual abuse. These negligence and abuse, when they begin in the first childhood, occasion one or various emotional injuries that the adolescent and the adult will revive during their life. Her it's talked about the domination, humiliation, helplessness, injustice, reject, abandon and treason. During life there will always be spontaneous or long events, sometimes the same, that will reopen these wounds without the person knowing why and without understanding.

The negative effects, sometime devastating, of that negligence, those abuses and the feelings they provoke during the first childhood, generally continue if the parents didn't know to recognize their own behavior and the impacts

they have on the child or that haven't modified them during childhood and adolescence. When negative events for the development of the child occurred in the first childhood, events that affect their self esteem and its self confidence, essential for its autonomy, emotions and feelings that could not be clearly expressed during this period will be trapped in the negative unconscious memory during a great part of their life or even during all its life.

If the persons take conscience of the origin of its bad living and identify the causes of it and the responsible, they will have less access to a great variety of compensatory means easy to obtain, entertaining anesthetics, medicines, alcohol and drugs to reduce the intensity with unconvincing success, always temporary, knowing that some of these compensatory means are frankly not indicated and harmful. This bad living is not protected from depressive episodes, serious depressions and even can cause premature deaths. When the memories that live in the negative memory of a person come to surface, the understanding, the hopefulness and the impotence quickly comes to the appointment.

Alice Miller reminds us that the brain of the small child is not sufficiently developed to formulate emotions and feelings that necessarily are kept in the memory not easily accessible of each one and this same memory will look in vain to express itself during the following stages of life. Although all the permitted efforts, the persons will state that they cannot change and will accept their bad living as a misfortune. They will turn to different compensatory methods that will hinder the encounter with its real self, but will secure its survival and protect their public image.

It's comforting to acknowledge very early, and express if necessary, that the childhood has been grateful and the parents have been at rise of its responsibilities, that they have adequately respond to the needs, physical as well as psychological, securing the accompanying of the quality required by the child for its normal development towards the acquisition of confidence, liberty of the adult, and its independence and its capacities to

create interdependences. If this development is not attained is because there were shortage and weakness and the person is not in condition, taking into account the negative charge of the “unconscious conscience”, to identify them, to name them, to tell them and face them.

To accept weakness or parental incompetence, even of the very affectionate parents, is terribly painful. Many could not imagine it, or they will refuse that this could exist. Deprived of the truth, unless having a strong capacity to survive, or having been favored in their youth by adequate foster parents, the persons that have an original bad living will not have the possibility to found their true self, the child in them.

It's not astonishing that persons suffering of such a bad living say and say again that there are things they don't always understand inside themselves, even after making great efforts during a very long period. They will never found their true self because they turn to distractions of all kind, sometimes dangerous and expensive, that have separate them from themselves, without even noticing it. That failure devalues them before their own eyes, blame them, ashamed them and paralyze them. The survival instinct being powerful, those persons never lack of courage in face of the interior illness that hurt them, persuading themselves that they cannot change, that is, find again their own self, because they imagine, conscious or unconscious, that every change could put them in a situation even worse than the one they are living. As the saying goes “a bird in the hand is worth that two in the bush”.

The initial need of attachment, so critical in the first childhood, is one of the fundamental stones of the security of a person for all its live. If this need has not been lived and satisfied as it should be, the persons cannot imagine that others apart from themselves could be responsible of the situation that they suffer, where come the depreciation even accompanied of guilty and shame of not having a prosperous live as the others.

It's not so important the exact number of persons who are at the sea of bad living of which they ignore the origin, the reasons and the first responsible, these are extraordinarily many. If it

is said that a person that commit suicide affect seven more, it can be believed that those who suffer of bad living touch four directly, or even a bigger number, during many decades.

In 2010, the population of Outaouais in ages between 15 and 65 years was 276 627 persons: that of Quebec for that same group of age is 4 389 439 persons. The Help Center 24 x7, non-profit organism of the Outaouais region, received during that year 13 753 requests of help made by 3 887 needed or desperate persons. The situation in the other regions of Quebec should not be so different to that of the Outaouais. That is not all. It's estimated that of the two third of persons that need help doesn't look for the different community resources, or professional resources. They suffer in the silence of the wide country of anonymity. There are many true persons.

"The country of anonymity" is overcrowded of injured persons, victims of incest, marital violence, pedophilia, and intimidation in multiple degrees and in all ages, physical and psychological mistreatment of children and, with the aging of the population, there are more elderly people.

Where do you see all these persons but in the heart of the nearest family and the community organisms sub financed or next to professional resources related with support in not sufficient number? Are they really the only responsible of their miserable luck, which is not spontaneous, save for the difficulties of live, mourning, separations, accidents and other events, without forgetting the stress of different origins that lasts sometimes a whole life? The parents would have contributed, in the period this was necessary, to solve castration complexes, of Oedipus or Cain in certain cases or fraternal complex.

It's difficult to evaluate the weight of the plumb armor they carry every day, conscientious or not, the people afflicted by bad living of origin. How not admire them? How not do everything to encourage or support them? On a scale, solidarity can be the counter weight to a real individualism? For example, are they people who live in the middle of close life, even in a big or small families that accept to participate in the activities

of the organisms that work in perfect anonymity? How many of these persons that have big competences, remain in disgrace, in shadows zones in a moment that the society has such need of them and that they could redirect their life path? And why is it that way? These anonymous that gather in associations, are all them responsible of everything occurred, or well is it that the majority of them ignore it yet or would not pay sufficient attention to that?

- Cocaine Dependents Anonymous
- Emotional Anonymous
- Alcoholics Anonymous
- Narcotics Dependents Anonymous
- Depressed Anonymous
- Affective Dependents Anonymous
- Maniac-Depressives Anonymous
- Pilgrims Anonymous
- Sex Anonymous
- Sex and Affective Dependents Anonymous
- Parents Anonymous
- Players Anonymous
- Sex Addicts Anonymous
- Anorexic-Bulimic Anonymous
- Multiple Toxics Addicts Anonymous

Not too much attention is given to these persons that suffer in our life environment, that on occasions choose to survive giving less importance to bad living than to bad appearance.

However, although they are all different, for its singular living and its personality, they are generally well identified by the evident repetition of their behavior and its similar aptitudes, in private as well in public, of the condition of its bad living that any sensible observer deeply feels from their own life experience.

If the situation of each person is unique, the feelings that each one provokes are incredible similar from one person to another. The isolation of those evaluated kept them in the idea that they are different and unique.

Confronted with the difficulty that much people have to find a strong sense to its life, satisfactory and calmed, frequently paradoxically they found themselves also dependant and isolated from the others, in the fanatical consumption of alcohol, game, drugs, delinquency, violence, etc. Knowing that bad living comes from a group of needs, not satisfied or even of values not updated, it's better understand why this destructive behavior is present.

There is intent to survive bad living and the emptiness of interior sense in a fight of contradictory forces of the true SELF and the false SELF. The behavior influenced by the personality and the borrowed itinerary by each one in the childhood, contributes in a conscious or unconscious way to maintain an exhausting situation that can change with time. The fear to unknown and the change that results from the experience of the first years is often bigger than the one known initially.

Seen the extent of the bad living in our society, the reflections take us essentially to the search of a improvement at long term of the situation of the persons that will be constantly afflicted by a number of incentive community support susceptible to modify them.

In the suggestions presented to be discussed it's tried to raise the emergency of new ideas and new initiatives. We will not obtain very much if we don't allow us to see things in another way.

A particular attention has been given for the accomplishment of one or another suggestion, that doesn't need big funds that necessarily are limited.

Bad living causes costs that are important for each person that is victim of it and very important for the community. As a hundred of thousands of persons they splash in the sea of bad living, lacking self-esteem and confidence in them the community is deprived of precious and incalculable resources. In a certain point of view, the persons that silently maintain themselves in bad living and anonymity are very similar to homosexual persons not exposing to free air or are not freed of their sign. In each of these two situations, the negative images

of the fellow man of them continue mining their confidence in themselves and make them insecure, as says Boris Cyrulnik in its book "Die telling the shame".

In Quebec in the first line are divorce and separations, the suicide rate and school leaving. In 2006 Quebec had the highest mortality rate by suicide of the entire Canadian provinces. For Emile Durkheim, the suicide rate varies inverted to the integration degree of the social group to which is part the person (The Suicide 1897).

That bad living and suicide are strictly individual adventures or passing epiphenomena is completely improbable. Six decades ago Dr. Fitzhugh Dodson published "Everything occurs before six years old", a book of reference addressed to the big public that quickly converted in a best seller and translated to different languages. In March 2007, a study of the Council for Early Child Development make a scientific demonstration based in the functioning of the brain, that everything doesn't occur before six years old. The researchers demonstrate that everything happens before three years old. This offer even less time to the parents to response as adequate as possible to all the needs the child requires. A small child doesn't have caprices: only needs.

Since its intra uterine life the human being is good and wants the good. It could not be another way, if not, humanity will not exist. What could happen to the child since his birth? The child until certain age cannot be considered responsible of what he suffers, well or bad and in no way he should feel responsible of it. Very often the guilty and shame sometimes anchored in the subconscious get chained. These feelings are among the most difficult to treat in adult age.

In 1983 Alice Miller publishes: "The drama of the gifted child: "The search of the real SELF". A book that the editor presented this way:

"The drama of a gifted child, the sensible and bright child consists in the fact that he feels since its early age the need and disorder of its parents and adapts to it. He then learns to conceal his more intense feelings that its parent don't bear.

Although these feelings, for example, rage, anger, despair, jealousy, fear or helplessness could reappear during its future life, they will not ever integrate to its personality. In that way the most vital part of the person, the source of its true SELF, will not be lived. This repression of its feelings, even in the very intelligent and talented persons produces insecurity in the emotional level to express, because depression (loss of its self) or in the greatness that is in fact a defense against depression. The examples written by the author raise awareness of the reader with the non-articulate suffering of those that like a child doesn't have the luck to learn to live and express their feelings".⁽²⁾

To whom is addressed the reflection document?

"Solidarity is often identified with generosity, altruism and even charity. In reality, a society is supportive when is composed of responsible citizens in respect of the life of the rest of the society and the future generations".⁽³⁾

Essentially the document is addressed to the future parents that will take at its time during the next years the track of paternity, that should be better accompanied, informed and supported in this venture, while now they only have as only model the one of their own parents.

Take the world as model or model it? In the second part of the document are suggested, with the objective of reflection and discussion and as example, some levers that could bring new ways to see and create new initiatives. Although the suggestions written in the essay could touch the future children and parents, they are strongly oriented to the parents, in particular those at the beginning of adult age, who know bad living such as we have previously stated and that very often they don't really know where that comes from. In any case those parents should feel responsible, carrying the weight all its life of an experience that stays often in the unconscious, of an inheritance that comes from long ago in the family history and that they risk to transmit unconsciously to its children.

1. Prenatal courses

The content of all these courses deserve to be reexamined with the objective of giving it an important place and of election for all the psychological needs of the child, in a way to satisfy them as adequate as possible and clearly identify what is necessary to avoid at all cost with the purpose to secure in the child of any age the development of the self-esteem and confidence in himself which are essential in view to assure its autonomy and its aptitudes of beneficial interdependence to be developed of which he would need during all his life.

2. Sentimental education

The sentimental education has always been a great priority in the families of Quebec and is assumed by the parents? Many respond negatively, with the opinion that this situation has influence in the divorce and suicide rate and worsen the condition of persons affected by bad living that often has been deprived of an honest election and the conditions of those who appreciate or love them. If there is a strong correlation between the divorce and suicide rates it's understood that the correlation extends to those that live in bad living that are more susceptible than others to have frequent love failures. Sometimes to be conscious of a problem allows finding the solutions. On this subject, we submit as demonstration an initiative taken from Chinese universities.

“The university campus is victim of a new condition: the heart sorrows”. There is each day more students living sentimental relations that not always happen without obstacles. Now a mandatory course on couple relation could be used as comfort to those love damaged... The objective of the courses that deal especially with the subject of breakings and homosexuality is: avoid that simple love failures become true tragedies... Optional in its origin, today are mandatory. Certain students don't even express their feelings or don't know what they look for in their couple, continues Xia...

Promoter since four years ago of a course of personal relations and development, she only thinks that young people need to be guided in their love histories with the objective they can built it in a more healthy way. For her, the problems the youth encounters should be faced in the context of a changing society where the criteria previous the election of a couple have changed completely in some decades. More each day is the social level and money considered as main attractive. And too many young people lack completely of a system of values to guide them in their love selection, she states".⁽⁴⁾

3. Becoming parents

Why there are mandatory courses for driving a vehicle or sailing a boat or to manipulate fire arms but to save the one who take them or others life and avoid injuries to oneself and a fellow man that could damage inevitably their whole life?

No. Certainly there are no mandatory courses to become parents, but courses offered presented in a way or another. Not when it's too late and the recovery has taken too long that needed but when there still is time. Since the end of the adolescence, it could be presented a program of approximately a year in two phases, in a way of reflections, for young adults.

Indicating the person since the beginning different ways to begin and arrive, the person will be invited to tell, as detailed as possible, the history of its life after his birth, even since its intra uterine life, to frankly discuss it with those responsible and solve, if possible, every subject still sensible or not understand. This stage will permit a better reflection of the parental model as well as the sentimental education received that risk to be reproduced during the next generation. In the great majority of the situations the model will appear completely adequate. In other situations, the person that will find the knots that he cannot untie instead of waiting and suffer of bad living during decades will have the advantage to consult competent professionals. Definitely and as a priority it's the most important investment that could be done at the beginning of adult age.

Confrontations could be possible but also healthy if there were important failures or mistreatment. You will hear excuses or pardon requests which the young adult will have the choice to forgive or close the doors again. For the person, is better to take care of a situation like this at the beginning of the adult age than to be overwhelmed for a long time. The affection lack suffered has different forms. The consequences could be the same. As an example, a young mother could be sick and cannot participate in the birth of his child. The so essential attachment in the development process could become a suffering and never be compensated.

The second phase will be the incentive of reflections that surround parenthood, it doesn't matter when it will be. Even here is valid "a bird in the hand worth two in the bush". That moment when the future parent will look information on the needs of a child, especially, his psychological needs the way to satisfy them and what to avoid. The benefits of this exercise will be increased when he will participate in the prenatal courses.

Knowing better his life history and more convinced of their deep identity, the young adults could now incentivize, if it has not been done, the reflections of their motivations to become parents. For a great number of persons this desire is innate or resentment they can hide. Some will desire more than one child and other will only want one or any. Some only expect the birth of a boy and other only a girl. Some will consider a quick birth and other will delay it. When those personal decisions are strong always show the sociological context as well as the life history of each one. For those that support bad living, the insecurity often complicates the decision making. This important subject is not well documented. Consequently the young adults should be prepared so they can learn more about their motivations invite them to discuss with their couple and make clear their decisions that will have consequences at short, medium and long term of each child.

The decision to have a first child at one or other age is only a personal decision. In 2008, in Canada, the average age of the mothers giving birth was 29,3 years and only a few years after

when pregnancy become more risky and is sad to hear men or women, with 40, 50 or 60 year that they would have like to have a child or even more than one. How much suffering the society announces! It can be imagined that this is only a personal question, and as this is not sure it's necessary a dialogue. There was a time, even recently, where the big families find one or two good Samaritans to take care of their old parents keeping them in their live environment. What will happen then with those rebuilt families that have much blood or by adoption grandparents?

"The structure of the Canadian and Quebec families diversifies. The traditional family of two parents and their children is not the standard in Canada. In 2006, the legal couples married having children represented 34, 6 % the total of the families. Only 25 years before, in 1981, 55 % of all the families were making up by a couple legally married and their children".⁽⁵⁾

The concern doesn't appear with the reading that follows and that doesn't describe a certain bad living of the Quebec society? "Approximately sixty three percent of the births of 2009 occur out of marital relations, which classify Quebec as second at world level in that subject after Iceland (64,1 %). The progression of the families with only one child is not denied. Associated to free union couples and mono-parental families, they represent 47,4 % of the families with children in 2006 (45 % in 1996). The big families (in developed countries there are families with three children or more) see their importance reduce: from 15,8 % they had in 2001 they have arrived to 14,6 % in 2006"⁽⁶⁾ In 2006 there was in Quebec a little more than 600 000 only child, that is a quarter of all the children that doesn't seem as an ideal situation for the development of a child.

Who will take care of the parents that at an advanced age will stay in the hurricane of bad living"? "In Quebec, the mortality rate by suicide of old aged persons of 65 or more has increased from 85,4 % between 1977 and 1999. The increasing is

cause although the improvement of life conditions and health of the old persons. The experts estimate that the number of suicide will increase to 248 % by 2043".⁽⁷⁾

4. Auto-analysis

Carry out carefully an auto analysis can only produce, at its time and afterwards, a great satisfaction, a great confidence, great autonomy and more independence. Definitely, and it could not be in another way, even before birth, all human being only look the best for him and the well-being of others. The auto-analysis, for the people with bad living, is the only operation that allows the person to really understand himself. Sometimes, he will need the participation of outside resources with experience that will help him to have access to its unconscious memory. As far as it progress the auto-analysis favors surprisingly a better listening and understanding of others with better knowledge, together with those he loves, appreciate or cross in different environment of life. If a psychotherapeutic must do psychotherapy he has advantage for the common of mortals to do an auto-analyze with the end of providing the best possible company.

The good teacher is the one that knows how he learned.

The auto-analysis that needs patience as well as determination has nothing properly scientific because the person is its principal guide and he supports himself in his life history since its origin and on the good sense. In view to encourage and help the person in the road, that once started, has no return because is fascinating, it could be an advantage to collect the singular testimonies of those who have arrived to the end asking them to identify the significant objects that allowed its accomplishment. Among those in particular there is the search of the origin on the behavior so revealing, sometime unconscious, updated by the resentment of near persons, the knowledge acquire and the experience of their own life.

Which could be the options if the young adult makes the hypothesis the he could have lived with bad living during great

part of his life, or even its whole life? Other advantage to make this exercise, at least once, a that key age of life, has to do that those responsible of the accompanying and the development of the person in the childhood are generally alive and they can remember the situations with more precision than thirty or forty years later when maybe it will be too late. Finally, and this is not insignificant, a young parent will know this way to better accompany their children in their development. A Canadian study, carried out in 2001 by the Ministry of Public Health of the Government of Canada and that uses the definition of the World Health Organization, has allow to obtain the following results with respect the cases of mistreatment of children in the family environment that will have bad consequences during all adult life:

- | | |
|--------------------------|------|
| • Physical violence | 31 % |
| • Sexual abuse | 10 % |
| • Negligence | 40 % |
| • Psychological violence | 19 % |

The responsible of all this violence are:

- | | |
|------------------------------|------|
| • Biological mother | 61 % |
| • Biological father | 38 % |
| • Stepfather | 9 % |
| • Stepmothe | 3 % |
| • Foster family | 1 % |
| • Other member of the family | 7 % |

(The total is superior to 100 % because an action of mistreatment could be done by more than one person.)

5. Unconscious memory

The events lived during the first childhood and childhood don't disappear. The stay registered forever as well as the conscious or unconscious negative or positive memory. Earlier in its life, the person with bad living will discover how to have access to that childhood memory, earlier he can understand and recover its true self that will never abandon him. Also,

frequently, the person could realize how much, unconsciously or not, they have lied to him, at what point they have betray him.

As years and decades go by he has, in everything, in him and the others, less confidence that risks pushing him to live locked and disenchanted. The drama is that this lost of confidence extends to its own memory of which he mistrusts for different reasons. However it's important that those competent and authorized persons let him know in a simple way, for benefit of persons with bad living, the great benefices to access to the unconscious memory. It's almost impossible to obtain without professional help the compact content of the unconscious memory, however it's negative or positive. Also, it's precisely what the persons with bad living need more for finally understand their instinctive, and in many occasions repeated behavior and they have never understood despite the great efforts that they generally had make to extract the condition hindering their potentialities and limiting their complete development.

The persons with bad living, after trying almost everything to get out of it with great determination don't think they can, as well as change. Frequently, after some time, they don't want to face greater difficulties because the fear they develop and because it has been difficult to reach to a balance that could allow them to live or survive.

Therefore, unable to have access to their unconscious, they can never find their true self, and that's why their false self will stay always with them during all their lives. The less to be done is to illustrate through words and simple testimonies the role and functioning of the unconscious and the hope that this will solve complex situations as those lived by the persons affected with bad living which origin comes from the first childhood and childhood.

6. Brotherhood

There are not too many studies about brotherhood although the importance of the subject and its complexity. It can have on each of its members a positive as well as negative

role. What is more disturbing, among other realities, is that many older brothers dominate their youngest ones which damage the esteem and confidence of the last ones. If those youngest ones are already fragile because the parents haven't succeed to answer adequately their psychological needs, the consequences will last longer leaving injuries that will not easily heal. In the interior of brotherhood it's more frequent as supposed situations of incest when never the responsible will be punished...also there's no talk about incest on women. The unique child, with some advantages and many inconveniences according to several studies, lives a particular situation most documented than brotherhood.

Not only are the parents interested to be previously aware of the reality of brotherhood and alert but also the members of the own brotherhood must be conscious. This means for them take conscience of their way of action and the effects they produce on their brothers and sisters. The "*Journal de victimologie*", tome 1, nr 3, from April 2003, informed that the brotherhood is responsible of approximately 25 % of ways of fact and 26 % of familiar sexual aggressions. This is not all.

7. The Obligation of Assistance

The obligation of assistance of a person suddenly in danger is not discussed. What it happens when it's not immediate but there are good reasons to believe that the persons think in putting an end to their life? Fortunately, the persons with bad living are not all suicides although almost all have thought about suicide in one than more occasions. Is there nothing to do?

These persons that suffer with having the responsibility are all different one from another. It has no importance the kind of personality, its behavior in private and public are very similar and revealing, with some exceptions, of their ability of which they are ashamed and of what they feel responsible for and guilty. Frequently these persons isolate themselves with the objective of not making a spectacle or cure themselves their wounds or even they are kept at distance by persons with less empathy.

If one is best informed of characteristic behavior of bad living experience by those persons who suffered it and if one pays more attention to these persons, respecting their private life, one could give more human warmth. What will be done will never be useless and that will be the first answer of the assistance obligation when there's not possible to do more.

The organisms that help people in distress probably only receive the third part of those who need assistance. How many people in the other two thirds would prefer to be received without being judged by members of their families or friends with the objective they could have confidence and leave its isolation? All are susceptible to be reached one day or another as well as each of their nearest members of the family.

"The World Health Organization compiles the statistics. From 5 % to 10 % as it was in 1890, the divorce rate has passed to 18 % in 1920 and to 30 % in 1950. Since 1990 for the married couples is 67 %".⁽⁸⁾ Is it that second relationships have more opportunity of success? Don't lie to us, says Daniel Goleman. They have a rate 15 % higher than these numbers. And the children conceived with love in all this? Are they the new sailors of bad living with weak life jacket? Golem adds this: "The psychological consequences of divorce are two times higher in men than in women: those consequences can take them to a psychiatrist or suicide."

In Quebec, it's confirmed an average reduction of suicide rate of 4 % by year, reduction that has been registered in the past 10 years. In 2008, 1 103 persons have been officially registered as committing suicide while a number undetermined didn't do it. What is undetermined is the number of persons that, unfortunately at different stages of pregnancy, live with bad living during decades and are physically visible. We don't have the number. However, as we can in a certain way roughly estimate the number of mistreated children in a way or another, we can extrapolate a number. "In Quebec the bad treatment of children are explicitly punished by the Law for the Youth Protection since 1979. Then, despite the law the authorities are warned only of the most severe situations". (Trocmé, N., Santé, Société et Solidarité, nr 1, 2009).

The 2008-2009 balance of youth centers of Quebec states that they registered 20 022 warnings of 30 022 children compared to 29 771 of the previous year. From year to year the number of warnings increases. For example, in 2004-2005 they have registered 28 149 warnings: in 1994-1995, 24 946; and in 1979-1980, 21 979. The essential motifs of the warnings registered are negligence, physical abuse, and serious risk of negligence, psychological bad treatments and serious behavior disorders. Of course it's reassuring to think that many young people will be out of this without knowing the percent. It's necessary to say again that the bad living is not only of the private domain?

8. The change of house to live

The parents don't pay sufficient attention to the preparation of the children when they're going to change of house. Every year in Quebec, there is a big number that survive after a divorce, a separation or by other reason. Everything can happen well. Then, that's not always the case, especially for fragile children affected by bad living and for immigrants.

After suffering the change of house the child frequently develops a network of friends inside of which it has his place. If he is not well prepared to face the difficulties of adaptation that he will necessarily find, it risks finding himself as an immigrant in its own country and feel marginalized or rejected in the new groups already created without him. This will contribute to hinder more his self-esteem and its confidence that will increase his mistrust with respect others. The disenchantment and isolation wait for him. The consequence of changes of house is still another subject less studied.

9. Signs of solidarity

The individualism undermine the own foundations of the society, and very little is made to reverse this trend as nothing could be done. However there are ways to increase modestly the quality and quantity of interpersonal and neighborhood relations. The social networks offer as many advantages as

disadvantages because they can never replace the richness of physical contact of people between them. At every time, it's important to know there is a possibility of listening someone that needs it. A collection of initiatives that demonstrate permanently an opening of acceptance of those who are loved or considered particularly fragile could be useful. It corresponds to each one determine the signals they want their lighthouse to transmit even before months or years than a crisis occurs.

Here we have four examples:

A divorced father whose children are maybe abroad sends them after five year identical objects: he keeps some for himself saying that if one of them one day finds himself in poverty he will think that someone waits for him without judging.

A mother has retaken a tradition: she regularly sends congratulation letters where she enclosed a return stamped envelope with the address to be sent. Three mornings a week a young couple with two children takes one that is studying at its junior high school. A mother that hasn't seen his son since long time sends him one day a box of chocolate that doesn't have chocolates but... the keys of her house!

10. The first childhood

Almost 20 000 persons work in centers for the first childhood, private or family environment nurseries. This number reminds the enthusiasm of these young adults installed in a great number in the new solution created by the education system during the Quiet Revolution, and the Cubans that have make so much in that field of health. There are several fields for which the education is not sufficient, for those who offer their services and those who receive them. Within the people of Quebec and the Cubans, all haven't know how to face adequately the challenges they have. This has have many unpleasant consequences for them and those that have the responsibility because they haven't the vocation to work in one or other of these fields. It's necessary more than knowledge or

experience to act close to young children or sick people. The teaching and public health is a vocation.

In March 2009, all status confused, 19 485 teachers, essentially women, were responsible of a great part of time of accompanying and development of 216 673 children from 184 582 families. In five or six years, it will be more than 22 000 teachers that will be in charge, in name of parents and society, of a fourth of million people from Quebec aged between 0 to 6 years, that is during the period more determinant of their life. If the teachers understand that this mission is not written in their hearts, it could be imagined or developed an assistance program to find an employment that corresponds more to its competences and interests.

The nurseries are a feminine world of approximately 98 %; that world extends to kindergarten, with 97, 8 % of women, and primary with 84 % (1999-2000). Is this an enviable situation to have with what it entails, in the psyche of young girls than that of the young boys and for their relations between them? In another way, the head on the sand, the ostrich is not capable!

The young children, by their attitudes, their behavior and their purposes, express positive or negative sentiments and emotions which they are not conscious during their first years of life. Those sentiments and emotions will be kept in their unconscious memory that will be very difficult to have access because the adult living the bad living will need to turn to. The knowledge of those sentiments and those emotions is the raw material that allows the parents to follow and accompany the child in his development, and it's during these first years that the parental attachment essential for the development of the child will have success or a failure that will influence all his life. Then the teachers and professors, since the nursery to the end of primary, should not neglect anything in view to inform constantly the parents how the children are living, taking into account also de number of hours when the last ones are not in contact with their children. A privileged and priority attachment should be developed between the child and its parents.

11. Look another way

The number of suicides among people older than 65 years will increase considerably during the next years. In 1995 people with this age were 864 928, in 2010 they are 1 217 474 and in 2025 they will be 1 900 800. How many of these persons have lived with bad living all its life? What will represent for them the reality of suicide, for their families and the society? A little is sufficient to imagine that the suicide rate in old people will pass, since today until 2043, the 228 % announced by the experts. A plan of long term prevention will be necessary? Is it already necessary?

Also, during the next ten years the society of Quebec will receive from 400 000 to 500 000 immigrants to replace their challenges. The mental health resources for immigrants, that suffer a great number of integration difficulties, are very limited. Is it necessary to foresee support for them in advance?

Finally the rate of suicide is from five to seven times higher among the young people of the Native Nations than the young one non autochthonous. The suicide rate among young Inuit is also among the highest of the world, and is 11 times higher than the national average".⁽⁸⁾ The population of the autochthonous from Quebec increased from 96 400 in 2001 and from 104 000 in 2006, and in 2017 it will be of 123 000. Should we consider the autochthonous as foreigners? Could the society from Quebec, actually composed every day of more immigrants, have the possibility to assume what concerns this sad reality? Of course, someone believes this. Look another way! Why not?

12. Summit of social solidarities and action plan

The long term prevention of bad living and suicide not only call those that work professionally in relation with support but also those researchers in this field and the public institutions and community organisms that offer services to persons in distress. Although it's intimately related with the compromise and dedication of those dedicated persons, prevention is also a

matter of individual responsibility, the family, the neighbors, the life environment, consequently, the society.

In this document to begin the discussion we have been presented some reflections, action, suggestions with the objective of arousing interest for the planning and celebration of a summit in Quebec, of the social solidarities in view to establish an action plan that will be start or launched by the basic organisms of the collectivities.

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December 4, 2011

(Document translated on June 26, 2012)

Love Truly

Listen - Understand - Understand - Listen - Understand - Listen

Listening, it's good: understanding, it's better.

Speaking is good: understanding is better.

To understand is to be well beyond,

far beyond, far beyond, far beyond, far beyond, far beyond,

appearances

attitudes,

words,

facts and gestures,

customs,

yes statements,

words of others,

or caught in the trap,

for behaviors,

conveniences

agreements,

veiled intimidation,

nonexistent witnesses,

testimonies,

poorly formulated questions,

incomplete answers,

everything has been said,

interests,

defenses,

preaching,

sighs,

what is not said,

mean and you falsify the truths,

the alleged facts

the judgments that mask,

unsubstantiated hypotheses,

measures of protection from prejudice,

the embedded wounds,

dubious and offensive comparisons,

the resources to the thinkers,

silence,

dogmas,

interdicts,

ghosts,

laughs and crying

Truly love is: truly understand.

FRANÇOIS ASSELIN

April 11, 2011

A silhouette of a family walking in a field at sunset. A woman is holding the hand of a small child, and another child is walking slightly ahead of them. The sky is a deep orange and red, and the silhouettes of trees and grass are visible in the foreground and background.

A PARENTING TRAINING PROGRAM

ASSELIN

BREAKDOWN OF RESULTS

APRIL 2017

「 life to ideas

「CROP」

Context and objectives

Many parents, psychologists and psychoeducators agree on the fact that parents play a significant role when it comes to a child's development. By fulfilling the child's basic needs, both physiological and psychological, the parent instills self-esteem, self-confidence and autonomy in the child, thus facilitating his or her personal growth and fulfillment.

It is on this premise that Mr. François Asselin commissioned CROP to assess Quebecers' perceptions with regard to a parenting training course that would provide future parents with the tools to understand their children's primary psychological needs, as well as advice on how to nurture their development until adulthood.

The detailed results are shown on the next pages.

Methodology

Data collection

The data collection operations were conducted online from **April 12th to 17th**, 2017 using a web panel.

In total, **1,000 questionnaires** were filled out by respondents.

Weighting and representative nature of the sample

The results were weighted in order to reflect the actual distribution of the population in terms of gender, age, area of residence, mother tongue and level of education of the respondents.

Note that given the non-probabilistic nature of the sample, margin of error calculations are not applicable.

How to read the data

It is possible that the sum of the results presented for a single-answer question does not always equal 100% since we are using rounded percentages.

Differences that are significantly...

... **higher** are indicated **IN BLUE**

... **lower** are indicated **IN RED**

A photograph of a family of four—a father, mother, and two young children—sitting together on a grassy lawn in front of a house. The entire image is covered with a semi-transparent blue filter. The father is on the left, smiling, with a child on his back. The mother is in the center, also smiling, with another child on her back. The children are wearing sneakers. The house in the background has large windows and a porch.

OPINION REGARDING A PARENTING TRAINING PROGRAM

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Opinion regarding a parenting training program

Base: Total respondents									
		REGION			GENDER		AGE		HOUSEHOLD
n=	TOTAL	MTL CMA	QC CITY CMA	REST OF QC	MEN	WOMEN	18-34	35-54	55+
	(%)	503	194	303	474	526	254	372	374
Total favourable	85	85	83	86	84	86	88	83	86
Very favourable	37	40	29	35	32	41	39	33	39
Somewhat favourable	48	44	55	51	52	45	49	50	46
Total unfavourable	15	15	17	14	16	14	12	17	14
Somewhat unfavourable	10	11	12	9	12	9	9	10	11
Very unfavourable	5	4	4	5	4	5	3	7	3
									With children 245
									Without children 755
									87
									38
									49
									13
									10
									8
									4

Q. To what extent would you be favourable or unfavourable to the implementation by the government of a parenthood training program for future parents in Quebec colleges and universities?

A photograph of a woman with dark hair smiling warmly at a young child with blonde hair. The woman is holding the child's hand. The entire image is covered with a semi-transparent blue overlay. A white horizontal line is positioned below the text.

Respondent profile

└ life to ideas

Respondent profile

Base: Total respondents, n=1,000

TOTAL n=1,000		TOTAL n=1,000	
GENDER		EMPLOYMENT STATUS	
Men	49	Working full-time	47
Women	51	Working part-time	11
		Unemployed, looking for a job	4
		At home full-time	7
		Retired	25
		Student	6
REGION		HOUSEHOLD INCOME	
Montreal Island	24	Under \$40K	30
Montreal South Shore	12	\$40K - \$79K	35
Montreal North Shore	12	\$80K and over	22
Quebec City CMA	10	I prefer not to answer	13
Rest of Quebec	42		
AGE		EDUCATION	
18-24 years old	12	High school or less	35
25-34 years old	15	College	44
35-44 years old	16	University	22
45-54 years old	20		
55-64 years old	17		
65 years old or older	20		
MOTHER TONGUE			
French	80		
English or other language	20		

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The author would appreciate if you send your
opinions to the email: fcruzsan@infomed.sld.cu

