

## Family Violence: Actions and Resources



This document lists some of the things you can do to address family violence in your community, and lists some available resources.

### What you can do

- Call the police if you see or hear evidence of domestic violence.
- Speak out publicly against domestic violence.
- Encourage your neighbourhood watch or block association to become as concerned with watching out for domestic violence as with burglaries and other crimes.
- Reach out to support someone whom you believe is a victim of domestic violence.
- Support domestic violence counselling programs and shelters.

What can you say to a victim?

- "I'm afraid for your safety."
- "I'm afraid for the safety of your children."
- "It will only get worse."
- "We're here for you when you are ready or when you are able to leave."
- "You deserve better than this."

### Preventing child abuse

- Most abusive parents do not consciously set out to harm their children. Therefore, if efforts to assist troubled families are enhanced, parents at risk of abusing may be reached and helped before they resort to violence.
- Encourage your local school board to develop and implement child abuse prevention programs. Abused children tend to repeat the pattern of abuse, and prevention is one of the most effective instruments in arresting the cycle of violence.
- Teach children how to recognize and say no to abusive or exploitative behaviour.
- Ensure that children and adults know where they can obtain information and assistance to prevent an abusive or neglectful situation from developing.

- Children who are well informed about inappropriate touching, who are taught to trust their feelings about situations and people, and who know where to get help if they require it, are less likely to be victimized by any type of assault.

## What you can do at your school

- Explore the Canadian Red Cross RespectED Violence and Abuse Prevention Program at [www.redcross.ca](http://www.redcross.ca) (<http://www.redcross.ca/article.asp?id=000294>) and ask your local office to provide presentations at your school about dating violence, child abuse prevention, anti-bullying, and reducing violence in sports.
- Encourage school administration to create professional development opportunities for school educators about family violence and reporting child abuse.
- Ask school counsellors to place dating violence posters in the school and provide information sheets for students.
- Ask the school principal to insert a fact sheet about dating violence in the school newsletter for parents and guardians.
- Request your school develop a student-led anti-violence and anti-bullying campaign.
- Honour students who work to reduce violence and bullying.
- Make material about family violence available.

## Men can make a difference

- Reinforce the fact that every man is responsible for his own actions.
- Speak out against all forms of violence.
- Offer positive support to other men.
- Adopt violence-free zones and attitudes at home, social gatherings and work.
- Use your strength to help keep victims safe.
- Challenge the limitations of unhealthy masculine stereotypes.
- Be a positive role model for men, women, and children.
- Organize educational events about family violence.
- Volunteer to fundraise for family violence programs or organizations.
- Reflect on personal relationships to see if they involve abusive behaviour.

- Support young men in developing healthy, nurturing relationships.

## Organizations & Resources

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### *If a child or young person is in immediate danger*

- Call 911

### *For more information or help with family violence*

- Visit [www.familyviolence.alberta.ca](http://www.familyviolence.alberta.ca)
- Call the 24 hour Family Violence Info Line toll free at 310-1818

### *For more information or help with child abuse*

- Kids Help Line: 1-800-551-8000
- Child Abuse hotline: 1-800-387-KIDS (5437)
- Children and Youth Services Crisis Unit: 1-800-638-0715

## *Violence against domestic partners*

### **Services for women**

Local women's shelters can provide information to help women abused by their male partners. Even if you don't plan to stay in a shelter, you can call for information about abuse in families. Visit [www.familyviolence.alberta.ca](http://www.familyviolence.alberta.ca) or call the 24-hour Family Violence Info Line at 310-1818 to find a shelter near you.

### **Services for men**

The Men's Alternative Temporary Housing and Supports Program (MATHS) (780-421-7355) is a shelter for men who are offenders in family violence situations. Admissions must be voluntary; support and follow-up are required.

The Wheatland Shelter in Strathmore, Alberta offers shelter for male victims of domestic violence as well as female victims. Their 24-Hour Crisis Line is 780-934-6634 or 1-877-934-6634 (toll-free). Their website is available at [wheatland.albertashelters.com](http://wheatland.albertashelters.com)

## *Violence against older persons*

- Seniors Abuse Help Line (23 hours): 780-454-8888

- Edmonton Seniors Safe Housing: 780-702-1520 - Temporary safe housing for those 60 years or older needing to leave an abusive situation

## Books

*Standing Together: Women Speak Out about Violence and Abuse*

Edited by Linda Goyette. published by Brindle and Glass Publishing, 2005

A collection of personal stories and poems written by Alberta women from age 16 to age 84 who have experienced violence and abuse. Available from the Alberta Council of Women's Shelters; call 780-456-7000 or visit [www.acws.ca](http://www.acws.ca) to order.

*The Secret of the Silver Horse*

Published by Department of Justice Canada

The book's message to children is that secrets about sexual abuse should not be kept. It also teaches that if a child tells a teenager or an adult about sexual abuse and that person does nothing, the child should be persistent and tell someone else. A PDF version of the book is available for download: [http://www.crcvc.ca/docs/The\\_secret\\_of\\_the\\_silver\\_horse.pdf](http://www.crcvc.ca/docs/The_secret_of_the_silver_horse.pdf)

## Additional resources for educators

Your school district has an Employee Assistance Program (EAP) that can help you understand your district's policies and resources with regard to recognizing and reporting family violence. Your EAP representative can be reached by phoning the main switchboard of your school board. For more information, contact the Alberta Teachers' Association at [www.teachers.ab.ca](http://www.teachers.ab.ca).

[\*The Domestic Violence Handbook\*](#) is produced by Alberta Solicitor General and Ministry of Public Security. The handbook identifies family violence as a crime. It explains the cycle of abuse, legal remedies to increase safety, the effect of violence on victims, and information on the *Protection Against Family Violence Act*.

*Ten Things to Do Instead of Hitting* is a video to guide children in building strategies for handling anger in non-destructive ways. For more information, visit the [Alberta Teachers' Association Library](#) or call 1-800-232-7208 toll free in Alberta.

[Family Violence Prevention](#) – Visit this Alberta government site to access information on parenting skills, preventing family violence, dealing with bullying, the impacts of family violence at different ages, and a variety of other resources:

- Activities for kindergarten to senior high students
- Safe Internet use
- Abuse in sporting environments

- How an abusive partner can affect parenting
- Understanding adolescent relationship violence
- School anti-violence approaches and initiatives

## Organizations

The following organizations offer services for the entire province of Alberta. For more information and specific organizations and agencies available in your area, call 310-1818 toll free anywhere in Alberta, or visit [www.familyviolence.alberta.ca](http://www.familyviolence.alberta.ca).

### Alberta Works

[employment.alberta.ca/albertaworks/](http://employment.alberta.ca/albertaworks/)

West Edmonton: 780-415-6500

City Centre: 780-415-4900

North Edmonton: 780-422-9440

South Edmonton: 780-644-2880

After Hours: 780-644-5135

Financial help is available for those leaving abusive situations.

### Circle of Safety Family Violence Program

Aboriginal Consulting Services Association of Alberta

#204, 10010-105 St., Edmonton, AB T5J 1C4

Phone: 780-448-0378

Fax: 780-448-0379

Email: [macsa@telus.net](mailto:macsa@telus.net)

The Circle of Safety Program provides services to Aboriginal men, women and children who have experienced family violence.



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