

Tool Kit

Take A Stand!

Against family violence



We did! Make the call.

CAF Family Violence Prevention & Awareness Campaign



TABLE OF CONTENTS

INTRODUCTION	3
THE DYNAMICS OF FAMILY VIOLENCE	4
What is Family Violence?	4
The Power and Control Wheel.....	5
The Equality Wheel	6
Do You Think Your Partner Is Abusing You?	7
Do You Think You Are An Abuser In Your Relationship?	8
Help For Those Who Abuse	9
What You Can Do to Help an Individual Experiencing Abuse - Friend, Relative, Co-worker or Neighbour	10
What You Can Do in Your Community to Make a Difference	11
Early Warning Signs of Dating Violence.....	12
If You Think Your Friend is Being Abused	13
If You Think Your Friend is Abusing His Partner... ..	13
How You Can Help Prevent Dating Violence Amongst Youth.....	14
PARENTING AND FAMILY VIOLENCE.....	15
The Abuse of Children Wheel	15
The Nurturing Children Wheel.....	16
Emotional Abuse of Children - What Is It?.....	17
If You Want to Raise Emotionally Healthy Kids.....	18
If You Are Feeling Overwhelmed With Parenting	19
Learn How to Manage Your Anger.....	20
Talk About It With Someone Who Can Help.....	21
What You Can Do to Help a Child Who is Living in an Abusive Family	22
What You Can Do to Make Your Community	23
Better for Children and Adult who are victims of violence.....	23

INTRODUCTION

The purpose of the *Take A Stand Against Family Violence: CAF Family Violence Prevention & Awareness Campaign* is to communicate the importance of this issue and promote awareness, responsibility and prevention within the CAF. Through this campaign, it is anticipated that the need for pro-active responses to family violence issues will be established and responsibilities conveyed.

This “Violence—You Can Make a Difference Tool Kit” is a series of practical, user friendly fact sheets on “Tips for Action Against Violence” with suggestions on how you can make a difference, were modified for the purpose of the *Take A Stand Against Family Violence: CAF Family Violence Prevention & Awareness Campaign*. The primary intent of the fact sheets is to inform and provide tips to those affected by family violence on how to deal with managing anger, helping abused persons, devising safety plans, coping with family violence, and getting help. They were developed around the themes of Violence Against Women & Men and Violence Against Children.

To distribute the fact sheets you may:

- Print and distribute the fact sheets to staff and members of the public;
- If you don't already have a list, develop a list of the phone numbers of local shelters, your base 'safe house', if available, distress centres, assault victims help lines, services for victims of violence, treatment services for perpetrators of violence, rape crisis centres, children's aid societies and municipal social services departments. Keep it handy for quick referral for callers seeking help;
- Incorporate some of the tips in your staff or client group newsletters;
- Encourage victims of violence and perpetrators to read the fact sheets so they can easily recognize the signs of abuse and seek help; and/or
- Undertake other initiatives, which you think could be beneficial to both victims and perpetrators of violence.

This publication may be reproduced for internal purposes only. When reproducing portions, the identification marks on each page must be retained. If portions of the text are cited in other publications, the source must be identified.

MFS acknowledges the Canadian Association of Broadcaster's permission to use and modify this publication for the purposes of the *CAF Family Violence Prevention & Awareness Campaign*, as well as the valuable contribution of volunteers and MFS staff whose expertise and advice were sought during the development of this resource.

All rights reserved © 2015 Military Family Services (MFS)

What is Family Violence?

Family violence means an abuse of power within a relationship of family, trust or dependency, and includes many forms of abusive behaviour. In Canada, family violence is a crime.

There Are Many Kinds of Abuse

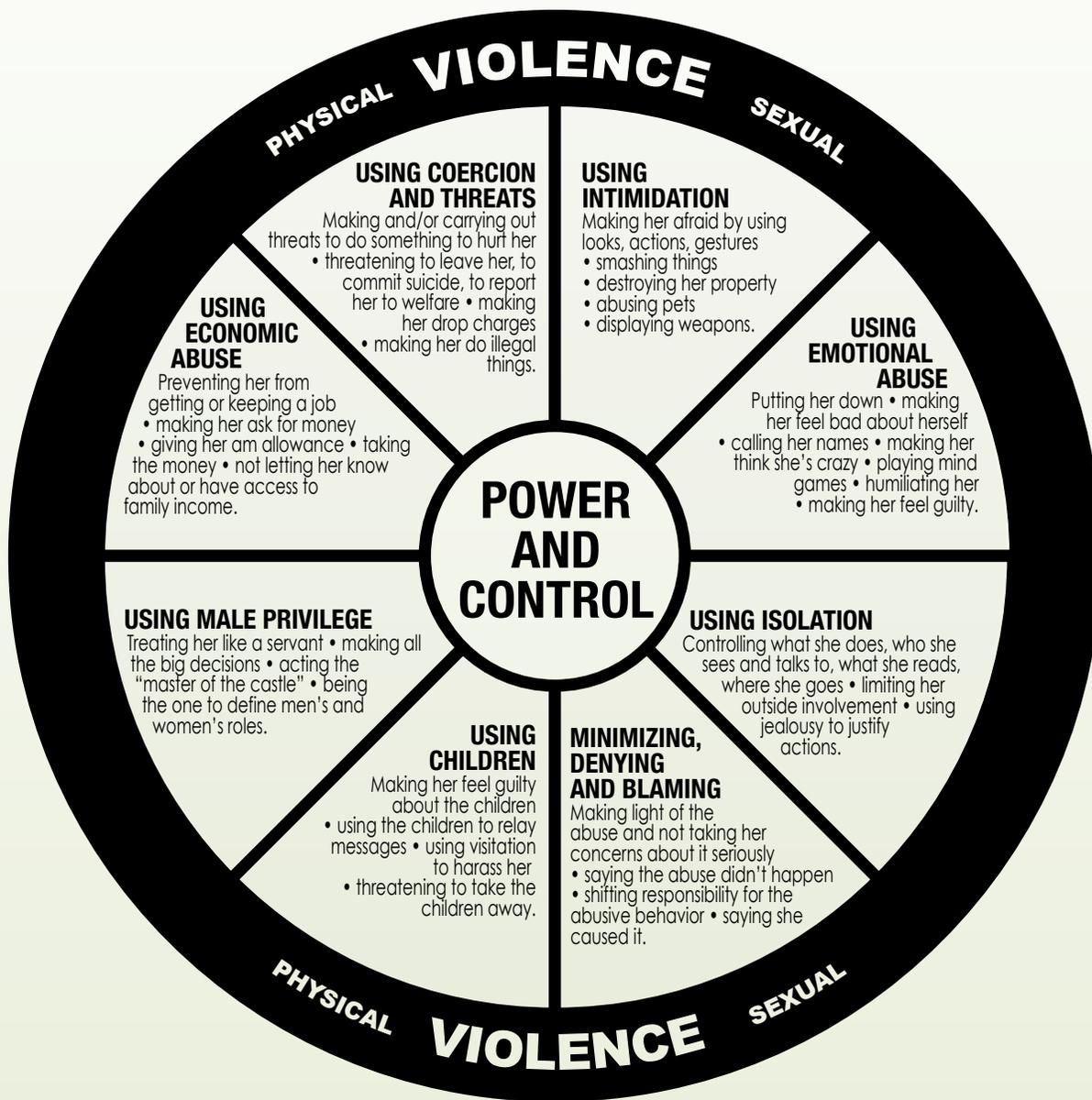
Physical Abuse includes hitting, pulling, pushing, pinching, slapping, shaking, squeezing, arm-twisting, using a weapon, and threatening to assault.

Sexual Abuse includes forcing anyone to have sexual relations against their will, any unwanted touching, or kissing. Anyone always has the right to say “no.”

Social Abuse includes not giving a person space or privacy, treating them like a servant, controlling what they do, who they see, who they talk to, and where they go.

Emotional Abuse includes yelling, intimidation, making a person think they are crazy or stupid, insulting, name-calling, blaming, and overpowering their emotions.

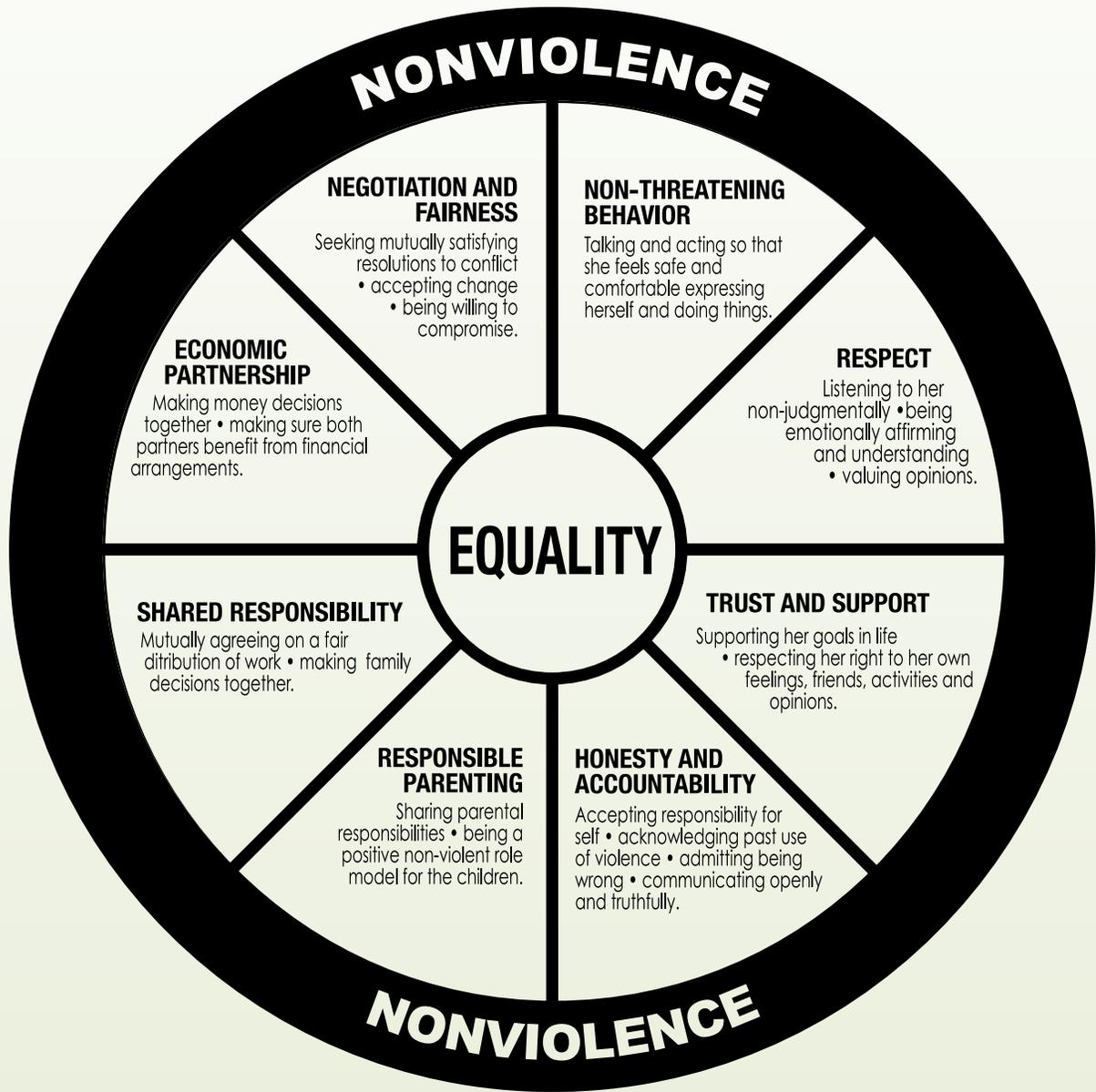
The Power and Control Wheel



Look at the wheel and think about your relationship with your partner. Does your partner use any of these methods to control you? Does he/she damage your things? Does he/she make you feel guilty and humiliate you? Talk to someone you trust. Your local MFRC and the Family Info line (1-800-866-4546) have resources to assist you in these situations. Give them a call!

Adapted from material developed by the Domestic Abuse Intervention Project, 202 East Superior St., Duluth MN 55802 Phone: 218-722-2781; <http://www.theduluthmodel.org/>

The Equality Wheel



Look at the wheel and think about your relationship with your partner. Do you see some sides of your current relationship in this wheel? What do honesty, support and fairness mean to you? Talk to someone you trust. Your local MFRC and your Family Info Line (FIL) 1-800-866-4546, have resources to assist you in further building these positive aspects of your relationship. Give them a call!

Developed by the Domestic Abuse Intervention Project, , 202 East Superior St., Duluth MN 55802
Phone: 218-722-2781; <http://www.theduluthmodel.org/>

Do You Think Your Partner Is Abusing You?

Does your partner:

- Hit, slap, kick, punch, or push you around?
- Hurt you or threaten to hurt you in other ways?
- Treat you like a possession, not a person?
- Force you to have sex against your wishes?
- Put you down, make you feel stupid and/or worthless?
- Make it hard for you to leave?
- Not let you have your own friends?

The first step is often the hardest. If nothing is done, the abuse will not stop, even if he says that he loves you and promises that it will never happen again.

Help is available. If you think you have been abused:

- Call a friend or family member you trust. Be sure it is someone who understands that violence is never okay or justifiable, that you are not to blame for abusive behaviour and that your safety and your children's safety must be the top priority. If the person you tell is not supportive, don't stop, keep looking until you find someone who is.
- Call a shelter or crisis line. (#'s in front pages of phone book) A shelter can provide safety, support and help with your future plans. You don't have to stay at a shelter to get help. You can talk to someone over the phone. They can help you make the choices that are right for you and find the resources you need.
- Call the police. (#'s in front pages of phone book) Remember, violence is a crime. It is against the law to physically or sexually assault someone.
- Join a support group. You are not alone. Self-help groups, where individuals experiencing abuse meet, are extremely useful in helping individuals find ways to protect themselves and deal with the emotional, physical and financial changes in their lives. Check with your local shelter or crisis line, or with the Family Info Line (1-800-866-4546) to find out about support groups in your community.
- See a counsellor. Find a counsellor who values your right to freedom from abuse and will work with you, believe you and support your choices and decisions.

Do You Think You Are An Abuser In Your Relationship?

Ask yourself about your behaviour.

As a partner:

- When you are in a relationship, do you always have to be the one in charge?
- Do you believe that it is okay for you to behave in a certain way but not okay for your partner?
- Have you ever forced or pressured your partner to do something against her/his wish in order to get what you want?
- Do you blame your partner for everything that goes wrong, insult her/him or put them down?
- Are you so jealous that you stop your partner from going places or seeing other people without you?
- Have you ever pushed, slapped or hit your partner? Has it happened more than once?
- Have you ever been told that the way you treat your partner is abusive or unacceptable?

Controlling behaviours create fear in your partner, not love.
Take a closer look at your behaviour and get help.

*Violence is not a loss of control.
It's an attempt to gain control.*

Violence is a learned behaviour - you can change if you get help.
Changing violent behaviour takes work and time but it's worth it!

Help For Those Who Abuse

Steps to take to end your controlling behaviour:

- **Take responsibility for your actions.** You are responsible for your own behaviour. You can change if you get help.
- **Stop blaming** your partner, alcohol, drugs, stress or anything else for your abusive behaviour. Blaming others for your own anger and jealousy is just a way to avoid taking responsibility. Blaming prevents change.
- **Learn new ways of coping with your feelings. For example, take a «time out».** Stop and think about what you are doing. Walk away from the scene and allow yourself time to cool down. When you return to discuss the issues, give your partner time to express their viewpoint.
- **Seek professional help** with a counsellor or in a group for those who abuse. Be sure you are going for yourself, not just to get your partner back. Your community crisis line, the Family Info Line (1-800-866-4546) or local shelter can tell you where groups are available

You can change if you get help.

Material adapted from Vis-à-vis (Vol. 11 No. 4), a national newsletter on family violence, funded by Health Canada.

What You Can Do to Help an Individual Experiencing Abuse - Friend, Relative, Co-worker or Neighbour

Give her/him clear messages

- Violence is never okay or justifiable.
- Their safety and children's safety are always the most important issues.
- Partner assault is a crime.
- She/he does not cause the abuse.
- She/he is not to blame for the partner's behaviour.
- She/he cannot change the partner's behaviour.
- Apologies and promises will not end the violence.
- She/he is not alone.
- She/he is not crazy.
- Abuse is not a loss of control; it is a means of control.

Help her/him make a safety plan

- Talk with victim about planning for their safety and their children's safety.
- Help her/him identify a wide range of choices. To stay or to permanently leave their relationship must not be seen as the only choices.
- Encourage and support them the victim to make their own decisions.

Things to have her/him consider when making a safety plan

- Make a plan about what to do and where to go if you are in danger. Tell your children about the plan if they are old enough to understand.
- If you have a vehicle, make sure it has gas. Hide an extra set of keys.
- Hide some money to use if you have to get away.
- Have a safe hiding place to go to - trusted friend, neighbour, relative, a shelter.
- Work out a code word that can be used on the phone with someone you trust if you are in danger.
- If you think you may have to leave your home, some items you may want to have ready to bring with you are: identification (birth certificates, health and social insurance cards, drivers' licences, immigration or citizenship papers, passports) bank books, charge cards, keys for your home and car, essential medicines, basic supplies for your children including a favourite toy or blanket.
- Keep emergency numbers (including the police's) handy but hidden.

Don'ts:

- Don't tell them what to do, when to leave or when not to leave;
- Don't tell them to go back to the situation and try a little harder;
- Don't rescue them by trying to find quick solutions;
- Don't suggest you try to talk to their partner to straighten things out;
- Don't tell them they should stay for the sake of the children.

What You Can Do in Your Community to Make a Difference

- **Learn more about family violence and its impact on individuals in your community:** read articles; listen to radio programs; watch TV documentaries; attend information and awareness sessions at your local Military Family Resource Centre; and attend community events about individuals experiencing abuse.
- **Volunteer at an organization that works with and for individuals experiencing abuse.** Provide transportation, raise funds, donate clothing, and offer your time.
- **Practice and support relationships of respect,** co-operation and equal partnerships in families. Challenge relationships that are built on power and control over individuals and children.
- **Work with others** in your community to develop more and better services for abused individuals and their children - support groups, crisis lines, emergency shelters.
- **Work to develop support services** for the treatment of perpetrators of violence.

Adapted from material prepared by Denham Gillespie Associates, Social Work Consultants.

Early Warning Signs of Dating Violence

Are you going out with someone who...

- Is jealous and possessive, won't let you see other friends, checks up on you or won't accept breaking up? Justifies these behaviours by saying that he/she acts this way because they loves you so much?
- Pressures you to have sex and thinks of you or others as sex objects? Tries to make you feel guilty by saying, «If you really loved me you would...»? Gets too serious about the relationship too quickly?
- Tries to control you by being very bossy, criticizing the way you dress, talk, and dance, making all the decisions and ignoring your opinions?
- Is violent, has a history of fighting, a bad temper or brags about mistreating others?
- Abuses drugs or alcohol and pressures you to take them?
- Blames you when they mistreat you?
- Has a history of bad relationships, blames the other person?
- Believes that one partner (ex: men) should be in control and the other (ex: women) should be submissive?
- Is described by friends or family members as scary or dangerous?

Feeling sorry for them doesn't change their behaviour...instead:

- **Learn to recognize the warning signs** - if it feels scary, it's abuse. Abuse can be emotional, verbal, sexual, mental or physical. Whatever form it takes, you do not deserve to be treated that way.
- **Decide what is best for you**, set your own limits, stick to them and feel good about taking charge of your life.
- **Get some help and support for yourself.** You are not to blame for their behaviour. Find a person you trust and respect, and share your problem. The right person for you could be a friend, parent, school counsellor or teacher, doctor, crisis line worker, the family information line (1 800 866-4546) or staff person at a shelter. (Check the front pages of your telephone book for emergency numbers.) If you have told someone and that person wasn't helpful, keep trying until someone really listens to you.

Jealousy and possessiveness are not signs of true love. They are an early warning of abuse. Recognize the signals and get help.

If You Think Your Friend is Being Abused

- **Listen and believe them.** Keep what they tell you to yourself. If you're worried about your friend safety tell her/him that together you need to tell someone who can help protect them.
- **Identify abusive behaviour** and talk about what is happening to her/him. Remind your friend that jealousy and possessiveness do not equal love.
- **Tell your friend that they do not deserve to be hurt.** Reinforce that they are not to take the blame for their partner behaviour. Help your friend separate love and caring from abusive behaviours.
- **Don't tell your friend she/he's wrong** if the person wants to stay in the relationship. Keep talking and challenging denial of this abusive behaviour.
- **Continue to be a friend.** Don't abandon them even though at times you may feel frustrated and upset over her/his refusal to make changes or over the choices they are making. Your friend needs you!
- **Get new ideas on how to help** your friend from people who understand about violence in relationships. Phone a crisis line or shelter. All calls are treated confidentially.
- **Increase your own understanding** about dating violence. Read articles, listen to radio shows, watch TV programs that deal with the issue. This will help you if you are finding yourself getting angry and frustrated with your friend.

If You Think Your Friend is Abusing His Partner...

- **Confront your friend and name abusive attitudes and behaviours** when you see them. Jealousy and possessiveness are an early warning of abuse.
- **Challenge their stereotyping** and putdowns. Don't laugh at jokes or comments that make fun of the other gender.
- **Talk about the consequences** of violence. Abusive behaviour builds fear, not love. Physical and sexual assault are against the law.
- **Encourage him/her to get help.** Let them know it will probably happen again and may be worse the next time. Contact a phone a crisis line, the Family Info Line (1-800-866-4546) or your local shelter to find out about resources in your community (#'s in front pages of phone book).
- **Stand by them as a friend** as the person accepts responsibility for their actions and gets help.

Material adapted from *Vis-à-vis* (Vol. 9, No. 4), a national newsletter on family violence, funded by Health Canada.

How You Can Help Prevent Dating Violence Amongst Youth

As an individual you can...

Help young people build their self-esteem.

- Allow them to make decisions appropriate to their abilities.
- Acknowledge the positive things they do.
- Listen respectfully when they are telling you something.
- Believe what they say and take it seriously.

Help young people be self-reliant.

- Teach them to resolve conflicts without violence.
- Teach them that excessive jealousy is not a sign of love but a sign of insecurity and a need to control.
- Teach them that the use of force and insults is not acceptable in a caring relationship.
- Teach them that no person has the right to possess or control another person.

Practice what you preach.

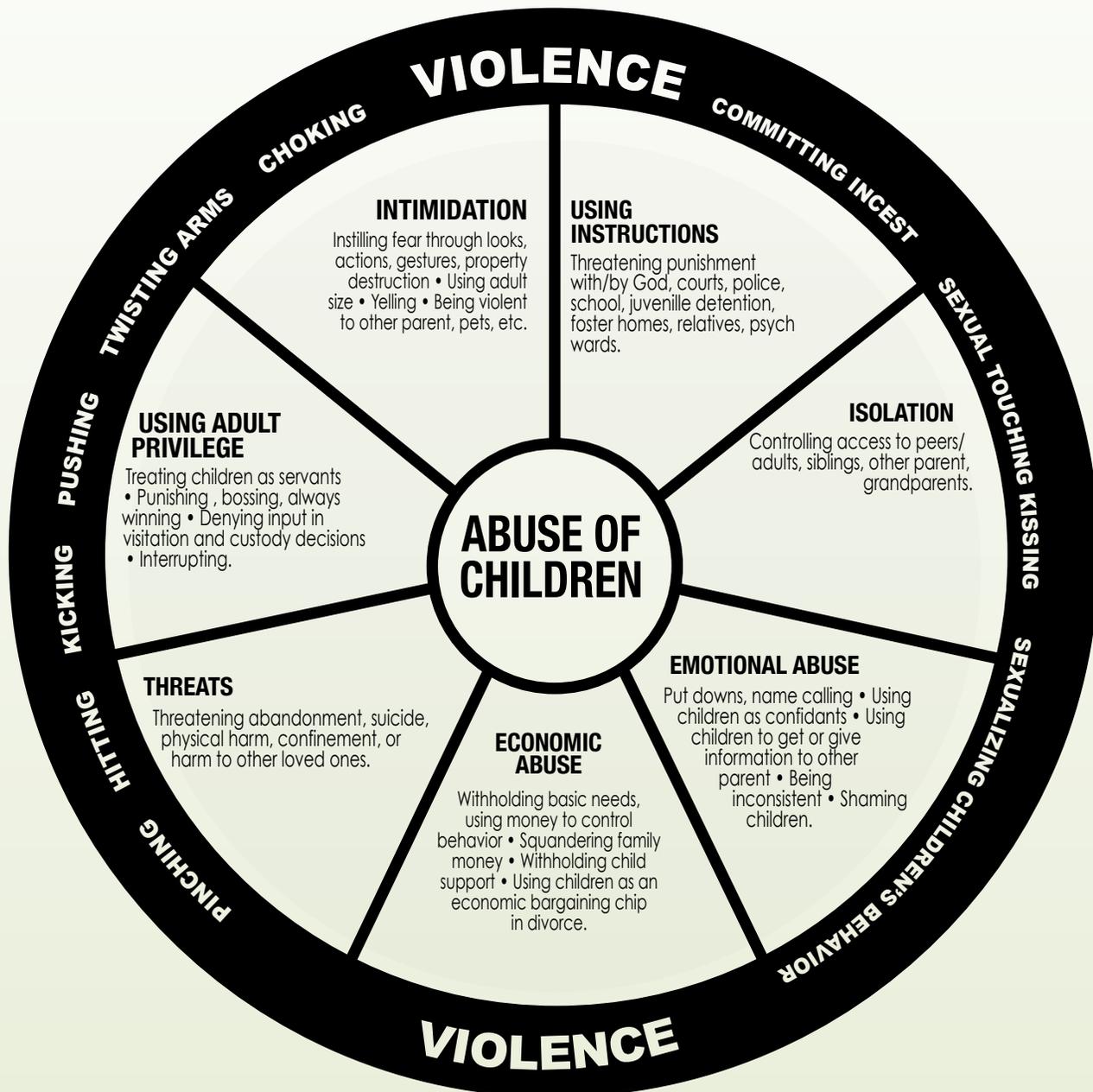
- Treat other people with respect.
- Use non-violent ways to deal with conflict and anger.
- Speak out against attitudes and behaviours that are abusive.
- Learn more about violence in relationships and the resources available in your community that help young people in trouble.

As a community member you can...

- Tell representatives of the media or advertisers that the portrayal of violence as a way to solve problems, control other people or get one's own way is not acceptable.
- Encourage your local school to include programs that promote the building of self-esteem and positive ways of relating to people.

Material adapted from Dating Violence fact sheet, Alberta Office for the Prevention of Family Violence.

The Abuse of Children Wheel



Look at the wheel and think about your relationship with your partner and your children. Does your partner use any of these methods to control you and your children? Do they damage your things? Do they make you feel guilty and humiliate you or your children? Talk to someone you trust about it. Your local MFRC or the Family information Line (1-800-866-4546) have resources to assist you in these situations. Give them a call!

Developed by the Domestic Abuse Intervention Project, 202 East Superior St., Duluth MN 55802 Phone: 218-722-2781; <http://www.theduluthmodel.org/>

The Nurturing Children Wheel



Look at the wheel and think about how you and your partner behave toward your children. Are there elements of the wheel that you feel you are doing well? Are there some that you would still like to work on? Your local MFRC or Family Information Line (1-800-866-4546) have resources to assist you in these situations. Give them a call!

Developed by the Domestic Abuse Intervention Project, 202 East Superior St., Duluth MN 55802 Phone: 218-722-2781; <http://www.theduluthmodel.org/>

Emotional Abuse of Children - What Is It?

Emotional abuse of children means: not showing love; not holding, cuddling or talking gently to a child; speaking cruelly; expecting children to do or understand things that are too difficult for someone their age.

An emotionally abused child may...

- Act unpredictably - be very quiet one minute, then violent and angry the next.
- Be timid and withdrawn.
- Be overly active.
- 'Abuse' toys - spank dolls and tell them 'you are bad'.

To grow emotionally, children need to feel...

Safe

They need to know that nothing and no one will hurt them.

Secure

They need to know that when they need care or comfort, they will get it.

Loved

They need to be told and shown that they are loved and are important to someone.

*When children feel safe, secure and loved,
they can become happy, independent,
loving people.*

On being a parent...

Parenthood is always harder than anyone thinks it will be. Children learn by trying and doing and trying again. So do parents. Believe that you can be a good parent to your children. When you like yourself, it is easier for you to teach your children to like and trust themselves.

"KIDS DO LISTEN"

Words that Hurt!

- stupid • clumsy
- worthless • useless
- helpless • dumb • slow
- ugly • hopeless • bad



Words that help!

- smart • helpful • quick
- creative • clever • funny
- co-operative • beautiful
- effective • good

Excerpted from Canada's Private Broadcasters 1996 Anti-Violence Radio and Television Campaign.

If You Want to Raise Emotionally Healthy Kids

- **Encourage and praise** your children every chance you have.
- **Try not to make too many rules.**
Explain rules clearly and then stick to them once they are made.
- **Respect your child's feelings.**
Don't make fun of their fears and worries.
- Give your children lots of **choices and chances** to do things for themselves.
- **Practice what you preach.**
Model behaviour that is co-operative, respectful, encourages problem solving and uses non-violent ways to deal with anger and conflict. Children learn to be nice if you are nice to them.
- **Take a break.** Parenting is hard work and you need time for yourself. Make time to be with your friends, read a book or just relax.

Research has proven that media (websites, television, cell phones, and computer games) have a very strong influence on children and youth. One of the important roles that you can take as a parent is being involved with the media your child sees. A simple way to do this is to remember the "TLC rule":

TALK about media with your children.

LOOK at websites, magazines, and commercials with your children.

CHOOSE media for them when they are young and choose with them as they grow up.

For more information on how you can help your child to be more media-savvy, check the following websites:

<http://mediasmarts.ca/>

<http://www.pbs.org/parents/childrenandmedia/>

If You Are Feeling Overwhelmed With Parenting

- **Find someone to talk to** who will listen, understand your problems, give you helpful ideas or suggestions and care about what happens to you. This may be a friend, a neighbour, a family member or a counsellor.
- **Don't bottle up your feelings**, and don't spill them on your children. If you're feeling angry or depressed, go for a walk; find a way to get rid of your frustrations safely; take a time out.

Change what you can.

- Have a partner or friend share child care.
- Talk to other parents for support and new ideas.
- Attend a parenting group.
- Join or start a playgroup.

Get help to handle the things you can't change on your own.

- Community services, social agencies, child mental health agencies may have programs to support parents.
- Call a help line or crisis line or the Family Info Line (1-800-866-4546) for information on the services in your community. Look for emergency numbers in the front of the phone book. If one place you've contacted for help can't give you what you need, ask them for other places to try.

If you suspect that a child is being abused or neglected, report your concerns to the child welfare authorities or police in your community.

Web sites on parenting and child development

Child Development Institute..... <http://www.childdevelopmentinfo.com>
Encyclopaedia on Early Childhood Development <http://www.excellence-earlychildhood.ca/home.asp?lang=EN>
Parent Kids Right <http://www.parentkidsright.com>
The Centre for Effective Discipline <http://www.stophitting.com>
Information for Mothers Who Have Left Abusive Relationships http://www.lfcc.on.ca/HCT_pamphlet.pdf

Material adapted from *Nobody's Perfect*, a program for parents, Health Canada.

Learn How to Manage Your Anger

Anger is an emotion - child abuse is a behaviour. They don't need to be connected. If you sometimes feel so angry that you are afraid you'll hurt your child, physically or emotionally, then ...

1. **Recognize your anger.**

Admit it to yourself. Remember that anger is a healthy human emotion. It's okay to get angry. It's not okay to hit someone or be emotionally abusive. Pay attention to the signs of hidden anger - tensed muscles, accident-proneness, feelings of frustration or disappointment and a tendency to use sarcasm.

2. **Identify the cause of your anger.**

Sometimes it may be obvious. At other times, the cause of your anger may not be what it seemed at first. You may be stressed out from a bad day at work, frustrated by a traffic jam which is making you late, worried about paying your bills so you come home and start pushing or yelling at your child.

3. **Take a time out and calm down.**

Walk away from the situation if you can. Try some deep breathing to help you relax. Think about what you are trying to do. Are you trying to defeat the person or are you trying to solve the problem? If your motive is negative, the results will be too.

4. **Decide what to do.**

Decide what choices and options you have to solve the problem that caused your anger. Listen to other people's point of view. Pick constructive solutions and try them. If they aren't working, look at more options and try again.

5. **Ask for help.**

If you are having trouble managing your anger in a way that doesn't hurt others, or if you are getting angry too often, then get help. Phone your local crisis line, distress centre, child welfare agency, community Military Family Resource Centre or the Family Info Line (1-800-866-4546) for numbers and places. Look in the front pages of the phone book for emergency numbers.

Don't

- **Don't get personal.** Insults and name calling create more anger.
- **Don't avoid the issue.** Be direct and straightforward.
- **Don't make accusations** that you will regret later.
- **Don't jump to conclusions.** Listen carefully to your child.
- **Don't get physical or violent.** Avoid hitting or pushing the child with whom you are angry.
- **Don't throw or break objects.** Don't use your anger to put others down.

Material prepared by Denham Gillespie Associates, Social Work Consultants.

Talk About It With Someone Who Can Help

Your local MFRC

Social Worker or
Family Liaison Officer (FLO)
<http://www.familyforce.ca>

Your Family Info Line (FIL)

1-800-866-4546
<http://www.familyforce.ca>

Help Lines and Crisis Lines

Telephone counselling, information on other sources of help and referrals.
<http://www.crisisline.ca>
<http://www.kidshelpphone.ca/>

Family and Social Service Agencies

Counselling, referrals, «drop-in» programs and parent support groups.
<http://www.ementalhealth.ca/index.php?m=record&ID=10205>

Transition and Safe Homes

Emergency shelter and protection for abused individuals and their children.
<http://canada.wecanglobal.org/resouces/shelternet>

Child Welfare Services

Protection of children at risk and support services for troubled families.
<http://www.cwlc.ca>

Police Departments

Intervention and protection. Many departments have special units that deal with violence in families. <http://www.rcmp-grc.gc.ca>

Alcoholics Anonymous (AA), Al-Anon and Alateen

Support for when drug and alcohol abuse is a factor accompanying violence.
<http://www.aa.org>

Legal Aid Centres

Legal help for victims who cannot afford a lawyer.
<http://www.attorneygeneral.jus.gov.on.ca/english/family/lawyers.asp>

Look in the front pages of your telephone book to find out how to locate the emergency support services in your community.

The cost of services should not get in the way of your getting help. Many services are free or have sliding fee scales based on your ability to pay.

What You Can Do to Help a Child Who is Living in an Abusive Family

- **Listen and believe.** If children disclose information on the violence in their homes they are saying they trust you. Listen and believe them!
- **Important messages for children to hear are:**
 - Violence is not okay; no one deserves to be hurt.
 - It's not your fault. You are not to blame for the violence.
 - All feelings are okay. Feeling angry is okay, but it's not okay to hurt others because you're angry.
 - You have the right to be safe and happy.
 - If you are feeling sad or scared, tell someone. We don't have to keep secrets that make us feel that way.
- **Give them the Kids Help Phone # 1-800-668-6868 or website <http://www.kidshelpphone.ca>.**
- Help children work out what they can do when they are scared and need to get away from the violent outbursts at home. Help them **make a safety plan.**
- **Be a friend to a child.** Show her or him by example that adults can settle problems without violence.
- **Provide a place of warmth** that is «safe» where children can get away from the pressures at home.
- **Pay attention** to the overly aggressive child, the withdrawn and submissive child, or the child who is failing to thrive. These are often signs that there is abuse within the family.
- **Involve children in community activities.** Friendships can help them gain the security they are missing in their families.

Young people can call and talk about a problem that's bothering them. Nobody else needs to know and it's free.

"I wish my mom and dad would stop fighting. He gets mad and hurts her."

Excerpted from Canada's Private Broadcasters 1996 Anti-Violence Radio and Television Campaign.

*Break the cycle of violence —
give children a chance*

What You Can Do to Make Your Community Better for Children and Adult who are victims of violence

- **Learn more about child abuse and family violence.** Family violence can no longer be treated as a «private family matter». It's a serious social problem that makes victims of us all. Find out more about how your community responds.
 - What services and supports are in place for children who witness or experience violence in their families?
 - How well informed is your doctor, spiritual leader, child care worker and teacher about child abuse and violence against women?
 - Do your local politicians support services for women and children?
- **Work for change on a very personal and family level.** As adults we need to «practice what we preach» if we are to be good role models for children.
 - Encourage co-operation rather than competition.
 - Follow a «no hitting» rule. Avoid spanking as a form of discipline or control of children.
 - Treat others with respect and dignity.
 - Model non-violent ways to deal with conflict.
 - Challenge sexist attitudes and behaviours.
- **Volunteer.** Community organizations concerned with family violence issues need volunteers to help them carry out their work.
 - Train to work on the youth crisis line.
 - Raise funds for your local women's shelter.
 - Help organize a family violence awareness event with your community association or your children's school.
- **Speak up for new services.** If your community doesn't have the services needed to support children, work with others to start something.
 - Support the establishment of a group for children who witness violence.
 - Find out about promoting organizations that provide positive social and learning environments for children.
 - Write letters to the newspaper protesting funding cuts to community support services for children at risk.

Material prepared by Denham Gillespie Associates, Social Work Consultants.