



Learners Manual

Make it your business to prevent family violence.

Freedom from abuse and from fear of abuse is a basic human right. We are all entitled to freedom from fear and harm in family and family-type relationships.

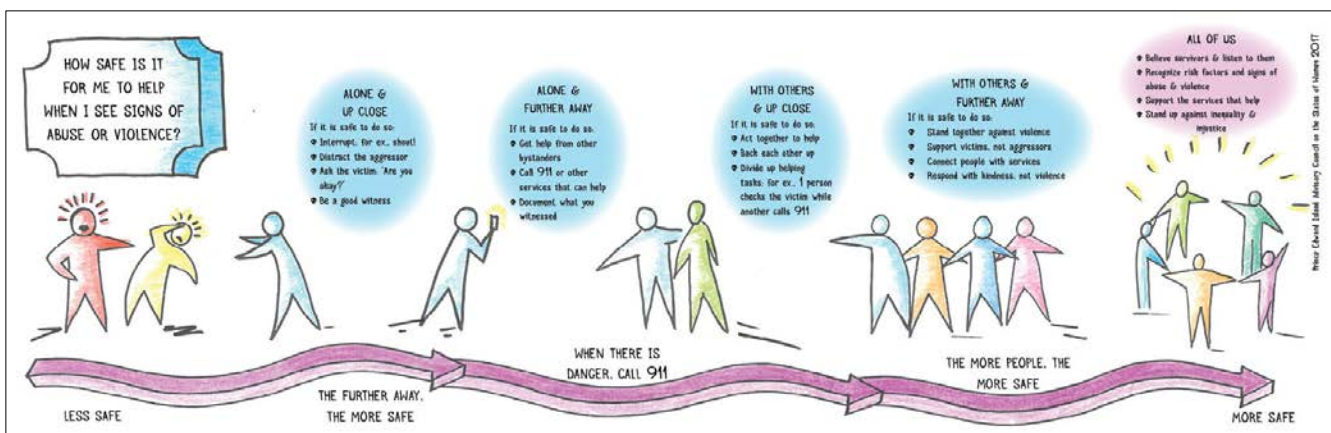
Intervening when we witness a situation of family violence can be difficult. We might feel uncomfortable, or even scared. But when we witness family violence, there is almost *always* something we can do to help. Helping rarely looks like a big, heroic act. Small actions can make a difference.

Family violence touches all of us—whether you experience family violence yourself or it's a family member, friend, neighbour, co-worker, or client.

- In 2013 in PEI, there were 279 victims of police-reported intimate partner violence substantiated by police to be victims of Criminal Code offences.
- In 2013 in PEI, 85 incidents of police-reported sexual assault were substantiated by police to be Criminal Code offences. The actual number of sexual assaults is likely to be much higher: according to the 2009 General Social Survey, 88% of sexual assaults are not reported to police.
- In 2014, PEI Adult Protection Services investigated 190 cases. 66% of the cases involved adults aged 65 years and older and 16% of cases involved adults 85 years or older. The vast majority of perpetrators were known and trusted.
- Province-wide in 2013, 71 children and youth up to 17 years old were victims of family violence substantiated by police to be Criminal Code offences. Some types of child maltreatment may not result in criminal charges but would still be referred to child welfare services.
- Between April 1, 2013 and March 31, 2014, PEI Child Protection Services received 3,766 Child Protection Reports, or an average of 72 reports per week.

(Adapted from <http://www.stopfamilyviolence.pe.ca/StatsPEI>)

Family violence hurts all of us. It's a public health, human rights, and criminal justice issue. It's also an economic and productivity issue. Together, we can take responsibility for preventing family violence and reduce the physical and emotional injuries that result. We might even save lives.



How does this booklet work?

This booklet goes with the *Make It Your Business* video series and facilitators guide. If you are using this booklet, you are probably participating in a workshop guided by a facilitator.

This project was created by PEI Family Violence Prevention Services with the City of Charlottetown Mayor's Purple Ribbon Task Force on Family Violence Prevention. The goal is to help people learn about what to do when they witness family violence at work or in public.

If you need help or advice, call PEI Family Violence Prevention Services at 1-800-240-9894 or visit fvps.ca.

There are six videos in this series. The first one introduces some basic concepts about family violence and how to safely intervene as a bystander. The rest of the videos show scenes of family violence happening in familiar, public settings. Ordinary people, just like you, witness signs of violence and have to figure out how to respond. The situations are all drawn from real life.

In each video, you'll see a scene of abuse or violence. These include child abuse, verbal abuse, online harassment, sexual assault, and abuse of an older adult. A violence prevention advocate will walk you through the signs of family violence, then show you three options for safe interventions: *two* options you could take if you are witnessing the scene at work—and *one* more option you could take as a member of the general public, passing by.

What to do if someone tells you they have experienced or witnessed family violence:

Don't try to handle it on your own. It is best to let experts in family violence respond to a report of abuse. There is a list of resources at the back of this book.

Avoid giving advice. Be prepared to listen and provide information. This simple script is a good place to start:

I'm sorry this happened to you.

I want you to know that what you're describing is not right.

It's not your fault.

I want you to be safe and to get help, but I'm not an expert. Can I put you in touch with resources that can help?

If you need more information or help, call PEI Family Violence Prevention Services at 1-800-240-9894 or visit fvps.ca.

List of important words:

Abuse — Cruel or violent treatment of a person or animal. Abuse can be physical, emotional, psychological, sexual, verbal, or financial. It can also include neglect or denial of human rights. A person who abuses is an abuser; their behaviour is abusive.

Aggressive — Ready or likely to attack or confront someone.

Bullying — Using strength or power to harm or intimidate someone (usually someone weaker).

Bystander — A person who witnesses an event or incident but is not directly involved.

Duty of care — Responsibility for the care and wellbeing of a child or vulnerable adult, because of your job as a caregiver or your professional role. According to the PEI Adult Protection Act, “any person who, by virtue of his or her professional employment or occupation in health care, social services, education, law enforcement, counselling, residential services, or any other field where the person has a duty of care to vulnerable adults, has reasonable grounds for believing that an adult is in need of assistance or protection shall report the circumstances to the Minister.” This reporting is done through Adult Protection.

Family or family-type relationship — According to the PEI Victims of Family Violence Act, a “family relationship” means a relationship between any two people who are or have been married to each other, who have lived together in a spousal or sexual relationship, or are members of the same family. This includes stepfamilies and blended families.

Family violence — Any violence against a person by someone with whom that person is, or has been, in a family relationship. It includes any assault; any act or neglect that causes injury to a victim or damage to property; any act or threat that causes a reasonable fear of injury to the victim or damage to property; forced confinement; actions or threats of sexual, physical, or emotional abuse; and depriving a victim of food, clothing, medical attention, shelter, transportation, or other necessities of life. Other words for family violence include child maltreatment, child abuse, incest, child exposure to domestic violence, intimate partner violence, spousal violence, woman abuse, domestic violence, sibling abuse, parent abuse, elder abuse, and abuse of older adults.

Gender — How a person self-identifies according to the socially constructed roles, behaviours, and attributes designated female or male by the person’s culture. Gender is our internal and individual sense of being a woman, a man, both, neither, or anywhere along the gender spectrum. Gender identity is separate from sexual orientation. “Woman,” for example, includes any person who identifies as a woman.

Human rights — Rights that belong to every person. The United Nations defines human rights as “inherent to all human beings, whatever our nationality, place of residence, sex, national or ethnic origin, colour, religion, language, or any other status. We are all equally entitled to our human rights without discrimination. These rights are all interrelated, interdependent and indivisible.” (*From www.ohchr.org/EN/Issues/Pages/WhatAreHumanRights.aspx*) In Canada, our human rights are

protected by federal, provincial, and territorial laws, including the Canadian Human Rights Act and the PEI Human Rights Act.

Intervene — Take action to interrupt, prevent, or alter an event or incident.

Peace officer — In most cases, you will report emergencies and high-risk situations to the police by calling 911. Peace officers also include bailiffs, sheriffs, and justices of the peace; some municipal and county officials; some correctional officers; some border protection officers; some fisheries officers; some immigration officers; and some members of the armed forces.

Sexual assault — Sexual assault is *any unwanted sexual act forced by one person on another*. This includes a wide range of behaviour from forced vaginal or anal intercourse to touching and kissing done without consent. Sexual assault can happen between any people of any gender. Sexual assault is against the law and is a serious crime. (*Adapted from PEI Rape and Sexual Assault Centre, <http://www.peirsac.org/faqs.php>*)

Unhealthy dating or relationship behaviours — Includes behaviours rooted in the abuse of power and control, including physical, sexual, and emotional violence. These behaviours can also include controlling a partner's activities, displaying jealousy, isolating a partner from family and/or friends, withholding money or other necessities, and threats. Some unhealthy relationship behaviours are illegal and some are not. All can be signs of family violence.

Violence — Behaviour involving physical force that hurts, injures, damages, or kills a person, animal, or property. Family violence also includes emotional, psychological, and sexual violence that harms, injures, dominates, or controls the target.

Victim/survivor/target — Words used to describe a person who is the recipient of family violence. Different people prefer different terms.

Women's rights — Women in Canada are protected from discrimination on the grounds of gender, age, marital status, sexual orientation, and more by the Canadian Human Rights Act and the Canadian Charter of Rights and Freedoms. Women's rights are human rights. "Women" includes all people who identify as women. (*Adapted from www.canada.ca/en/canadian-heritage/services/rights-women.html*)

Video 1: Make It Your Business... *When you witness family violence*



In the first video in this series, violence prevention advocate Erin Casey introduces some key messages about family violence and invites us to learn more and become part of the solution.

You may see signs of family violence in your workplace, in public, or anywhere people interact. Family violence affects *us ALL*—whether you experience family violence yourself or it's a family member, friend, neighbour, co-worker, or client.

This project is about family violence, but all of the interventions still apply if the people involved are not family members or in a family-type relationship, or if you can't tell their relationship.

Key Messages

- Family violence can happen between any two people in any kind of family—or family-type—relationship. This includes dating partners and exes.
- Family violence can happen in mixed-gender or same-gender relationships.
- Family violence is rooted in **abuse of power** and **control**. The abuse may be physical, emotional, verbal, spiritual, psychological, financial, or sexual. It can also be neglect or denial of human rights.
- When you witness family violence, there is almost *always* something you can do to help. **Small actions can make a big difference.**
- Family violence is dangerous for the people being abused and for bystanders. When you see signs of family violence, think **safety first**—for yourself and others. It is safest to help when you can do something farther away from the incident, get help from others, or both. The closer you are to the incident and the more alone you are, the greater the risk.
- People who are targets of family violence are in danger of harm. Taking action could stop that harm—and could even save a life.
- When you witness signs of family violence, you usually have choices about what to do and who to involve. Trust your instincts. But always do something safe and effective.
- Never intervene in a situation of violence with more violence or with aggression.
- **Some situations require you to call Child Protection, Adult Protection, or a peace officer.**
- There are many resources in the community to help. Prince Edward Island Family Violence Prevention Services helps people across PEI with advice and support. There is a comprehensive list of resources at the end of this manual.
- **If you think someone is in danger, or if you are in danger, *always* call 911.**

A person abusing someone might do some or all of these things to their target:

- put them down and act superior
- do all the talking and dominate the conversation
- try to keep them away from family and friends
- check up on them all the time
- hit or slap them, or force them to have sex when they don't want to
- threaten to hurt them, their children, pets, or property
- say they can't live without them and threaten suicide

The person who is abusing might also:

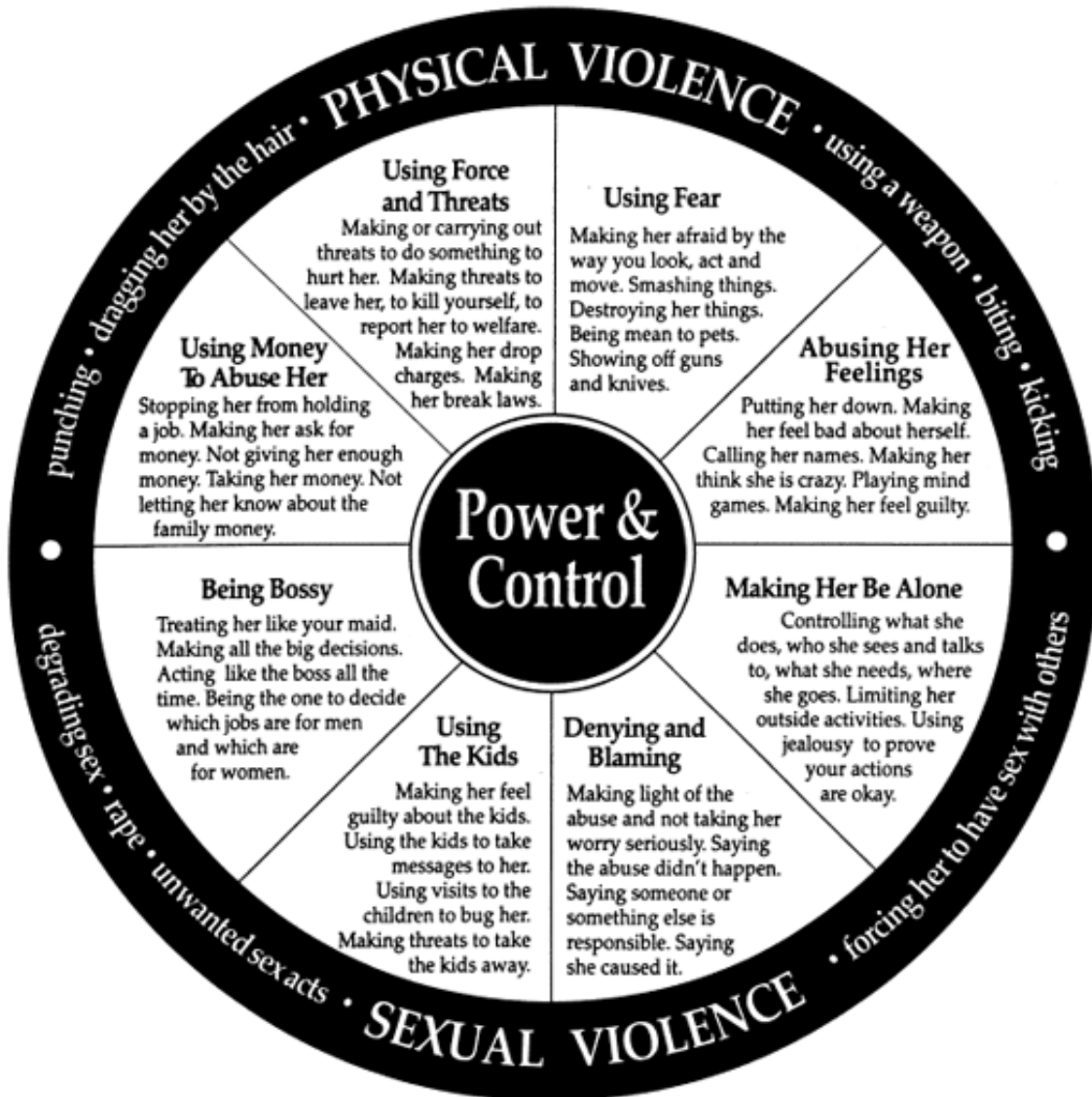
- minimize their violent behaviour
- make direct or indirect threats involving firearms or other weapons
- have a history of abusing others, even animals
- act extremely jealous and suspicious
- show disregard for the law
- use access to children to harass their target
- do other things to cause physical or emotional harm

Adapted from Premier's Action Committee on Family Violence Prevention Warning Signs of Abuse:

<http://www.stopfamilyviolence.pe.ca/warningsigns>

Power and Control Wheel

Family violence is rooted in the abuse of power and control. This diagram shows different ways that family violence can occur and interact.



Video 2: Make It Your Business... *When you witness child abuse*



In the video about child abuse, we witness a situation that may be familiar to some people: a parent losing patience with and threatening a child in public. A mother holding the hand of a small child enters City Hall to pay a parking ticket. The mother is harried and frustrated. She is moving too fast for the child to keep up and is tugging on their hand. Two people in this scenario witness threatening behaviour by the mother towards her child: the kiosk attendant and a bystander in the line.

Child abuse is a form of family violence. Like other kinds of abuse, child abuse can be physical, emotional, sexual, psychological, spiritual, and verbal. It can also be neglect, threats, or other forms of mistreatment. It's never okay to threaten or harm a child.

Key Messages

- **If you witness or suspect child abuse in any situation, you must report it to Child Protection Services or a peace officer**—typically the police. Calling Child Protection or a peace officer when you witness or suspect child abuse or neglect is your *responsibility*.
- Child Protection is required to assess every call they receive.
- A small action to help someone experiencing family violence can make a difference.
- Always document possible abuse as soon as you can: take notes, screenshots, or photos if it is safe to do so.
- If you feel safest calling police to help first, trust your instincts.
- **If you think someone is in danger, or if you are in danger, call 911.**

PEI Child Protection Services

1-877-341-3101

After-hours emergency

1-800-341-6868

Help vulnerable people feel safe

You might need a safe place to talk to, protect, or calm a child, a vulnerable person, or anyone who has been a target of abuse. Your first instinct may be to look for a place that is private and out of sight.

A private space where no one can be seen can be a dangerous or intimidating place for a child or vulnerable adult.

A safe space will still have an open door or a window that leaves the interior of the room visible. Consider inviting another person to be in the room to increase everyone's safety and security.



Not sure how to identify a possible abuser when you report?

Even with very little information, Child Protection Services (CPS) has the authority to investigate and find out who people are. In this example, all CPS would need is the time of the payment to trace who came in.

Often, people who witness or suspect possible child abuse feel there is no point in calling CPS if they don't know exactly who someone is. Child Protection can gain access to identifying information with just a few clues, such as a licence plate, payment date, or phone number. Discreetly collect identifying information if you can, and leave the rest to CPS.

If you have no way of identifying the people involved, it is best to call the police.

Did you know?

Exposure to family violence has a dramatic effect on children. Exposure to anger and abuse can affect a child's:

- brain development—this in turn affects every aspect of physical, mental, emotional, and spiritual development;
- emotional well-being—increased anxiety and fear often have long-term effects
- ability to learn; and
- ability to connect with other people and make friends—relationships are learned from observing others

Children exposed to family violence are more likely to be bullies or be bullied. They are also at greater risk of growing up to be abusive to others, to be abused, or both.

Adapted from Premier's Action Committee on Family Violence Prevention When children are involved:

<http://stopfamilyviolence.pe.ca/index.php3?number=1017052&lang=E>

Video 3: Make It Your Business... *When you hear abusive language*



In the video about abusive language, we see a man in a restaurant using verbally abusive language towards a woman he appears to be in a relationship with. This is a type of intimate partner violence. Several bystanders, including a hostess, server, and customer, witness the man speaking to the woman using rude, abusive, and controlling language. He is insulting and belittling her and her gender.

Intimate partner violence is a common form of family violence. An intimate partner is someone you are married to or live with in an intimate relationship. It can also be a former spouse or partner, a dating partner, or a former dating partner. Intimate partner violence can happen between partners or former partners of any gender or sexual orientation, at any age, and from any background.

Intimate partner violence can be physical, emotional, sexual, psychological, spiritual, financial, and verbal. It often happens in private and away from witnesses, but there still may be public signs of one partner using power and control to dominate the other.

Key Messages

- Abusive words, negative or aggressive body language, and controlling behaviour can all be signs of abuse.

- Monopolizing someone’s attention, putting down their gender, restricting how they use their phone, trying to isolate them from family and friends, belittling them, and calling them names could all be signs of abuse or violence.
- Making eye contact with a target of abuse and checking to see if they’re okay may reduce their sense of isolation. It can remind them there is help and support outside their relationship.
- Sometimes, you may feel like there is not much you can do to help. A small action to help someone experiencing family violence can make a difference. Bigger actions could increase the danger for the person being abused instead of making things better.
- Taking action when you witness abuse might feel uncomfortable, but turning a blind eye to abusive and demeaning words may put someone at risk of further harm.
- Always document possible abuse as soon as you can: take notes, screenshots, or photos if it is safe to do so.
- **If a verbal abuse situation escalates or if you think someone is in danger—or if you are in danger—call 911.**

PEI Family Violence Prevention Services

1-800-240-9894
fvps.ca

Anderson House is a provincial shelter for women and children.

24-hour toll free crisis and support line:

1-800-240-9894

Chief Mary Bernard Memorial Women’s Shelter

1-855-287-2332
cmbmws.morriscode.ca

You can find the PEI government’s **Information for People in an Abusive Relationship**, an excellent guide for people experiencing family violence—and the people who support and love them—at www.princeedwardisland.ca/en/publication/information-people-abusive-relationship.

6 steps to taking action when you see signs of abuse or violence:

1. **Notice** that something is happening.
2. **Recognize** signs of abuse or violence.
3. **Take responsibility** for providing help.
4. **Assess safety** for the person being abused, the aggressor, you, and others nearby.
5. **Decide** how to help in a way that keeps you and the people around you safe.
6. **Take action** to help.

Not acting doesn’t make anyone safer.

Choosing *not* to do something is a decision with consequences. Allowing violence to happen can cause serious harm to the target and the people around them.

Adapted from PEI Advisory Council on the Status of Women handout Don’t Stand By. Stand With.



Every person who experiences family violence is at a higher risk of domestic homicide.

Domestic homicide is the killing of a current or former intimate partner, their child(ren), and/or other third parties. Domestic homicide can be prevented if people around the victim recognize risk factors and act when they see them.

In the vast majority of cases that end in domestic homicide, there were seven or more risk factors involved, some big and some seemingly small. Even seemingly small risk factors can add up to a big risk of death.

The seven most common risk factors in domestic homicide were:

- the victim was separated from the person who killed them, or they were getting ready to separate
- the couple had a history of domestic violence
- the level of violence had been increasing
- the abuser had shown signs of obsessive behaviour, including stalking the victim
- the person who killed their spouse was depressed
- in the past, the abuser had threatened to kill the victim

"In most cases that ended in domestic homicide, critical information was known by family, friends, police, co-workers, and/or people working in front-line services." From learningtoendabuse.ca/sites/default/files/Peter_Jaffe_AM-1.pdf

Video 4: Make It Your Business... *When you witness abuse of an older adult*



In this video, we see a young woman possibly financially abusing an older adult: her grandfather. Abuse of an older adult is sometimes called elder abuse. Several bystanders in a retail store, including two store clerks and two shoppers, witness the granddaughter using her grandfather's credit card to buy an expensive jacket, even though he appears to be confused and might not be able to consent.

Abuse of an older adult can be a single event or a series of events over time that harm an older person or jeopardize their health or welfare. Elder abuse can be physical, emotional, sexual, psychological, spiritual, financial, and verbal. It can also be neglect or denial of human rights. There may be public signs of a caregiver or family member taking advantage of or harming an older adult.

Key Messages

- Abuse of older adults is an abuse of power in a relationship. It can happen in family or caregiver relationships, usually when the older adult is dependent in some way.
- **You must report suspected abuse of an older adult to Adult Protection if you have a duty of care to that person.** A *duty of care* means that you are responsible for the care and wellbeing of a vulnerable adult—because of your job as a caregiver or your professional role.
- Even if you don't have a duty of care, it's very important to report abuse. If you think you've seen abuse, it's important to document everything you witnessed as soon as possible.

Adult Protection
902-368-4790

PEI Seniors Secretariat
1-866-770-0588

- Always document possible abuse as soon as you can: take notes, screenshots, or photos if it is safe to do so.
- **If you think someone is in danger, or if you are in danger, call 911.**



Abuse of older adults often involves a family member. Anyone—a friend, caregiver or person in a position of trust and authority—can also be abusive toward an older person. It can happen in a person's home, other residential settings, or the community.

Abuse of older adults may:

- be a continuation of long-term partner abuse
- begin with retirement
- begin with the onset of a health condition
- occur in a new intimate relationship
- be committed by adult children, grandchildren, or other family members

There may be many reasons why older persons do not report abuse, including:

- fear of being sent to a nursing home
- fear of reprisal
- not knowing where to go for help
- shame of having an abusive child
- fear of not being believed
- nowhere to go
- fear of being denied access to grandchildren
- fear of being rejected by family
- intense family loyalty

*Adapted from Premier's Action Committee on Family Violence Prevention For seniors:
<http://www.stopfamilyviolence.pe.ca/seniors>*

Video 5: Make It Your Business... *When you witness sexual assault*



In this video, we see a woman being intimidated, harassed, and possibly sexually assaulted by a man. The woman is looking for change to feed a parking meter. A man approaches and engages her in conversation, touching her in unwelcome ways. She looks uncomfortable, scared, and frozen in place. Two men inside a nearby store watch through a window, and two young people walking by witness the incident.

The abuser and his target appear to know each other, but there's no way to tell for sure if they are in a family-type relationship. **Their past or current relationship does not matter.** Whether or not a sexual assault is taking place, the man is making the woman feel *very* uncomfortable. His attention is clearly not wanted, and he is touching her in ways she did not invite. The woman in this situation needs help.

This is definitely a matter for police. Even though the man's actions might not seem all that serious to a casual observer, **touching someone in a sexual manner without their consent is sexual assault.**

CALL 911 IN IMMEDIATE DANGER

NEED HELP?

PEI Victim Services
Charlottetown 902-368-4582
Summerside 902-888-8218

PEI Family Violence Prevention Services
fvps.ca 1-800-240-9894

Chief Mary Bernard Memorial
Women's Shelter
cmbmws.morriscode.ca
1-855-287-2332

PEI Rape and Sexual Assault Centre
www.peirsac.org 1-866-566-1864

CALL 911 IN IMMEDIATE DANGER

Key Messages

- The relationship between the two people does not matter. The woman needs someone to help her.
- If the man touched the woman's buttocks, the bystanders have witnessed a sexual assault under the Criminal Code, and it's a matter for police.
- Distraction can be a good way to interrupt harassment or sexual assault in public.
- Always document possible abuse as soon as you can: take notes, screenshots, or photos if it is safe to do so.
- **If you think someone is in danger, or if you are in danger, call 911.**

You may be able to stop, interrupt, or prevent abuse or violence by using safe and smart tactics to intervene.

- **Be a good witness.** Use words or your body to let the abuser and the targeted person know you're paying attention. Notice details of what is happening.
- **Use distraction.** Ask the perpetrator for the time, clear your throat, or do something else that distracts them from their behaviour.
- **Stand physically with the targeted person.** They and the abuser will both know they are not alone.
- **Give control to the targeted person by speaking directly to them.** Ask, "Are you okay?" "Are they bothering you?" Be ready to help if they ask, or to respect their choice if they don't want help.
- **Trust your instincts.** If you think someone is in danger, or if you are in danger, get help from police or security – **or call 911.**

Adapted from Premier's Action Committee on Family Violence Prevention Tip Sheet [I see signs of violence or abuse happening](#)

In two of the examples in this video, the woman walks away. Does that mean you shouldn't bother calling the police if you've witnessed an assault? No!

Like in many other scenarios in this series, it is important to be a good witness. Take note of details where you can, such as licence plates and physical descriptions.

Call 911 immediately if you witness a sexual assault of ANY KIND.

Intervene to help the target as soon as possible, IF it is safe to do so! Situations of sexual assault can be dangerous and volatile—get help from others to intervene safely.



Common Concern	Possible Solutions/Responses
It's none of my business.	It could be a matter of life and death. Violence in the community is everyone's business. If I were in a situation of abuse, I would want someone to notice and help. The community should be safe for all of us.
I don't know what to say.	"I care." "I believe you." "It's not your fault." "That kind of behaviour is not acceptable in this workplace."
I might make it worse.	If you are witnessing abuse, it is already bad. Doing nothing could make things worse. Abuse often gets worse over time. A choice to do nothing is still a choice.
It's not really serious enough to call the police.	Police are trained to respond to violent situations. They are also trained to know what is criminal behaviour and what is not. If the behaviour is not criminal, they can help families connect to other resources.
I'm afraid of the abuser and what they might do to me or to my family.	Speak alone to the person being abused. Tell the police if you receive threats. If you or someone else is in danger, call 911.
I don't think the person really wants help because they keep talking to the abuser and going back to them.	People who are abused need lots of support to safely leave a situation: a safe place to go, childcare, and transportation. The time after a person leaves an abuser may be the most dangerous time for the person who was experiencing abuse. Help them connect with supports and services so they can make a change when they're ready.
I'm afraid the person will be mad at me if I interfere or intervene.	They might be, but they will know you care and they can turn to you when they're ready.
They are both my friends.	If one friend is being abused and living in fear, you can help by being supportive and ready to help the victim. Say something like, "What I see happening to you may be okay with you right now, but it is not okay with me to see you treated that way." Remember that reporting child abuse to Child Protection or the police is mandatory.
I should wait until they ask for help.	They might be too afraid or ashamed to ask. You can stay in touch about their wellbeing to show you care and are ready to help.
If the abuser wanted to stop, or wanted help, they'd ask.	They might be too ashamed to ask for help. If you know or suspect someone you know is an abuser, you can say something like, "I care about you, and your behaviour is hurting people I also care about. I want to support you to stop."

	Remember that reporting child abuse to Child Protection or the police is mandatory.
Family violence is a private matter.	When a child or adult is being hurt, it's everybody's business. It's against the law and you have a responsibility to help. Family violence is a public health, criminal justice, and a human rights issue. Everyone must work together and share resources to end family violence.

Adapted from the Premier's Action Committee on Family Violence: www.stopfamilyviolence.pe.ca/friends

Supporting an adult survivor of sexual assault

Say:

- I'm sorry this happened to you.
- This was not your fault.
- I'm glad you told me.
- I will do my best to support you.

Don't

- Tell them how to feel.
- Excuse or defend the perpetrator.

Do:

- Believe them and listen without judgment.
- Support them by respecting their choices.
- Offer to go with them to the police or the hospital—if they want to go.
- Respect their privacy, check in on them, and offer your support.

Adapted from PEI Rape and Sexual Assault Centre [Supporting an Adult Survivor of Sexual Assault in PEI](#)

What is rape culture?

Rape culture is the way that we collectively *think* about rape and includes cultural practices that excuse or tolerate sexual violence. Often, we see examples of rape culture when sexual assault, rape, and or gender violence are ignored, trivialized, normalized, or made into jokes.

Adapted from [25 Everyday Examples of Rape Culture](#), by Shannon Ridgeway, everydayfeminism.com

What is consent?

Consent is asking your partner before you start any sexual activity.

Consent is continuing to ask if the activity is okay.

Consent is an active choice, not something that "just happens".

Consent is respectful of both partners.

Consent is focused on the people involved, not the environment or situation. Consent is meant to make sure that sexual activity is fun for both partners.

Consent is a clear and definite "yes—an enthusiastic "yes!"—and asking permission every time.

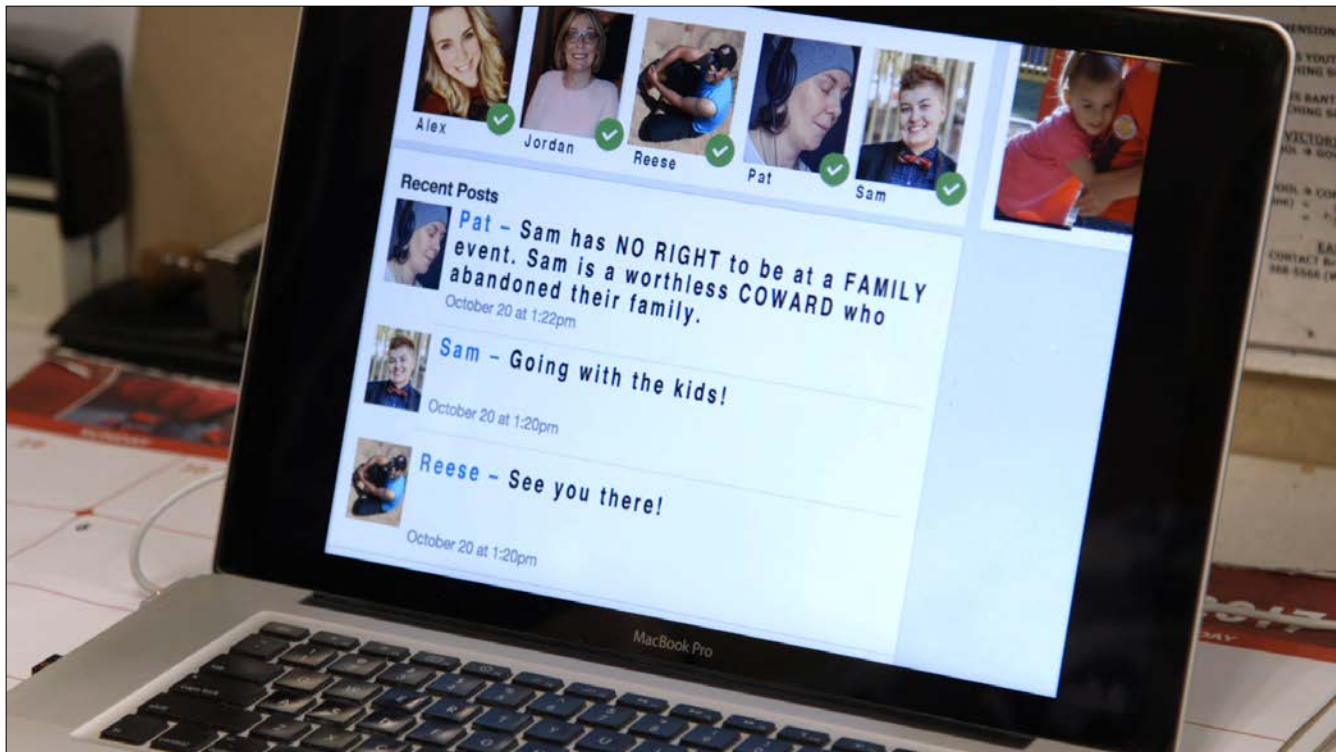
Consent is voluntary.

Only YOU can give consent. Sex without consent is a crime.

Your body is yours. It's up to you.

Adapted from PEI Advisory Council on the Status of Women Purple Ribbon Campaign handout, [Consent is...](#)

Video 6: Make It Your Business... *When you see online harassment*



This video shows an example of what to do when a mean personal comment is posted on a social media page. Two colleagues in an office are monitoring the online guest list for a work-related family social event. They notice a mean personal comment posted by one event goer, directed at another event goer. It turns out that the two guests are former intimate partners. Other people also see the post.

Signs of abuse and violence can show up in real life or online. It is very common to see comments on social media that are mean or involve trolling, bullying, or harassment. It's also common to see comments that display sexism, racism, homophobia, ableism, and other forms of discrimination. Violent threats, rape threats, and other sexualized comments are also common online. Threats of any kind may be a matter for police. Trust your instincts, and if you think you or someone else is in danger, call the police.

NEED HELP?

PEI Family Violence Prevention Services fvps.ca
or 1-800-240-9894

Chief Mary Bernard Memorial Women's Shelter
cmbmws.morriscode.ca or 1-855-287-2332

PEI Rape and Sexual Assault Centre peirsac.org
or 1-866-566-1864

You can find the PEI government's **Information for People in an Abusive Relationship**, an excellent guide for people experiencing family violence—and the people who support and love them— at www.princeedwardisland.ca/en/publication/information-people-abusive-relationship

If you or someone else is in danger, call 911.

Key Messages

- Family violence doesn't always end when a relationship ends. A recent separation or breakup is a risk factor for violence and abuse.
- If inappropriate comments come up between people who are family or have been dating partners or in a family-type relationship, online comments may be signs of family violence.
- Regardless of the relationship between two people, if an online comment feels "off" to you, document it. Some employers will have a policy about what to do with inappropriate social media posts and comments.
- Always document possible abuse as soon as you can: take notes, screenshots, or photos if it is safe to do so.
- Setting a standard in your workplace or community that you will not tolerate online harassment or bullying is important. It helps prevent family violence and shows targets of violence that you care.
- **If you think someone is in danger, or if you are in danger, call 911.**

Sexual harassment is covered in the PEI Employment Standards Act, which applies as a minimum even when employers have no policy about workplace sexual harassment. For information or assistance:

PEI Human Rights Commission
(902) 368-4180 or 1-800-237-5031
contact@peihumanrights.ca
gov.pe.ca/humanrights

Pay attention and take action!

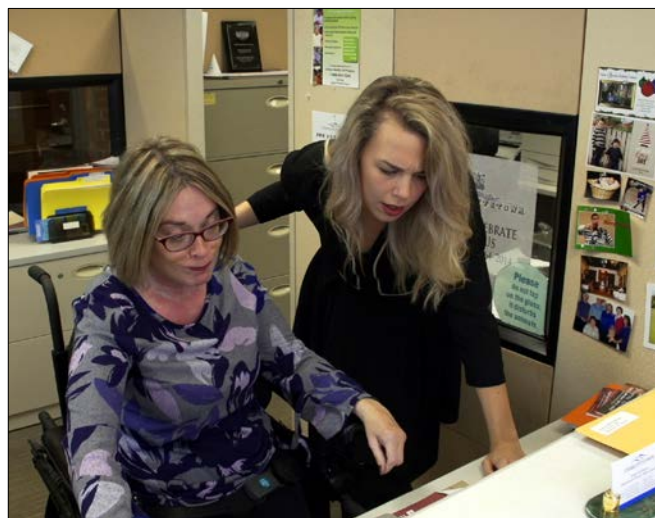
Look for attitudes and behaviours that put people down or are aggressive, abusive, or violent. Look for opportunities to intervene safely.

You can help prevent abuse and violence by addressing harmful attitudes and behaviours.

- **Show you disapprove** of harmful attitudes or behaviours by refusing to be an audience.
- **Refuse to join in.** Discourage others from participating in abusive attitudes and behaviours. Point out the harmful, abusive, or violent behaviour you witness without passing judgment on the perpetrator.
- **Speak out.** "I don't think that's funny." "What you are saying or doing is wrong."
- **Get support** and rally others nearby to join you. "I don't accept this attitude or behaviour. It's not okay with me. I hope it's not okay with you either."
- **Get help** and know what resources are available nearby or in the community to help prevent and address abuse and violence.

Adapted from Premier's Action Committee on Family Violence Prevention Tip Sheet [I see signs of violence or abuse happening](#).

Setting a standard in your workplace or community that you will not tolerate online harassment or bullying is important. It helps prevent family violence and shows targets of violence that you care.



What is cyberviolence?

Cyberviolence is online behaviour that leads or amounts to an assault on the physical, psychological, and/or emotional wellbeing of a person or group. It can include, but is not limited to the following:

- Grooming—using social media to develop trust for the purposes of harming others (for example, to commit sexual assault)
- Surveillance/Tracking—stalking and monitoring a victim’s activities (GPS, keystroke monitoring)
- Recording and/or distributing images or video of sexual assault
- Inciting others to assault
- Distributing sexual images without consent
- Harassing victims of sexual assault
- Violent threats (rape, death, injury, and more)
- Distribution of photoshopped images
- Impersonation of a victim
- Identity theft
- Lies and slander spread online about the victim with the intention of damaging the victim’s reputation (libel)
- Technical sabotage and privacy invasions such as hacking victims’ computers, email, or social media accounts
- Strategically sharing hacked information with the intention of manipulating the victim’s life (this is particularly damaging if the victim is unaware that they are being targeted)
- Doxing (hacking and posting confidential information, such as social security numbers, medical records, passwords, licence numbers, and banking information)
- Distributing and sharing personal information online, such as home addresses, places of work or school, daily routines, and personal schedules
- Defamation (posting or directly sending false information to a victim’s friends, relatives, employers, or potential employers, with the express intention of permanently destroying the victim’s reputation)
- Creep shots (clandestine or lewd photos taken of victims without their consent or knowledge, after which they are posted online without the victim’s consent)
- Coordinated denial-of-service attacks and “image reaping” campaigns aimed to shut down victims’ websites or blogs

Adapted from Cyberviolence Prevention Policy and Best Practices: Cost-Benefit Analysis, Status of Women Canada <http://cyberviolence.atwaterlibrary.ca/wp-content/uploads/2017/03/Cyberviolence-Prevention-Policy-and-Best-Practices-Cost-Benefit-Analysis-.pdf>

Emergency Contacts

Ambulance, Fire, Police: 9-1-1

*24-hour telephone service for **emergencies** requiring immediate help*

Telehealth: 8-1-1

Dial **7-1-1 (TTY)** if you are hearing impaired.

*24-hour telephone service for **non-emergency health information***

Adult Protection

Call if you think an older or vulnerable adult is being abused or neglected.

Souris: **(902) 687-7096**

Montague: **(902) 838-0786**

Charlottetown: **(902) 368-4790**

Summerside: **(902) 888-8440**

O'Leary: **(902) 859-8730**

Child Protection: 1-877-341-3101

After-hours emergency: **1-800-341-6868**

If you suspect a child is being abused or neglected, you are legally required to contact Child Protection Services.

Island Help Line: 1-800-218-2855

theislandhelpline.com

24-hour, bilingual, and confidential telephone service that provides information and support to Islanders in crisis, feeling depressed, or thinking about suicide

Kids Help Phone: 1-800-668-6868

kidshelpphone.ca

24-hour bilingual, confidential, and anonymous phone and online counseling service for children and youth

Emergency Shelters

Anderson House Crisis Line: 1-800-240-9894

Substance-free emergency shelter in Charlottetown for women and their children

Chief Mary Bernard Memorial Shelter: 1-855-297-2332

Emergency shelter in Lennox Island for Aboriginal and non-Aboriginal women and their children

Bedford MacDonald House: (902) 892-9242

Emergency homeless shelter and short-term residence in Charlottetown for men

Other Services

PEI Family Violence Prevention Services (FVPS): 1-800-240-9894

fvps.ca

FVPS is dedicated to the eradication of violence in families. They provide services and information to people experiencing family violence and to the community

PEI Rape and Sexual Assault Centre: 1-888-368-8055

Peirsac.org

Confidential counseling service for victims of rape and sexual assault

Community Legal Information Association of PEI (CLIA): 1-800-240-9798

cliapei.ca

Non-profit charity providing lawyer referrals and free legal information to Islanders in need

Gambling Support Information: 1-855-255-4255

24-hour toll-free confidential telephone service with a licensed social worker for problem gambling counseling and crisis intervention

PEI Human Rights Commission: 902-368-4180

gov.pe.ca/humanrights/

The PEI Human Rights Commission is an independent body that administers and enforces the Prince Edward Island Human Rights Act. Complaints regarding violations of this act can be brought to the Commission

PEI Victim Services: Queens and Kings County 902-368-4582, Prince County 902-888-8218

www.princeedwardisland.ca/en/information/justice-and-public-safety/victim-services

Assists victims of crime anywhere on PEI or victims of crime that occurred on PEI throughout their involvement in the criminal justice system; help is available to those who feel they have been victimized regardless of whether a complaint has been made to the police or a charge has been laid.

Other Resources

PEI Premier's Action Committee (PAC) on Family Violence Prevention: stopfamilyviolence.pe.ca

PAC's ensures a high public profile for family violence prevention across PEI. The site contains excellent information and resources

Information for People in an Abusive Relationship

www.princeedwardisland.ca/en/publication/information-people-abusive-relationship

PEI government guide for people experiencing family violence—and for the people who support them