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The Citizens' Crime Prevention Association of Newfoundland and Labrador was formed in 1988. It is comprised of police and citizens who are concerned with making our communities better and safer places in which to live. It was felt at that time that the traditional responses to crime in our communities were insufficient and that other responses were needed.



The response that was seen as perhaps offering the greatest opportunity for success was the principle of the safer communities approach to crime prevention. The strategies highlighted by this approach and used by our communities are:

- Crime Prevention through Social Development
- Crime Prevention through Community-Based Policing
- Crime Prevention through Opportunity Reduction

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FAMILY VIOLENCE AWARENESS

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WHAT IS FAMILY VIOLENCE?



Family violence is any form of abuse or neglect that a child or adult experiences from a family member, or from someone with whom they have an intimate relationship. It is an abuse of power by one person to hurt and control someone who trusts and depends on them.

All family violence is wrong. Some of it is against the law.

Many terms with similar meanings

The different terms used for family violence can have slightly different meanings depending on where and how they are used, such as in a courtroom or a hospital. For example, **domestic violence** can sometimes mean family violence and sometimes it means intimate partner violence. **Intimate partner violence** refers to physical, sexual, or psychological harm by a current or former partner or spouse and can also be called **dating violence** between couples who are not married. The terms **violence against women** and **gender-based violence** are also used. **Child abuse** is sometimes called **child maltreatment or neglect**, and elder abuse is sometimes referred to as **neglect**.

Family violence affects Canadians in all types of families and relationships—no matter how old they are, where they live, or how much money, education or type of job they have. It can affect people of every race, religion and sexual orientation.

Violence can happen between anyone in a family or in a close intimate relationship (e.g., boyfriend, girlfriend or fiancée), including children, parents, grandparents, siblings, intimate partners and extended family—like uncles or step-parents. It can happen in opposite sex and same-sex couples.



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WHAT IS FAMILY VIOLENCE?

...continued

Examples of family violence:

- child abuse, including neglect and childhood exposure to intimate partner violence
- intimate partner violence, including dating violence
- elder abuse and neglect
- early and forced marriage, and "honour"-related violence
- female genital mutilation

Some common forms of family violence include:

Physical abuse—physical injury or death of a family member or intimate partner caused when someone:

- pushes, shoves, hits, slaps or kicks
- pinches or punches
- strangles or chokes
- stabs or cuts
- shoots
- throws objects
- burns
- holds someone down for another person to assault
- locks someone in a room or ties them down



Sexual abuse—forced sexual activity on a family member or intimate partner, when someone:

- touches another in a sexual way without consent
- has any sexual activity without consent
- continues sexual activity when asked to stop
- forces another to commit unsafe or humiliating sexual acts

Sexual abuse can also happen in intimate partner relationships. Even if you are married or engaged, your partner cannot force you to have sex.



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WHAT IS FAMILY VIOLENCE?

...continued

Children under the age of 16 cannot give informed consent, so any sexual contact between an adult and a child is a crime. Children under the age of 18 cannot legally give consent to sexual activity that exploits them.

Emotional or psycho-social abuse—words or actions to control or frighten a family member or intimate partner, or destroy their self-respect, when someone:

- makes threats
- intimidates or bullies
- puts down, insults or calls a person names
- yells or criticizes all the time
- isolates a person from friends and family
- destroys belongings
- hurts pets



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Financial abuse—control, or misuse of a family member's or intimate partner's money or property, when someone:

- takes another person's money or property without permission
- prevents a person from going to work or otherwise obtaining money or other resources
- withholds or limits money
- pressures a person to sign documents
- forces a person to sell things or change a will

Neglect—not meeting the basic needs to provide care for a dependent family member or intimate partner, when someone:

- does not provide proper food, warm clothing, health care, medication or appropriate hygiene
- does not protect another person from physical harm or provide proper supervision
- abandons another person

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WHAT PUTS FAMILIES AT RISK OF VIOLENCE AND WHAT HELPS PROTECT THEM?

Patterns of family violence continue from one generation to another

A child or teenager who is abused, or exposed to intimate partner violence, is more likely to be abused as an adult or to become an abuser. This makes prior experience of family violence a risk factor.

Family violence can happen in any family or community.

Research shows that while some factors may help protect families from violence (protective factors), others are related to a higher risk (risk factors).

These factors do not cause family violence; they are related to level of risk, with exposure to multiple risk factors making families more vulnerable.

Strengthening protective factors

Examples of protective and risk factors by type of violence

Child abuse & neglect

	What helps to protect children from abuse?	What puts children at risk of abuse?
Society	Laws against all forms of child abuse	Social tolerance of violence
Community	Access to local support services	Parental resilience and ability to cope
Relationship	Strong parent-child attachment	A history of intergenerational violence
Individual	Parental resilience and ability to cope	Parental mental health or substance abuse problems

and reducing risk factors that make families vulnerable can help to prevent family violence.

Protective and risk factors are related to family violence at many levels-society, community, relationship, and individual-and each level impacts all of the others. For example:

A society's values and beliefs influence laws and can send a message about whether or not violence is tolerated. This message can influence the community-level programs or services that can help prevent or respond to family violence. Together, society's values, laws and community supports can impact family relationships and individuals - both to help people relate to each other in safe ways, and to develop resilience to cope with difficult or harmful situations.

continued...



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WHAT PUTS FAMILIES AT RISK OF VIOLENCE AND WHAT HELPS PROTECT THEM?

...continued

Intimate partner violence

	What helps protect intimate partners?	What puts intimate partners at risk of abuse?
Society	Strong income supports	Traditional gender norms (gender inequity)
Community	Safe and affordable housing options for families	Community members unwilling to speak out against violence
Relationship	Strong conflict resolution skills	Dominance or control issues of one partner over another
Individual	Positive self-esteem	Being abused as a child, youth, or adult

Elder abuse

	What helps protect elders from abuse?	What puts elders at risk of abuse??
Society	Public awareness of elder abuse	Ageism
Community	Access to quality home care	Social isolation
Relationship	Strong social support systems	Family conflict
Individual	Stable income	Chronic illness, particularly dementia

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HOW TO RECOGNIZE IF YOU OR YOUR CHILDREN ARE BEING ABUSED

SOMETIMES it can be hard to tell whether or not you or your children are being abused. This information may help you to understand your own situation.

All family violence is wrong. Some of it is against the law.

Family violence is any form of abuse or neglect that a child or adult experiences from a family member or intimate partner (boyfriend, girlfriend, spouse, fiancé(e). It is an abuse of power by one person to hurt and control someone who trusts and depends on them.

Abuse can happen between anyone in a family, including young children, grown children, parents, elderly parents, siblings, intimate partners and extended family-like uncles or step-parents. It can happen in opposite and same-sex couples.

Examples of violence include:

Physical abuse - you or your children are

- hit, kicked, burned, pushed, choked or punched.

- threatened-someone threatens to hurt or kill you, your family or your pets.

Sexual abuse - you are

- forced to perform sexual activities of any kind.
- made to have sex without contraception.
- deliberately given a sexual disease or infection.

Sexual abuse can also happen between intimate partners.

Even if you are married or engaged, your partner cannot force you to have sex.

Child sexual abuse - your children are taken advantage of for sexual purposes if they

- touch someone's genitals.
- let someone touch their genitals.
- have sex.
- watch others have sex or look at porn.
- take off their clothes or watch someone undress.
- have nude photos taken.



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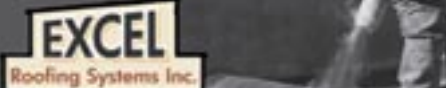


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HOW TO RECOGNIZE IF YOU OR YOUR CHILDREN ARE BEING ABUSED

...continued

Emotional abuse - you or your children are

- treated like a possession.
- constantly criticized and put down.
- told that you are stupid or worthless.
- ignored or neglected-or given the silent treatment.
- threatened-someone threatens to abandon you or leave you behind.

Controlling behaviour - you or your children are

- kept in your home and not allowed to leave.
- constantly questioned and monitored — including your internet and phone activities.
- not allowed to see your family or friends.

Neglect - you or your children are

- not being provided with your basic needs from someone you depend on.
- denied needs such as housing, clothes, food, hygiene, supervision or medical care.

Financial abuse - you are

- not in control of your own or family money without your permission.

- having money taken from you without your permission.
- forced out of your house or forced to sign documents to give over control of your house.
- not allowed to make an income.

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WHAT TO DO IF SOMEONE YOU KNOW IS BEING ABUSED

Is someone you know being abused?

If you think that someone you know is being abused by a family member, it is important to act in a way that is safe and appropriate for everyone involved.

Family violence is not a private matter.

You might be concerned about getting involved because you feel that family violence is a private matter and none of your business, but it's important to remember that someone's life may depend on it.

Signs that someone may be a victim of abuse

Pay attention if someone...

- seems sad, withdrawn, afraid or otherwise acts like they may be a victim of abuse.
- is unreasonably angry or aggressive.
- is nervous when a particular family member is around.
- makes excuses for a family member's behaviour.
- is sick or misses school or work a lot, or takes paid or unpaid time off that seems related to an abusive situation.
- has a change in job performance: poor concentration, mistakes, slowness, inconsistent work quality.

- tries to cover bruises.
- drinks more than usual or uses drugs.

Or if you see...

- "put downs" from one family member to another.
- one family member doing all the talking or dominating the conversation when the other family member is present.
- one family member trying to keep another family member away from her/his work or other activities.
- one family member acting as if he/she "owns" another.
- a family member contacting another while at work to say something that might scare or intimidate her/him.



What you can do

Family violence is never the victim's fault. The most important thing that you can do is offer your support without any blame or judgement...

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WHAT TO DO IF SOMEONE YOU KNOW IS BEING ABUSED

...continued

- **Make sure everyone is safe** - Choose a time and place where you can have a private conversation.

Be careful about communication-a voice message, text or email could put someone in danger.

Never confront an abuser or do anything that makes you feel unsafe.

Get support for your own feelings from a friend or professional you trust.

- **Let the person be in charge** - Listen respectfully to what this person needs; don't try to take over.

Don't give details about why you're concerned; just say that you want to be supportive.

If the person doesn't want to talk, say that you are available whenever needed.

- **Offer support** - Before you approach the person, find services in your area that might help if and when they are ready:
 - Don't expect to know all the answers.
 - Explore options together.
 - Ask direct questions like, "Do you want me to help you find someone to talk to?" or "Do you want to go somewhere safe?"

If a child or a young person tells you that they are being abused

- Believe the child.
- Listen. Don't interrupt or judge.
- React calmly. Don't ask for details.
- Tell the child that the abuse is not their fault, and that it was right to tell you.
- Write down what the child tells you in their own words.

What to do if you suspect child abuse:

If you know a child is being sexually abused, report it to the police immediately. In an emergency, call 911.

Every province and territory has a law that says that any person who believes a child is being abused must report it. You will not get in trouble for making a report if you have reason to believe a child is being abused, even if it turns out that you were wrong.

If you have questions about how to recognize child abuse, here are some things you can do:

- Call your local child protection services.
- Talk to a nurse, social worker, doctor or teacher.
- Call the police.
- Call the Kids' Help Line 1-800-387-KIDS (5437).



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SNAPSHOT OF FAMILY VIOLENCE IN CANADA

FAMILY VIOLENCE includes intimate partner violence, child maltreatment, and elder abuse. It can be physical, emotional, sexual and financial abuse, as well as neglect



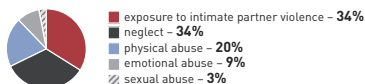
FAMILY VIOLENCE

accounted for approximately **25%** of all police-reported violent crime in Canada in 2011

CHILD MALTREATMENT

32% OF ADULTS IN CANADA REPORT HAVING EXPERIENCED SOME FORM OF MALTREATMENT AS A CHILD

TYPES OF CHILD MALTREATMENT:



INTIMATE PARTNER VIOLENCE



IN CANADA, **30%** OF WOMEN experience intimate partner violence in their lifetime

ABORIGINAL WOMEN ARE MORE THAN **TWO TIMES** AS LIKELY AS NON-ABORIGINAL WOMEN TO EXPERIENCE INTIMATE PARTNER VIOLENCE



80% OF INTIMATE PARTNER VIOLENCE IS AGAINST WOMEN

ELDER ABUSE

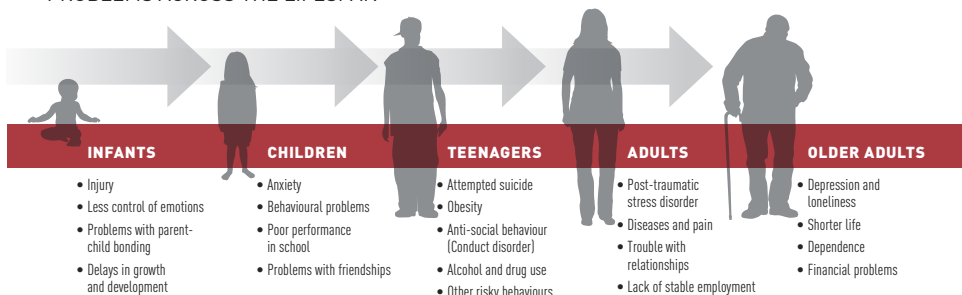
53%

OF ABUSE OF OLDER ADULTS IS BY FAMILY MEMBERS OR ACQUAINTANCES

60%

OF INCIDENTS OF ELDER ABUSE ARE PHYSICAL ASSAULTS

FAMILY VIOLENCE CAN CAUSE A NUMBER OF SERIOUS HEALTH AND SOCIAL PROBLEMS ACROSS THE LIFESPAN



Spousal violence alone costs Canadian society **\$7.4 billion/year**



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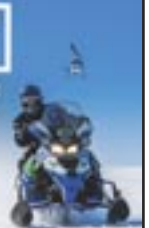
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HOW BIG IS THE PROBLEM IN CANADA?

Of all reported crime in 2011, more than one quarter resulted from family violence. Family members were involved in 77% of all murder-suicides. Almost 70% of all family violence victims were women and girls.

Women are victims of intimate partner violence more often and more severely than men

- 80% of intimate partner violence is against women
- 97% of spousal murder-suicides are against women

Family violence is under-reported

Experts know that rates of all forms of family violence are under-estimated. For example, according to a 2013 Statistics Canada report, only 24% of women who had been abused by their spouses had reported it to the police.

There are many reasons why people don't report family violence. One is because of the stigma associated with it. Young children may not report violence because they may have limited contacts outside the family in whom they can safely confide.

Intimate partner violence

Here are some findings from 2013 Statistics Canada reports on family violence and violence against women:

- **Most victims are women**

Rates of intimate partner violence were higher for women compared to men in every age group. Compared to men, women who were victims were:

- 3 - times more likely to report being sexually assaulted, beaten, choked or threatened with a gun or a knife
- nearly 2.5 times more likely to report higher rates of injury caused by abuse
- .5 times more likely to report multiple experiences of abuse

- **Rates for Aboriginal women are more than twice those for other women**

- Nearly 60% of Aboriginal women who reported spousal abuse also reported being physically injured as a result of it versus 41% of non-Aboriginal women
- Almost half of these women reported the most severe forms of violence: being sexually assaulted, beaten, choked, or threatened with a gun or a knife.

continued...



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HOW BIG IS THE PROBLEM IN CANADA?

...continued

- **Young women have the highest rates overall**

- Women aged 24-34 have the highest rates of intimate partner violence, followed closely by those aged 15-24.
- The dating violence rate is 60% higher than the spousal violence rate.
- Rates of all types of violence, including partner violence, decrease as people get older.

- **Same-sex relationships**

- Women who self-identified as lesbian or bisexual reported significantly higher rates of violence by a partner than heterosexual women (20.8% vs. 6.1%)

Child abuse and neglect

A recent report showed that in 2012:

- More than a quarter (26%) of adult Canadians reported that they had experienced physical abuse in childhood; 10% reported childhood sexual abuse; 8% reported childhood exposure to intimate partner violence.

A 2013 Statistics Canada report showed that:

- girls were 4 times more likely than boys to be victims of child sexual abuse by a family member
- of infants killed by a family member, those under 1 year were most at risk
- Shaken Baby Syndrome/ Abusive Head Trauma accounted for nearly 1 in 3 homicides against children less than 1 year of age.
- as children grow older, the non-lethal rates of violence increase

Rates of child abuse by type of abuse

According to data from child welfare agencies in Canada in 2008, children were exposed to the following types of abuse:

- Exposure to intimate partner violence (34%)
- Neglect (34%)
- Physical abuse (20%)
- Emotional abuse (9%)
- Sexual abuse (3%)

PHAC (2010)

Elder abuse & neglect

According to a 2013 Statistics Canada report:

- Nearly 60% of incidents of elder abuse were physical assaults against older adults,

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HOW BIG IS THE PROBLEM IN CANADA?

...continued

and 26% involved threats.

- The highest rates of elder abuse by a family member reported to police are for those aged 65-74.
- Senior women are more likely to be killed by a family member than senior men.

Who is most likely to abuse older adults?

- family members (34%)
- strangers (27%)
- acquaintances (19%)

Grown children are the most common perpetrators of abuse and/or neglect of elderly relatives—especially in cases of homicide.

www.publichealth.gc.ca

CHALLENGES TO ESCAPING VIOLENCE

Regardless of whether one resides in rural or urban Newfoundland and Labrador, it is important to understand that challenges exist for any individual thinking of leaving a violent relationship.

Instead of asking victims of violence, “Why do you stay?” we should always ask the perpetrators, “Why don’t you stop committing violence?”

Challenges to leaving a violent relationship may include, but are not limited to, the following:

- Victim-blaming attitudes (“What did you do to make them angry?”)
- Belief that the violence is their fault
- Economic necessity
- Lack of awareness of available resources and supports
- Shelters may be full
- Feelings of isolation from friends, family and community supports
- Cultural, religious and/or family pressures to stay together

- Fear of retaliation from the violent perpetrator
- Threats of harm against children, other loved ones and pets
- Desire to provide children with a two-parent home
- Fear of separation from children
- Fear of being alone
- Fear of deportation without the violent perpetrator’s support or sponsorship
- Hope and belief that the violent perpetrator will change
- Love and concern for the violent perpetrator’s well-being
- Fear the violent perpetrator may commit suicide if they leave
- Fear the perpetrator may be imprisoned if violence is reported to police
- Feelings of shame and guilt
- Depression



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GET HELP WITH FAMILY VIOLENCE

Who can help?

If you or someone you know is in immediate danger, call 9-1-1.

If your area does not have a 9-1-1 service, call your local police emergency number. The police are trained to help you deal with dangerous situations. They are there to investigate and can also help you to get a peace bond. They can also refer you to victim services. Victim services or a lawyer can help you get a non-criminal protection order to keep the person who abused you away from you.

If the situation isn't dangerous right now, you can also call a health centre, victim services, community organization, shelter, or the local police and tell them about the abuse. They can help you to figure out what to do next.

When you ask officials like the police, a social worker or a lawyer for information, you can ask them to keep your concerns confidential.

The following list can help you find people or groups that might be able to help you with information, support or emergency assistance.

Victim Services

Victim services organizations work with the police to help victims of crime. They can help you develop a plan and find ways to protect yourself. They can connect you with services for food, clothing and shelter and may be able to provide interpretation services so you can speak with someone in a language you are comfortable in.

continued...



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GET HELP WITH FAMILY VIOLENCE

Community Organizations

Many community organizations provide social services. These organizations may have someone who can listen to you and talk about your choices. They may be able to refer you to a lawyer if you need one or refer you to other services such as financial assistance. Some of these community organizations may have services in your first language. Multicultural or immigrant serving organizations may be able to give you information and refer you to helpful services. See also, the Citizenship and Immigration Canada Directory of Newcomer Services.

.....

Family Doctor or Public Health Nurse

Your family doctor can give you advice on what to do if you are being abused. He or she can help you with your physical or psychological injuries or may refer you to someone who can. Many provinces and territories also have 24-hour health telephone help.

Call your provincial or territorial government for information about health and social support services in your community or ask your local community centre for advice. They may be able to offer information, counselling and provide referrals to social workers. You can look in your phone book or on the internet for your local number.

.....

Friends, Family, Neighbours

Speak with someone you trust about the abuse. People cannot help you if they do not know what is happening to you.

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GET HELP WITH FAMILY VIOLENCE

Help Lines (see page 41)

There are many telephone services (sometimes called crisis lines) that you can call for free 24 hours a day without giving your name. The person who answers the phone will listen to you and can help you make important decisions to stay safe and to keep your children safe. Look in your phone book or on the internet for phone numbers. If you choose not to call for help right away, then keep a list of these phone numbers in a safe place you can get to easily.

.....

Hospital

If you have serious injuries, you should go to a hospital. Hospitals have emergency staff who are there to help you if you are hurt or having a health emergency. They may also have special knowledge about family violence. It is best for you to tell the doctors and nurses the truth about what happened.

If you are not a Canadian citizen, you may still have access to health care. If you are legally entitled to be in Canada - as a refugee, a permanent resident or a sponsored spouse - you may be entitled to free health coverage after three months under provincial or territorial health insurance. Refugee claimants may have access to health care coverage from Citizenship and Immigration Canada. Tourists or temporary visitors can buy health insurance. For any questions regarding your health coverage, see your province's or territory's health information website or call your provincial or territorial health service. You may also go to the website of Citizenship and Immigration Canada.

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GET HELP WITH FAMILY VIOLENCE

Legal Services

Legal help may be available from a lawyer or a legal aid office. Contact a lawyer referral service, a legal aid office or a public legal education and information association to find out where you can get legal help and if you can get help free of charge.

.....

Police

Many police officers are trained to respond to family violence. Many police services across Canada have special domestic assault units with police officers and other professionals who will listen and try to help you. The police can also refer you to victim services. Check the first few pages of your telephone book for the phone number.

.....

Religious Organizations

If there is someone at your place of worship whom you trust, tell them what is happening.

.....

Shelters

If you or your children are in danger, a shelter can give you temporary help and somewhere safe to stay. Staff there have special training to deal with family violence victims and can give you advice on what to expect and how to stay safe and keep your children safe.

.....

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NL Sexual Assault Crisis Line Tel: 1-800-726-2743 or 726-1411

NL Health Line Tel: 811 or 1-888-709-2929

Income Support Tel: 1-888-632-4555

NL Housing Tel: 724-3000

Seniors Resource Centre Tel: 1-800-563-5599

Victim Services

Avalon East Region	Tel: 729-0900
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Central Region	Tel: 292-4544/4548 (Collect Calls Accepted)
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Violence Prevention Initiative

The Violence Prevention Initiative of the Government of Newfoundland and Labrador reflects government's commitment to addressing the problem of violence in this province. The Initiative is a multi-departmental, government – community partnership to find long term solutions to the problem of violence against those most at risk in our society – women, children, youth, older persons, persons with disabilities, Indigenous women and children and other people who are vulnerable to violence because of their ethnicity, sexual orientation or economic status. The Violence Prevention Initiative is coordinated by the Office for the Status of Women.

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HOW TO PLAN FOR YOUR SAFETY

Plan for your safety if you are in an abusive relationship

It's important to make a plan to keep you and your children safe. Ask a friend, neighbour or co-worker you trust to help you, or contact local services. There are also online tools to help and ways to make sure you browse safely.

Even if you're not planning to leave the relationship, a safety plan can help in case the abuse gets worse. You may have to leave in a hurry. Make sure to take actions in a way that makes sense for you-for example, one at a time or in stages-and is safe for you and your children.



5 steps to make your safety plan

1. Do your research
2. Decide how you can leave quickly - or stay safely
3. Talk to your children
4. Gather important items
5. Be careful about your computer

1. Do your research

- Talk to family, friends or a trusted professional who can help you make plans.
- Get legal advice about your rights.
- Find services in your area, such as shelters and financial aid.



2. Decide how you can leave quickly - or stay safely. If you stay - tips to live more safely

- Tell someone you trust about the abuse.
- Think about your partner's past use and level of force. This will help you predict what type of danger you and your children are facing and when to leave.
- Create a plan to get out of your home safely and practice it with your children.
- Choose the closest place to call for help - a coffee shop or neighbour's house.
- Decide where you will go (for example, a friend's house or local shelter, safe home or transition house) and how you will get there.
- Ask your neighbours, friends and family to call the police if they hear sounds of abuse and to look after your children in an emergency.
- Park your car by backing it into the driveway. Keep it fuelled.
- Hide your keys, cell phone and some money near your escape route.
- Have a list of phone numbers to call for help.
- Your local shelter or police may be able to equip you with a panic button/cell phone.
- Make sure all weapons and ammunition are hidden or removed from your home.

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HOW TO PLAN FOR YOUR SAFETY

In an emergency

- If an argument is developing, move to a space where you can get outside easily: find doors and windows that could help you escape.
- Think about rooms where you could be trapped, or where there are weapons such as knives that could be used against you - try to avoid going into these rooms during a violent episode.
 - If you are injured, go to a doctor or an emergency room and report what happened to you. Ask them to document your visit.
 - If you are being hurt, protect your face with your arms around each side of your head, with your fingers locked together. Don't wear scarves or long jewelry.

If you are planning to leave (non-emergency)

- Contact a local women's shelter (even if they are unable to take in abused men, women's shelters will usually have information to help all victims of abuse). Let them know that you intend to leave an abusive situation and ask for support in safety planning.
- Consider contacting the police. Ask for an officer who specializes in partner abuse cases.
- Gather important documents.
- Consult a lawyer. Keep any evidence of physical abuse (such as photos). Keep a journal of all violent incidents, noting dates, events, threats and any witnesses.
- Put together pictures, jewelry and

objects of sentimental value, as well as toys and comforts for your children.

- Arrange with someone to care for your pets temporarily, until you get settled. A shelter may help with this.
- Remember to clear your phone of the last number you called to avoid the abuser using redial.
- Remember to clear your computer.

As you leave

- Request a police escort or ask a friend, neighbour or family member to accompany you when you leave.
- Do not tell your partner you are leaving.
- Leave quickly.
- Have a back-up plan if your partner finds out where you are going.

After leaving

Here are some actions you should take after you or your partner has left the relationship:

- If you are staying in the home, change the locks and get an unlisted phone number and caller ID.
- Block your number when calling out.
- Change computer and other passwords.
- Consider applying for a restraining order or peace bond that may help keep your partner away from you and your children. Keep it with you at all times.

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HOW TO PLAN FOR YOUR SAFETY

- Provide police with a copy of any legal orders you have.
- Consider changing any service provider that you share with your ex-partner.
- Carry a photo of the abuser and your children with you.
- Take extra precautions at work, at home and in the community. Consider telling your supervisor at work about your situation.
- Think about places and patterns that your ex-partner will know about and try to change them. For example, consider using a different grocery store.
- If you feel unsafe walking alone, ask a neighbour, friend or family member to accompany you.
- Do not return to your home unless accompanied by the police. Never confront the abuser.



3. Talk to your children in advance

- Tell your children that abuse is never right, even when someone they love is being abusive.
- Tell them the abuse isn't your fault or their fault; they did not cause it, and neither did you.
- Teach them that it's important to keep safe when there is abuse.
- Teach your children how to get help. Tell them not to get between you and your partner if there is violence.

- Create a plan to get out of your home safely and practice it with your children.
 - Together, pick a safe place in the house where they can hide if the violence starts - ideally with a locked door and a phone that the abuser can't see.
 - Agree on a code word so they will know when to call for help.

In an emergency

- Teach children how to call the police and stay on the phone until the police arrive.
- Have them practice their full name and address and what to say about the violence.
- Don't run to a place where the children are, as your partner may hurt them as well.
- Pick a safe place to meet outside so that you can easily find each other.

4. Gather important items

Government documents (originals or copies)

- Birth certificates, social insurance, driver's license, health cards, passports, court orders, immigration papers or treaty cards.

Financial papers

- Mortgage or lease, information about loans or assets.
- Money, including credit cards, debit cards, and cheques.

Personal affairs

- Important phone numbers (friends, services, shelters).

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HOW TO PLAN FOR YOUR SAFETY

- Keys, phone, medications (or a list if you don't have time to gather them).
- Other items, such as toiletries, toys, photos or sentimental items.

If you can't keep these things stored in your home for fear your partner will find them, consider making copies and leaving them with someone you trust. Your local women's shelter will also keep them for you. If you have children, make sure their school or day care centre is aware of the situation and has copies of all relevant documents.

5. Be careful about your computer

- Anything you write on a computer will create a lasting record on the computer and on the internet and you won't be able to control who reads that record.
- An abuser can monitor your online activity and history. Use a computer at work, a friend's house, or the library.
- Log out of your profiles before leaving and clear your browser history.
- Never share your passwords.
- Social media (Facebook, Twitter, etc.) can be particularly dangerous:
 - don't use your own name or post personal information.
 - keep your privacy settings up to date.
 - consider closing your accounts.

How to clear your browser

Your computer contains critical information which could put you in

danger! Here's how to keep your searches invisible:

Internet Explorer: From the Tools menu, select Internet Options. Choose the General tab and, under Temporary Internet Files, click on Delete Files. Under History, click on Clear History. Then, click OK.

Firefox: From the Edit menu, select Preferences. Under Privacy, select History and click on Clear Browsing History Now. Then select Cache & click on Clear Cache Now.

Safari: From the Safari menu, select Empty Cache and click on Empty. Pull down the History menu, select Clear History and click on Clear.

Chrome: From the Chrome top right-hand corner box with 3 bars, select Tools and clear browsing data. In the dialog that appears, select the checkboxes for the types of information that you want to remove (history, cookies, cache). Use the menu at the top to select the amount of data that you want to delete. Select Beginning of Time to delete everything and click Clear browsing data.



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HOW MEN AND BOYS CAN HELP STOP FAMILY VIOLENCE

Family violence

has often been viewed as a "women's issue" overlooking the fact that men are responsible for the vast majority of violence — for example, men committed 98% of the incidents of intimate partner violence against women in 2013 in Canada. Patterns of male violence against women can be passed from one generation to another. Studies suggest that boys who are abused may be more likely to become abusers, particularly if the abuse continues into the teenage years.

What men can do to stop family violence

Start a conversation.

Speak out against violence against women - with your friends, colleagues, and family members.

Volunteer or donate to a local organization that provides anti-violence services

Join other voices, such as the White Ribbon Campaign or the Bystander Movement

Why don't more men speak out against family violence?

Men have a variety of reasons for not becoming involved:

- don't see a role for themselves - or know what to do
- feel that they're being blamed for the problem
- are uncomfortable with the topic
- worry about what other men will think
- just never been asked

Men who have been victims of violence as boys themselves may find it painful to talk about family violence, or may feel ashamed.

Men and boys need to be part of the solution

Men play important roles as fathers, mentors, and role models. Although most men do not condone violence, not enough men help to stop it.



5 ways to raise boys who respect women and girls

Men can lead the way by teaching younger men and boys about healthy, safe, and respectful relationships:

- 1) **Model respectful relationships**, particularly with women.
- 2) **Challenge men and boys** when they use degrading language to talk about women.
- 3) **Teach boys how to respect everyone**, including their families, teachers and classmates, friends, teammates and opponents.
- 4) **Help find heroes** and role models who respect women.
- 5) Make sure that young men know that **sexual assault is ALWAYS wrong**.

Ref: Status of Women Canada

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HOW MEN AND BOYS CAN HELP STOP FAMILY VIOLENCE

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How men can learn about family violence

There are many ways to become informed:

- It's important to know the facts- including the types of family violence, how common it is, and how it affects people's lives.
- Hearing personal stories of women and men who have experienced family violence can be a powerful tool to help men understand and reflect on the causes and impact of abuse. It's time to break the silence by talking about and listening to stories of family violence.

www.publichealth.gc.ca

FAMILY VIOLENCE IN NEWFOUNDLAND AND LABRADOR

- In 2016-17, Newfoundland and Labrador had the 6th highest (or 5th lowest) provincial rate of child and youth victims of family violence in Canada.
- While the majority of child and youth victims of family violence victims are female, the rates are not as disproportionate as with Intimate Partner Violence. When it comes to family violence in Newfoundland and Labrador, 57.5% of the victims are female and 42.5% are male. In

Canada, a slightly higher proportion of the victims are female (60%) and a slightly lower proportion are male (40%).

- In terms of child and youth victims of violence that is not family violence in Newfoundland and Labrador, 53% of the victims are female and 47% are male. These proportions are similar to Canada where 54% of the victims are female and 46% are male.

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British Columbia	1,530	180	2
Manitoba	1,021	351	9
New Brunswick	362	296	6
NL and Labrador	254	279	5
Northwest Territories	103	932	12
Nova Scotia	516	319	7

Province	Number	Rate	Rank
Nunavut	188	1,384	13
Ontario	4,482	168	1
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Quebec	5,194	338	8
Saskatchewan	1,234	475	10
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CLARENVILLE Citizens' Crime Prevention Committee



The Clarenville Area Citizens' Crime Prevention Committee partnered with the Clarenville RCMP Detachment for Pumpkin Patrol on Halloween Night in 2019. They gave out lots of treats for the trick-or-treaters to enjoy and glow bracelets and necklaces to keep them safe.



The Clarenville Area Citizens' Crime Prevention Committee and their RCMP partners enjoyed Pumpkin Patrol 2019 as much as all the little trick-or-treaters did!



The Clarenville Area Citizens' Crime Prevention Committee was invited to set up a Crime Prevention information booth and to give a presentation on the File for Life project at the 7th Annual Seniors' Information Fair in Clarenville in October 2019.



The Clarenville Area Citizens' Crime Prevention Committee held its annual Battle of the Brains fundraiser in February 2020 as part of the town's Winter Carnival. It was very much enjoyed by all the teams that participated, with the winning team taking home the trophy for the fourth year in a row.



The Clarenville Area Citizens' Crime Prevention Committee followed social distancing guidelines when they presented a donation from CCPANL to the Clarenville Area Food Bank to assist those who are facing hardship during the COVID-19 pandemic.

BOOSTER BOXES

RIVERS END MOTEL STEADY BROOK (709) 634-3474	ST. KEVIN'S HIGH SCHOOL GOULDS (709) 745-9731	TRINITY ECO-TOURS TRINITY (709) 436-3011
ROSS GAMBIN INDEPEND. GROCERS GAMBO (709) 674-5041	STACEY AGENCIES MOUNT PEARL (709) 364-7885	TROPHY SHOP & IN STITCHES CORNER BROOK (709) 639-7442
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GAMBO Citizens' Crime Prevention Committee

Smallwood Days 2019



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*Thank you
for your support!*



Campfire supper!

HAPPY VALLEY- GOOSE BAY Crime Prevention Committee



Bridging the Gaps Youth Camp Peace Rock hike.



HVGB Citizens' Crime Prevention hosts seniors event on June 15 for Safe-tea Seniors' Awareness.



HVGB Citizens' Crime Prevention gets Safely Bear's help, along with Cookie Monster, to provide a safe place for community residents to trick-or-treat.



Chairperson Stephanie Dawn accepting an award on behalf of the town of Happy Valley Goose Bay for her commitment and involvement in lifting her community. Shown with committee member Cpl. Christine Soucy.

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LABRADOR WEST

Citizens' Crime Prevention Committee



Labrador West Citizens' Crime Prevention has good turnout for bike rally.



Cst. Peter Kelly handing out treats for Labrador West Citizens' Crime Prevention on Halloween Night.



Great gang out to help fill over 1000 loot bags for Labrador West Citizens' Crime Prevention.



Labrador West Citizens' Crime Prevention Battle of Brains winners.



Labrador West Citizens' Crime Prevention serving lunch to students at the high school.



MOUNT PEARL Citizens' Crime Prevention Committee

Mount Pearl Citizens' Crime Prevention presents their RNC recognition award to the City of Mount Pearl.



Cst. Danielle Greavette, Mount Pearl Law Enforcement Officer, makes Safety Skeleton presentation to pre-schools.



Mount Pearl Citizens' Crime Prevention collects for the Food Bank.



Mount Pearl Citizens' Crime Prevention Committee host seniors' event.



Mount Pearl Citizens' Crime Prevention Police Week winning card posted on the wall at RNC Head Quarters.

ST. JOHN'S Citizens' Crime Prevention Committee



RNC recognition award to St. John's Citizens' Crime Prevention Committee.



St. John's Citizens' Crime Prevention Committee Battle of the Brains 2019 winners.



St. John's Citizens' Crime Prevention Committee Police Week poster contest.



St. John's Citizens' Crime Prevention Committee take part in Seniors' Day event.



Trinity Conception Citizens' Crime Prevention Committee assisted Bay Roberts and Harbour Grace RCMP Detachments with their annual Christmas Wish Tree Lighting.

TRINITY Conception Citizens' Crime Prevention Committee



Trinity Conception Citizens' Crime Prevention Committee helped to arrange safe Halloween Night activity of Trunk or Treat.



Trinity Conception Citizens' Crime Prevention Committee holds Easter Contest for Primary Schools.



Association President, Roberta Stanford, presents Honorary Lifetime Membership to retiring RNC Sgt. Kevin Foley.



Association President, Roberta Stanford, accepts RNC Recognition Award from RNC Chief J. Boland and Cst. T. Schwartz.



Hon. Andrew Parsons
Minister of Justice and Public Safety
Attorney General

Supporting Crime Prevention Throughout Newfoundland and Labrador

gov.nl.ca



CONTACT



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