



There are many resources to help you and the victim.

In an emergency, call 911.

PEI Family Violence Prevention Services:

Anderson House: 1-800-240-9894

West Prince Outreach: 859-8849

East Prince Outreach: 436-0517

Eastern PEI Outreach: 838-0795

Queens Outreach: 894-3354 ext. 224

www.fvps.ca

Chief Mary Bernard Memorial Women's Shelter: 831-2332 (Lennox Island)

Lennox Island Family Violence Prevention Program: 831-2711

PEI Rape and Sexual Assault Centre:
1-800-289-5656 or 566-8999

Victim Services: Charlottetown: 368-4582
Summerside: 888-8217

Child Abuse Line: 1-800-341-6868

Seniors Toll Free Line: 1-866-770-0588

Community Legal Information Association and Lawyer Referral Service:
1-800-240-9798 or 892-0853 or
www.cliapei.ca



Community Legal Information Association of PEI

Premier's Action Committee on Family Violence Prevention



Comité d'action du premier ministre sur la prévention de la violence familiale

We gratefully acknowledge that this brochure is adapted, with permission, from publications created by Public Legal Education and Information Service of New Brunswick and Miramichi Family Violence Prevention Network.

Neighbours, Friends, and Families: You Can Help Prevent and Respond to Abuse in your Community



Help end family violence
Peace begins at home

www.stopfamilyviolence.pe.ca

Home is not always a safe place. For many people, especially women and children, it is violent and terrifying. Everyone has a role to play in ending violence in our communities.



I think someone I know is being abused. What can I do?

Reach out to the person and ask privately about the abuse. Let the person know you are willing to listen and support her or him to think about options. Tell the person that the abuse is not his or her fault and you believe him or her. Use this brochure to help talk about the abuse and what services are available to help. Do not get discouraged if the person returns to the abuser. No matter what she or he decides, it is important to continue to be supportive.

Did you know?

Abuse in families or intimate relationships can be physical, sexual, emotional, psychological, spiritual or financial. This is called family violence. Victims of abuse are often women, seniors and children. Men can also be victims. Being exposed to family violence is child abuse and everyone is legally responsible for protecting children.

Usually, there are warning signs that abuse is happening. You can learn about “red flags” that may indicate someone is being abusive or that someone is experiencing abuse.

Someone who is being abusive might:

- put the person down and act superior
- do all the talking and dominate the conversation
- try to keep the person away from family and friends
- check up on the person all the time
- hit, slap, or sexually assault the person
- threaten to harm the person, children, pets, or property
- make direct or indirect threats involving firearms
- minimize the violent behaviour
- say he or she can't live without the person and threaten suicide
- have a history of abusing others, even animals
- have no regard for the law
- be extremely jealous and suspicious
- use access to the children to harass the person





Take these warning signs seriously.

Someone who is being abused might:

- make excuses for the abusive behaviour
- have limited access to friends or family
- have limited access to a phone, a computer, or money
- be nervous about talking when the person is there
- try to cover up bruises
- fear for her or his life and for the safety of children
- make excuses or avoid you on the street
- be in denial and unable to see the risk
- blame herself or himself for the violent behaviour and “walk around on eggshells”
- seem sad, lonely, withdrawn and afraid
- be sick more often and miss work
- seem defensive and angry
- cope by using drugs or alcohol



The risk of abuse may be greater if:

- the victim is pregnant or has young children
- there is access to weapons
- there is a history of abuse with others
- threats have been made to kill or harm, including children, pets, or property
- there is alcohol or drug abuse
- the abuser has used physical violence in the past
- the abuser is going through major life changes such as job loss or depression
- the victim is involved in another relationship
- there is a custody issue concerning the children
- the couple are not married
- there is a recent or upcoming separation



You can be part of the solution.

I’d like to help but I don’t want to interfere in a family or personal situation. If you are not sure about offering help to someone you think is experiencing abuse, consider these points:

Common Concerns	Points to Consider
It’s really none of my business.	It could be a matter of life and death. Violence in the community is everyone’s business.
I don’t know what to say.	Say “I care”, “I believe you” and “It’s not your fault”. Showing you are concerned is a good start.
I might make it worse.	Doing nothing could make things worse - abuse often gets worse over time.
It’s not serious enough to involve police.	Police are trained to respond - and even if the behaviour is not criminal, they know about other resources to help families experiencing abuse.
I’m afraid the abuser might turn violent with me or my family if I interfere.	Speak to the victim alone. Let the police know if you receive threats. Be sure to report it if you know there are weapons available.
I don’t think the person really wants to leave because she or he keeps coming back.	Maybe she or he did not have the support needed to overcome obstacles - no money, no place to live, no babysitter, no transportation, unable to communicate, etc.
I’m afraid she or he will be angry with me.	Maybe she or he will. But the person will also know that she or he can turn to you when ready.
They are both my friends.	If one friend is being abused and living in fear, you can help by being supportive.
I should wait until she or he asks for help.	She or he may be too afraid and ashamed to ask for help.
If the abuser wanted help or wanted to stop his or her behaviour, he or she would.	He or she may be too ashamed to ask for help.
What happens in the privacy of the home is a family matter.	It isn’t when someone is being hurt - it’s wrong and it’s against the law.