



## Someone I know may be experiencing abuse or violence

*As a neighbour, friend, family member or co-worker, what can I do to help?*

**Acting to prevent or address violence does not always look like one heroic act. There are actions we can choose that fit our own safety, our personal style, our relationship with the victim or abuser, and the situation we witness.**

**Taking action to help can save a life.**

### **STEP 1: Learn to recognize signs of abuse and violence.**

You may witness signs of abuse yourself or hear about them from your friend, neighbour, family member, or co-worker. Does the possible abuser do any of the following to the other person?

- Look at them or act in ways that frighten them, or that frighten you when you see or hear about them.
- Use language that puts the person down or criticizes and belittles them.
- Act controlling about where they go, what they wear, or who they spend time with.
- Isolate them from seeing or talking to family or friends.
- Blame the other person for the hurtful things they say or do: "She pushes my buttons." "He started it."
- Call or text the other person excessively.
- Check up on them excessively.
- Threaten to hurt them, their loved ones or their pets.
- Touch them in unwanted ways or try to force them to have sex.
- Hit, slap, punch or kick them.

*If you witness or suspect child abuse, it is mandatory to report it to Child Protection at 1-877-341-3101. If you suspect abuse or neglect of an older person, contact Adult Protection at 902-892-4790.*

### **FOR MORE INFORMATION**

**Premier's Action Committee on Family Violence Prevention Prince Edward Island**  
[stopfamilyviolence.pe.ca](http://stopfamilyviolence.pe.ca)

### **STEP 2: Take action.**

You recognize possible signs of abuse or violence. You are worried about someone. What to do?

- **Reach out.** Talk to the person and express your concern. Choose a location and time that respects the person's privacy and safety.
- **Speak up.** Tell the person that if they are experiencing abuse or violence, it is not their fault.
- **Listen.** Don't try to tell the person what to do, but do let them know you are willing to listen and help them think about options.
- **Provide information** on community resources. Having the right information may help the person seek protection or reach out to a community support agency.
- **Be patient.** Do not get discouraged if the person does not want to talk or is not ready to make a change. It is important to continue to be supportive and let the person know they can come to you.
- **Trust your instincts.** If you think someone you know is in danger, or if you are in danger, call 911.

### **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**

**IN IMMEDIATE DANGER**  
**911**