



Someone I know may be acting abusive or violent

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: Believe survivors.

It can be hard to acknowledge that someone we know may be hurting others.

If someone tells you they are afraid for their safety or their life, BELIEVE THEM.

If someone tells you that they have been hurt or harmed by someone, BELIEVE THEM.

If you witness abusive or violent behaviour by someone you know, BELIEVE IT.

STEP 2: Take action.

Do not put your own safety at risk. If you or anyone else is in immediate danger, get help. Call 911.

- **Talk to the person.** Choose a time when they are calm. Choose a place that is safe for you. Express your care and concern for them. Try not to be judgmental.
- **Be specific.** Name the behaviour you are concerned about. Try to avoid validating excuses or explanations.
- **Be clear** that abuse and violence are not acceptable and there are better choices.
- **Provide information** on resources to help them stop their behaviour. Remind them that it doesn't have to be this way, and there is help.

There is help for abusers in Prince Edward Island. Call the Turning Point Program for help or advice: 902-368-6392 or 902-569-7613.

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

STEP 3: Learn to recognize risk factors for future violence.

You may be able to intervene to prevent future violence if you are aware of risk factors. Warning signs will vary depending on the situation, the abuser and past patterns of violence.

- The person has used violence in the past.
- Violence has recently become more frequent or more severe.
- There is a recent or pending separation.
- The person has a history of alcohol or substance use.
- The person has violated a court order in the past.
- The person is depressed.
- The person has threatened or attempted suicide recently or in the past.
- The person has access to or owns weapons.

Trust your instincts. If you think someone is in danger, or if you are in danger, call 911.

If you notice these risk factors, you or other people around the abusive person may need a safety plan. Community resources like those below can help.

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