



Ways Youth Can Help End Violence

As a young person who is concerned about bullying, abusive, or violent behaviour, 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.

DON'T STAND BY, STAND WITH VICTIMS

- **Ask** someone you are concerned about if they are okay. Help them feel less alone.
- **Listen and believe** when someone tells you they experience bullying, abuse, or violence.
- **Trust your instincts**, if you sense someone isn't safe. If you see, hear, or suspect violence, get help. Don't put yourself in danger.
- **Get help** from an adult you trust, like a parent or teacher or school counsellor.
- **Support victims** – not bullies or abusers. Don't blame victims. Abuse, bullying, and violence don't happen because victims deserve it or because they are "asking" for it.
- **Speak out** against media images that glorify violence and against jokes, insults, and stereotypes that demean and disrespect women, children, or others.

LOOK OUT FOR SIGNS OF ABUSE

Unhealthy dating behaviours (blaming a dating partner for all the problems, acting jealous, isolating them from friends, trying to control them, excessively texting them, pressuring them for sex, insulting and demeaning them, threatening to hurt themselves or someone else)

Bullying behaviours (punching, shoving, or hurting people physically, hurting people emotionally or sexually, spreading rumours, using social media to hurt, keeping certain people out of a group, teasing, "ganging up")

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

BE PART OF THE SOLUTION

- **Be the best "you" you can be** – reject roles as a "boy," "girl," "woman," or "man" that limit your choices and identities.
- **Recognize your role** in prejudices that harm people – sexism, racism, classism, ableism, heterosexism, and more. Take responsibility for changing your own attitudes and actions.
- **Choose** to express feelings in non-violent ways.
- **Speak out about violence** with your friends, classmates, family, neighbours, teachers, and community. Encourage someone who acts violently to get help – but only if you are really sure you are safe to do so.
- **Learn more** about women's rights, human rights, and equity – today and in history, in your neighbourhood and around the world.
- **Respect people of all genders** and sexualities – their bodies, minds, and spirits – equally. Treat everyone with respect and fairness.
- **Volunteer** with organizations that are actively working to end violence.

NEED HELP?

Kids' Help Phone
1-800-668-6868

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