

Know someone who is experiencing violence? Know what to do to make a difference!

Whether we are a neighbour, co-worker, friend or family member of someone experiencing violence, we all have a role to play in ending family violence. Businesses have a role to play as well. New resources have been created to help businesses respond to family violence that happens in a workplace setting. Even if we are not using violence or experiencing violence ourselves, there are actions we can take. Action by bystanders can make a difference.

Here are some things we can do to support someone in an abusive or violent relationship:

- **Learn the warning signs:** What does abuse or violence look like? Look for “red flags” that may indicate someone is being abused. Check out www.stopfamilyviolence.pe.ca/warningsigns.
- **Reach out:** If you are worried about someone in a situation of abuse or violence, speak to the person privately about your concerns. Don’t try to tell the person what to do, but let them know you are willing to listen and help 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.
- **Make it your business:** Provide training for island businesses. Videos will be launched during Family Violence Prevention Week. Please contact Family Violence Prevention Services for more information.

Still not sure how to respond? There are professionals who can help.

- PEI Family Violence Prevention Services: 1-800-240-9894
- Victim Services: 902-368-4582 (Charlottetown), 902-888-8218 (Summerside)
- PEI Rape and Sexual Assault Centre: 1-888-368-8055
- Chief Mary Bernard Memorial Women’s Shelter: 1-855-297-2332

If you witness or suspect child abuse, it is mandatory to report it to the Child Abuse Hotline at 1-800-341-6868. If you suspect abuse or neglect of an older person, contact Adult Protection at 902-892-4790.