

20 WAYS YOU CAN HELP END VIOLENCE



1...LISTEN well: by your words and actions, let the people in your life know you are someone safe to talk to if they need help.

2...BELIEVE it when someone tells you they are experiencing bullying, abuse, fear, or violence.

3...SUPPORT the victims, not the bully or abuser, if you see someone being bullied, abused, or hurt.

4...TRUST yourself and your instincts if you sense that someone you care about isn't safe. If you see, hear, or suspect violence, get help. Don't put yourself in danger. Call: Children's Help Phone at 1-800-668-6868 or Anderson House Women's Shelter at 1-800-240-9894.

5...GET HELP that empowers you if you have been abused, or if you fear being abused. Talk to an adult you trust, like a parent or school counsellor.

6...TALK about violence with your friends, classmates, family, neighbours, teachers, and community.

7...RESPECT women and girls – their bodies, minds, and spirits – equally with men and boys. Treat others with respect and fairness.

8...FIND OUT about women's history and the situation of women in your community, your country, and around the world.

9...SPEAK OUT against negative media images that glorify violence and against jokes, insults, and stereotypes that demean and disrespect women, children, or others.

10...VOLUNTEER with organizations that are actively working to end violence; encourage organizations you already volunteer with to stand up against violence. Students Against Violence Everywhere (S.A.V.E.) has chapters in Montague, Souris, and Morell. To learn more visit their website at www.savepei.com.

11...BE the best "you" you can be – reject roles you are assigned as a "boy" or "girl" or "woman" or "man" that limit your choices and identities.

12...RECOGNIZE your role in prejudices - such as sexism, racism, classism, ableism, and heterosexism - and take responsibility for changing your own attitudes and actions.

13...LEARN to express your anger in non-violent ways.

14...STOP making excuses for your own violent or abusive actions or those of your classmates, families, or friends.

15...LOOK OUT for unhealthy dating behaviour (like blaming the other dating partner for all the problems, threatening to hurt yourself or your partner, acting extremely jealous, isolating a partner from their friends, trying to control the other person, pressuring for sex, or insulting, criticizing, and demeaning a dating partner).

16...TAKE A STAND against bullying behaviours (punching, shoving and other acts that hurt people physically; spreading bad rumours about people; keeping certain people out of a group; teasing people in a mean way; getting certain people to "gang up" on others).

17...REMEMBER that abuse, bullying, and violence don't happen because victims deserve it or because they are "asking" for it: don't blame victims.

18...ENCOURAGE someone who acts violently to get help -- but only if you are really sure you are safe to do so.

19...TREAT yourself and other people with respect and fairness.

20...HAVE PEACE as your goal.