

Family Violence

What you need to know

Reach out, speak out. Everyone has the right to be safe.

Know who it affects

Family violence can happen to people of all ages, abilities, cultural and spiritual backgrounds, gender identities and sexual orientations. Victims can be in romantic relationships, divorced, children (birth, step, adopted or foster), grandparents, or individuals with guardians or caregivers.

Call 911 if you or someone you know is in immediate danger.

For local help or information, call the Family Violence Info Line, available 24/7 in over 170 languages, at 310-1818.

Know the behaviours

Abusive and violent behaviours may include:

- Physical abuse
- Psychological abuse
- Criminal harassment or stalking
- Verbal abuse
- Sexual abuse
- Financial abuse (your access to money is restricted or controlled)
- Spiritual abuse (being forced into or restricted from practicing religion)
- Pet cruelty

Know the warning signs

Victims of abuse will often show the following warning signs:

- Withdrawal from family and friends
- Not going out or doing activities they used to enjoy
- Have unexplained bruises or other injuries
- Show signs of depression or anxiety
- Children may be left alone, hungry, dirty or not dressed for the weather
- Seniors may seem frightened or withdrawn

Shelters across Alberta help women and children fleeing abuse.

Call 310-1818 to find the shelter closest to you or visit alberta.ca/Shelters.

Know your plan

- Plan your exit strategy – know where you would go in an emergency and how you would get there
- Tell someone you trust about the abuse
- Find out what help is available
- Seek professional help
- Spend time with people who are positive supports
- Talk to your children and help them understand they are not to blame

Don't let a lease stop you from leaving an abuser.

Visit alberta.ca/SaferSpaces to apply to end your lease.

Know how to be an ally

- Spread the word about the Family Violence Info Line at **(310-1818)** and other resources on social media. Retweet **@AlbertaCSS**
- Nominate someone in your community for an Inspiration Award: alberta.ca/InspirationAwards
- Participate in Family Violence Prevention Month (November) by wearing a purple ribbon, supporting local events and using the hashtag **#GoPurpleAB**
- Offer to help at your local women's shelter
- Set up workplace family violence prevention protocols and awareness workshops
- Join clubs and associations that prevent family violence and promote gender equality

Know how to help



It is important to be supportive if someone tells you they are experiencing family violence, or if you suspect they are being abused. Here's how you can help:

- Learn more about family violence to know the warning signs
- Ask in a caring way if someone is hurting them and believe them when they tell you
- Keep everything they tell you private
- Help them access professional help and resources

Know your rights



A victim of family violence and abuse has a right to:

- Be free and safe from violence
- Be treated with courtesy, compassion and respect
- Get information about their legal rights
- Press charges for criminal actions
- Have the maximum protection from abuse including restraining or protection orders

An Emergency Protection Order (EPO) provides legal protection to victims. For more information, call the Provincial Legal Aid Office toll-free at **1-866-845-3425**.

Know the resources

- The Safer Spaces program helps victims of family violence to end their lease at no cost. Visit alberta.ca/SaferSpaces or call **1-877-644-9992** (toll-free)
- Emergency shelters provide shelter, protection and culturally appropriate supports. Call the Family Violence Info Line at **310-1818** to find the emergency shelter closest to you or visit alberta.ca/Shelters
- Emergency financial assistance is available if you need help with expenses to start a new life. Call **1-866-644-5135** or **780-644-5135** in Edmonton
- HealthLink provides healthcare advice 24/7. Dial **811**
- If you are Indigenous and need help with court or other community resources, visit Native Counselling Services of Alberta at ncca.ca.
- Visit alberta.ca/EndFamilyViolence for additional resources.

Together, we can prevent family violence and support survivors.