

CALL 911
IF YOU FEEL YOU ARE
IN IMMEDIATE DANGER!

www.srstoronto.ca
www.jwicana.com



A project of Jewish Women International of Canada.

CRISIS LINES, COUNSELLING & SUPPORT SERVICE TORONTO:

Police Emergency911
 Assaulted Women's Helpline (for ages 16 & up)1-866-863-0511
 Catholic Family Services of Toronto Central416-921-1163
 Catholic Family Services of Toronto North416-222-0048
 Central Family Intake (Center for Pregnant and Parenting Youth)416-397-5637
 Centre for Addiction and Mental Health416-535-8501
 Children's Aid Society of Toronto (Child Protection)416-924-4646
 Elizabeth Fry Toronto (Services for Women in Conflict with the Law) 416 924 3708
 Family Service Toronto416-595-9618
 Jewish Family & Child416-638-7800
 Kids Help Phone1-800-668-6868

Lesbian Gay Bi Trans Youth Line1-800-268-9688
 Ontario Network of Sexual Assault (Domestic Violence Treatment Centers)416-323-6400
 Talk Shop (Sexual Health Clinic)416-338-7000
 Toronto Rape Crisis Centre/Multicultural Women against Rape416-597-1171
 Toronto Rape Crisis Line (24 hour crisis counselling)416-597-8808
 Toronto Victim Services416-808-7066
 Women's College Hospital (Women recovering from abuse)416-323-6040

CRISIS LINES, COUNSELLING & SUPPORT SERVICE YORK REGION:

Centre for Addiction and Mental Health York Region1-800-263-2288
 Children's Aid Society of York Region (Child Protection)1-800-718-3850
 Family Services York Region905-883-6572
 Jewish Family & Child905-882-2331
 York Region Health Connection (incl. sexual health)1-800-361-5653
 York Central Hospital1-800-521-6004
 24 hr. crisis counseling310-2673 (cope)
 (no area code required when calling within York Region)

If you would like assistance pressing charges, or would like legal information please contact Legal Aid Ontario at 416-979-1446.

WEBSITES:

Bursting the Bubblewww.burstingthebubble.com
 Kids Help Phonewww.kidshelpphone.ca
 Shelter Netwww.shelternet.ca/en/children-youth
 That's Not Coolwww.thatnotcool.com
 Break the Cyclewww.breakthecycle.org
 Love is Not Abusewww.loveisnotabuse.com

Other important contacts you want to add:

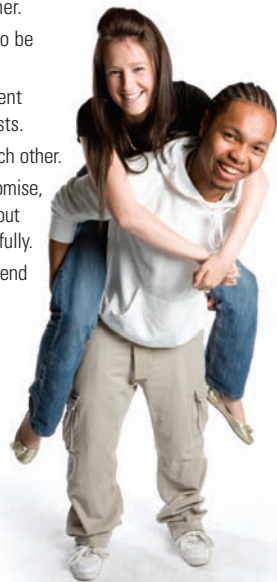


 
SOMETIMES
RELATIONSHIPS
SUCK!
BUT THEY DON'T HAVE TO...

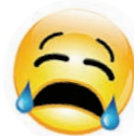
A GUIDE TO
 HEALTHY RELATIONSHIPS.

IN A HEALTHY RELATIONSHIP:

- You have fun together.
- You both feel able to be yourself.
- You can have different opinions and interests.
- You can listen to each other.
- You can both compromise, apologize and work out differences meaningfully.
- You don't have to spend all your spare time together. You can spend time alone or with family or friends.



ARE YOU IN AN UNHEALTHY RELATIONSHIP?



Does your boyfriend/girlfriend...

- Try to keep you away from friends and family by wanting/demanding that you spend all of your time with them?
- Constantly check up on you by calling you, text messaging or showing up to see if you are there and who you are with?
- Act jealous, possessive and/or accuses you of cheating?
- Blame you for everything and anything?
- Try to control where you go, how you dress or what you do?
- Have an unpredictable temper?
- Do their reactions frighten you?
- Call you names or put you down, sometimes in front of others?
- Use alcohol or drugs as an excuse for saying or doing things that hurt you?

- Threaten you with words, force or weapons?
- Try to force you to do things sexually that you don't enjoy or don't want to do?
- Scare you and make you feel there is no way to break up?
- Say they will kill themselves if you leave them?

If you answered 'yes' to one or more of the questions, you are in an unhealthy relationship and you should seek help.



WHAT IS RELATIONSHIP ABUSE?

Relationship abuse occurs when one person in the relationship exhibits physically, sexually, verbally and/or emotionally controlling behaviour.



WHAT ARE YOU FEELING?



It is important to listen to your feelings. They can help you to know if the way you are treated is okay or not.

Think about your relationship. Think about how you feel. In a loving relationship you should feel:

Valued	Supported
Happy	Free
Liked	Safe
Respected	Cared for
Able to be yourself	

If you are in an abusive relationship, you might feel:

Humiliated	Depressed
Angry	Scared
Confused	Trapped
Nervous	Inadequate
Guilty	
Bad about yourself	



BREAKING UP IS HARD TO DO!

If you decide to break up with your abusive boy/girlfriend...

- Make sure you are in a safe place. Make sure there are people nearby who can hear and see you.
- Have someone who can support you in your

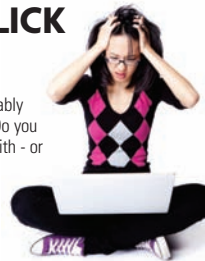


break-up and talk to about how you feel after the break-up.

- If you think your parents will be supportive, let them know about the break-up so they can help you with safety planning.
- Tell friends, family, teachers or co-workers and ask for them to help protect you.
- Try not to be alone with the person who is abusive
- Stay aware of what's going on. Try not to drink or use other drugs. Listen to your feelings – if you feel unsafe, leave as soon as you can.
- Have an excuse prepared so you can leave quickly if you feel intimidated.
- If you are out, arrange your own way home. Take phone and transport money.

STOP THINK CLICK

You text, you play games, you share photos and video. You update your status, you post comments, you probably spend some time in a virtual world. Do you know and trust who you're dealing with - or what you're sharing or downloading?



- Think before you post and share.
- Once you post information online, you can't take it back.
- "Sexting" is **sending nude photos from mobile phones. Don't do it! Period!** It is against the law.

Cyberbullying is bullying that happens by email, text message, an online game or on a social networking site.

- **Don't stand for bullying—online or off.**
- Report abuse to the website where it's taking place.
- Save the evidence and ask for help from an adult you trust.
- Tell the bully to stop.
- Use privacy settings to restrict who can see and post on your profile.
- Limit your online friends to people you actually know.
- Trust your gut if you feel threatened or uncomfortable because of someone or something you find online. **Tell someone who can help you report your concerns to the police and other people who can help.**