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CALL 911
IF YOU FEEL YOU ARE
IN IMMEDIATE DANGER!

CRISIS LINES, COUNSELLING & SUPPORT SERVICE

ENGLISH & FRENCH:

Agnes Ometz (Counseling Services)514-342-0000
Auberge Athena514-336-7250
Auberge Transition (Shelter for Women and Children)514-481-0495
Auberge Shalom (Support line for women in abusive relationships)514-731-0833
Batslaw Youth and Family Centres514-935-6196
CALACS (Centres d'aide et de lutte contre les agressions à caractère sexuel)514-620-4333
CAVAC (Montreal's Crime Victim Assistance Centre)514-277-9860
Centre de crise de Quebec418-688-4240
Centre d'écoute et de référence Multi-Écoute (Prevention in mental health)514-737-3604
Centre d'expertise en agression sexuelle Maria Vincent514-285-0505
Centre Hospitalier Universitaire Sainte-Justine CHU (Adolescent's Clinic)514-345-4721

Clinique pour victimes d'agression sexuelle/Hôpital Hôtel Dieu de Montréal514-890-8100
CRIPHASE (Sexual assault counseling for males)514-529-5567
Déprimés Anonymes514-278-2130
Gai Écoute/Tel-Aide514-866-0103
Groupe d'aide et d'information sur le harcèlement sexuel au travail de la province de Québec (Support centre for victims of abuse and harassment at work)514-526-0789
Information and Referral Centre of Greater Montreal514-527-1375
Head & Hands514-481-0277
Herzl Teenage Health Unit @ The Jewish General Hospital514-340-8242
IVAC (Compensation to victims of crime)514-906-3019
Jeunesse j'écoute (counseling up to 19 yrs. of age)1-800-668-6868
Montreal Assault Prevention Centre (Women, children prevention workshops)514-284-1212
Montreal Children's Hospital CHUM514-412-4481
Montreal Sexual Assault Centre (24/7)514-934-4504

Montreal Sexual Assault Centre (Crisis line)514-934-0354
Montreal Sexual Assault Centre/The Montreal General Hospital/ MUHC514-934-8090
Montreal West Island Crisis Centre (Telephone intervention and support) .514-684-6160
Native Friendship Centre of Montreal (Individual and group counseling) . .514-499-1854
Project Ten (Counseling for lesbian, gay, bisexual, intersex, queer, trans, two-spirit, and questioning youth)514-989-4585
Regroupment Québécoise des C.A.L.A.C.S514-529-5252
Sexual Assault centre of McGill Students' Society (Support groups) . .514-398-8500
Sexual Abuse Clinic514-412-4483
SOS violence conjugale1-800-363-1101 / 514-288-2266
Suicide Action Montréal (SAM)1-866-APPEL / 514-723-4000
Tel-Jeunes1-800-263-2266 / 514-288-2266
Women Aware- Femmes Avertis1-866-489-1110
Women Who Go Out (information on date rape)514-777-1754
West Island Sexual Assault Centre514-620-7433
Youth Protection514-896-3100

French Only

Association Québécoise Plaidoyer-Victimes514-526-9037
Protection de la Jeunesse514-896-3300
Trêve pour Elles514-251-0323

WEBSITES:

Kids Healthwww.KidsHealth.org/Teen
Kids Help Phonewww.kidshelpphone.ca
Love is Respectwww.loveisrespect.org
McGill Sexual Assault Centre (SACCOMS)www.sacomss.org
Montreal Assault Prevention Centrewww.cpamapc.org
Project10www.p10.qc.ca
SOS Violence Conjugalewww.sosviolenceconjugale.com
Suicide Action Montrealwww.suicideactionmontreal.org
That's Not Coolwww.thatstnotcool.com
Gai Écoute/Tel-Aidewww.gatecoute.org

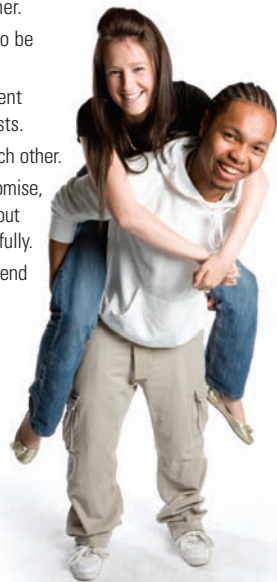


 
**SOMETIMES
RELATIONSHIPS
SUCK!**
BUT THEY DON'T HAVE TO..

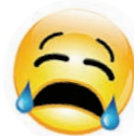
A GUIDE TO
HEALTHY RELATIONSHIPS.

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:

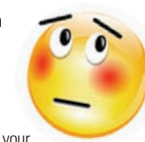
Humiliated	Depressed
Angry	Scared
Confused	Trapped
Nervous	Inadequate
Guilty	
Bad about yourself	



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.

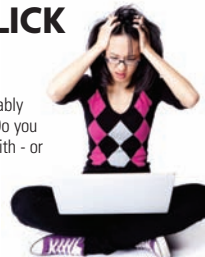


- Have someone who can support you in your break-up and talk to about how you feel after the break-up.
- If you think your parents will be supportive, let them know about the break-up so they can help you with safety planning.
- Tell friends, family, teachers or co-workers and ask for them to help protect 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.**