

Resources for Bystanders

How Bystanders Can Get Involved

DO

- Check in on your friend to see how they are doing and ask if something is wrong
- Express concern
- Listen and tell them it's NOT their fault
- Offer any resources you think may be helpful to them
- Support their decisions

DON'T

- Wait for them to approach you if you suspect a problem
- Judge or blame them
- Make decisions for them or pressure them
- Give advice
- Place conditions on your support

Citation: We All Have a Role in Ending Domestic Violence, City of San Francisco 2017, www.sfgov.org/dosw/we-all-have-role-ending-domestic-violence

Connect to Resources

Abuse survivors continuously express feeling isolated or alone, grabbing a coffee or setting up a private phone call to chat is one of the ways to assist with breaking isolation. It can also give the person being harmed the opportunity seek resources, if they feel ready to do so.

Confidentiality

Do not share information without the person's consent unless you suspect children are involved. If you think someone is in immediate danger, call 9-1-1.

Communicate Realistic Expectations

Sometimes it can be difficult to think of the right thing to say when you find out someone you know is being abused. Listening to what a person being abused needs in the moments can be one of the most helpful actions to getting them the support they need. It is also important to set up realistic expectations with how you are able to help. (i.e "Text me anytime after 6pm)

Care for Yourself

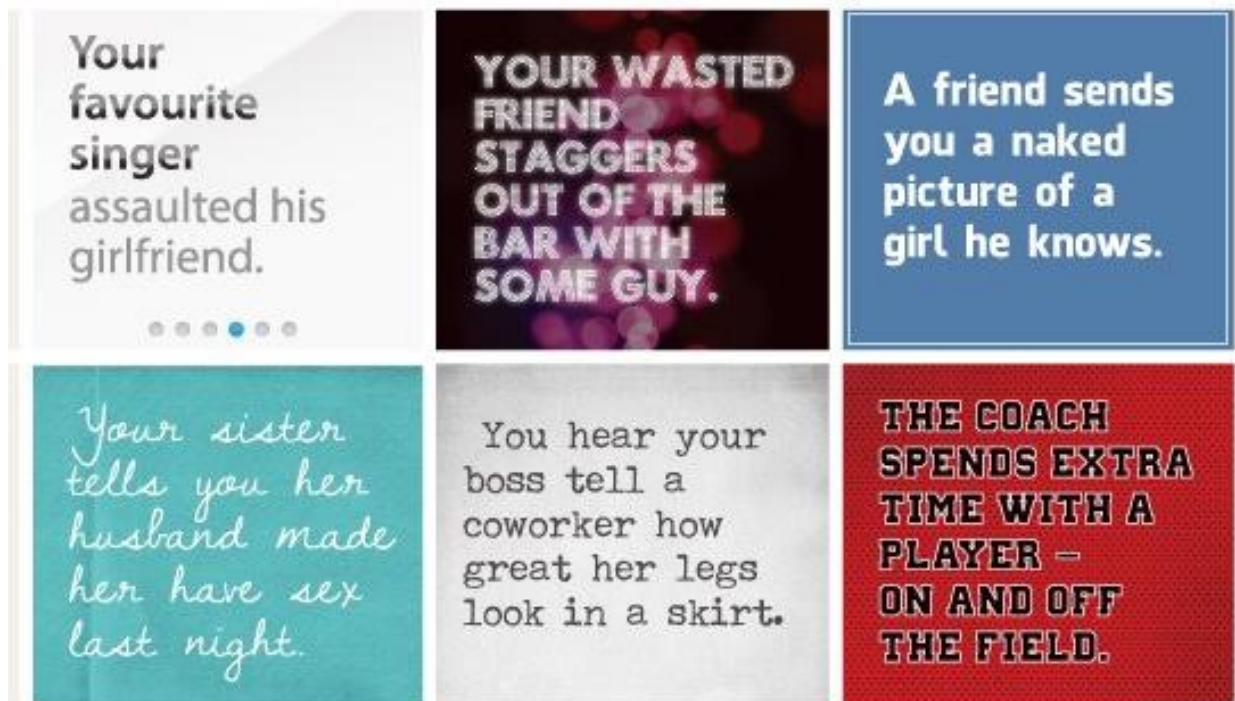
Supporting someone who has experienced abuse can be difficult. It is important that you seek supports for yourself.

Campaigns and Tools for Bystanders

Draw The Line (2011)

www.draw-the-line.ca

An interactive campaign that aims to engage Ontarians in a dialogue about sexual violence. The campaign challenges common myths about sexual violence and equips bystanders with information on how to intervene safely and effectively. It is our hope that Draw the Line will educate Ontarians on how to spot sexual violence and empower them to make a difference.



Kizhaay Anishinaabe Niin (2008)

www.iamakindman.ca

Kizhaay Anishinaabe Niin (an Ojibway phrase) translates to I Am a Kind Man. At a time when violence is invading whole communities "I Am a Kind Man" reminds us that violence has never been an acceptable part of Aboriginal culture. The campaign has four goals outlined here:

1. To provide education for men to address issues of abuse against women
2. Re-establish traditional responsibilities by acknowledging that our teachings have never tolerated violence and abuse towards women;
3. Inspire men to engage other men to get involved and stop the abuse;
4. Support Aboriginal men who choose not to use violence.



It Starts With You. It Stays With Him. (2009)

www.itstartswithyou.ca

Online-based, social media campaign developed by the White Ribbon Canada and Le Centre ontarien de prévention des agressions to inspire men to promote healthy, equal relationships with the boys in their lives. Helping young people achieve consent, set boundaries, value people of all genders and use respectful communication in all their relationships is something we can all do.



**IT STARTS WITH YOU.
IT STAYS WITH HIM.**

Reach out to the boys in your life and motivate them to build healthy equal relationships that respect boundaries, achieve consent, and nurture trust and good communication.

Be an inspiring male role model and help boys create a future where men and women live free from violence and inequality.

 White Ribbon Campaign

itstartswithyou.ca

Funded by:  Ontario
Through the Ontario Women's Directorate

Make It Our Business (2017)

www.makeitourbusiness.ca

Make It Our Business provides information and education to help employers and other workplace stakeholders to meet their obligations under the Ontario Occupational Health and Safety Act. According to the Act, employers must prevent and respond to domestic violence in the workplace.



Neighbours, Friends & Families (2005)

www.neighboursfriendsandfamilies.ca

A public education campaign to raise awareness of the signs of woman abuse so that those close to an at-risk woman or an abusive man can help.



Neighbours, Friends & Families

NFF Immigrant & Refugee Communities Project (2015)

www.immigrantandrefugeenff.ca

A culturally and linguistically sensitive training program that assists settlement workers at each participating organization to reach out to those closest to victims of domestic abuse - teaching them to recognize the signs of abuse and know what actions to take in response.



Neighbours, Friends & Families

Immigrant & Refugee Communities