



BPW Saskatoon

Business and Professional Women of Saskatoon Inc.



grandmothers

Advocacy Network

Mouvement de soutien des

grands-mères

16 Ways to Help

**During the United Nations 16 Days of Activism
to End Violence Against Women and Girls
November 25 – December 10, 2017**

1. Call the police at 911 if you see or hear someone being harmed. It is every person's legal duty to report suspected child abuse to police or local child welfare agency.
<https://www.saskatchewan.ca/residents/justice-crime-and-the-law/child-protection/child-abuse-and-neglect>
2. Learn about community resources that assist someone who is being victimized like the Saskatoon Sexual Assault Centre.
<https://saskatoonsexualassaultcentre.com/>
3. If you know someone who is being abused, offer the number for the Saskatoon Sexual Assault Centre Crisis Line in Saskatoon at 306-244-2224.
4. Lead by example. Speak out against messages that say it is ok to use violence or mistreat a woman. Interrupt sexist/phobic/violent language. Changing the way we speak changes how we think.
5. Read about issues of abuse. Learn how psychological and emotional abuse can be permanently destructive to a person's well-being.
6. Learn about a site that lists resources in Canada for women caught in a web of abuse. <http://www.sheltersafe.ca/>
7. Education for prevention. This co-educational curriculum called "[Voices against Violence](#)" is a first of its kind and is designed for various age groups ranging from 5 to 25 years. It provides young people with tools and expertise to understand the root causes of violence in their communities, to educate and involve their peers and communities to prevent such violence, and to learn about where to access support if violence is experienced. Download the curriculum at <http://www.unwomen.org/en/digital-library/publications/2013/10/voices-against-violence-curriculum>



BPW Saskatoon

Business and Professional Women of Saskatoon Inc.



grandmothers

Advocacy Network

Mouvement de soutien des

grands-mères

8. Donate to organizations like local women's shelters that create a means to break the isolation and feeling of being powerless that comes from being victimized.
9. It may frustrate you if someone you care about won't leave an abusive relationship. Do not withdraw your support. You may be the only lifeline for someone who is afraid to change their situation.
10. Ending an abusive domestic relationship can be dangerous and sometimes deadly. Interval House, at 1-888-338-0880, is a temporary shelter for women and children who are fleeing domestic violence and who require a safe place to stay and acquire good safety planning information.
<https://saskatoonintervalhouse.org/>
11. Become an activist. Learn about what government's policies are on violence against women and girls and speak out to your government representatives if you feel change is needed.
12. Teach your children about the right to say no and to be free from violence and being controlled by others. Positive self-esteem is a priceless gift!
13. Understand consent and what it means.
<http://sassk.ca/about-sexual-assault/consent/canadian-law>
14. Stop blaming the victim. No one brings violence on themselves because of the way they dress or act.
15. UN Women supports [Partners for Prevention](#) (P4P). This program works with men and boys at a regional level. Its long-term goal is to reduce the prevalence of gender-based violence through behaviour and attitudinal change among boys and men, increase institutional capacity and facilitate policy enhancements.
16. Learn more about the United Nations Orange Campaign (<http://www.unwomen.org/en/what-we-do/ending-violence-against-women>) so you can explain why you are wearing orange for 16 days. The Grandmothers Advocacy network (www.grandmothersadvocay.org) has resources and information on the orange campaign and photos from previous years.