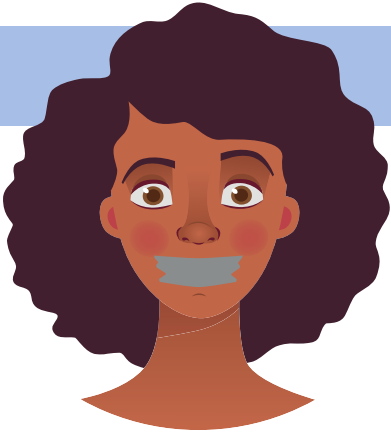


WARNING SIGNS OF DOMESTIC ABUSE

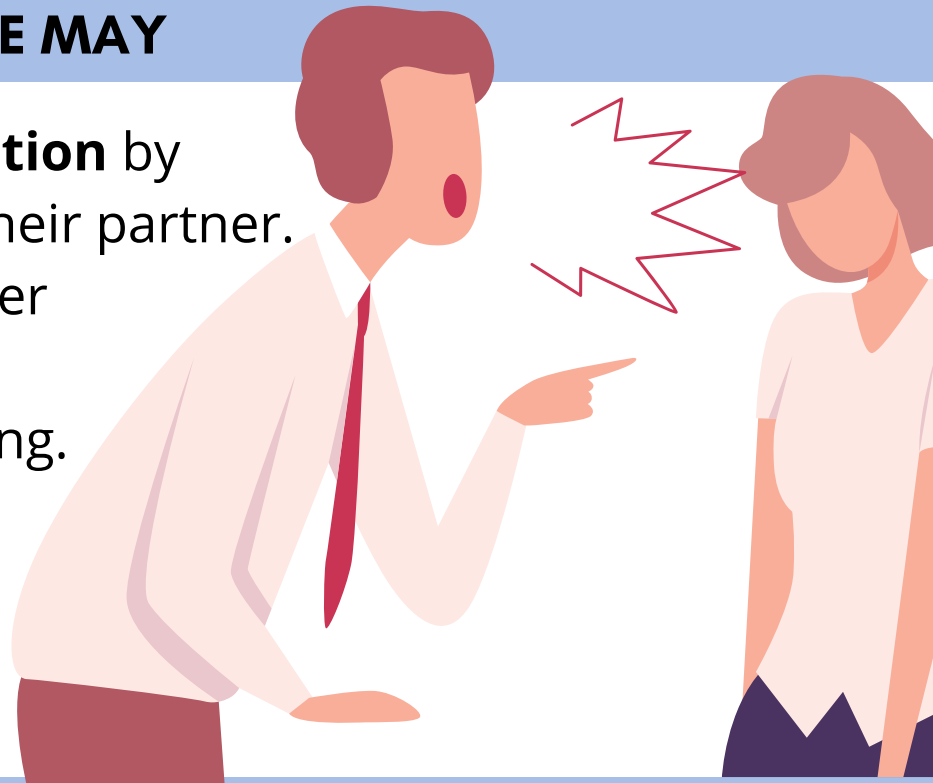


PEOPLE WHO ARE EXPERIENCING ABUSE MAY

- Be **nervous** talking in the **presence** of their **partner**.
- Try to **cover bruises** (e.g. wear long sleeves, sunglasses).
- **Avoid friends**, often making excuses not to see them.
- Show **changes in personality** and/or **seem depressed** and **withdrawn**.

PEOPLE WHO ARE ABUSIVE MAY

- **Dominate the conversation** by doing all the talking for their partner.
- Try to **isolate** their partner
- Be **excessively** jealous, possessive, and controlling.
- Tell their partner what they **can and cannot wear**.



CUPID'S sting™
Interpersonal Violence Reduction Program

Cupid's Sting is a non-profit that teaches women life-saving skills to protect themselves inside and outside the home. If you need assistance, please email info@cupidssting.org. Visit our website www.cupidssting.org

References

National Coalition Against Domestic Violence. (N.d). Signs of Abuse. <https://ncadv.org/signs-of-abuse>
Neighbours, friends and Family. (2020). Warning Signs of Abuse. <http://www.neighboursfriendsandfamilies.ca/node/39>
Help Guide. (2020). Domestic Violence and Abuse. <https://www.helpguide.org/articles/abuse/domestic-violence-and-abuse.htm>

SOLUTIONS TO DOMESTIC VIOLENCE

Domestic violence is a complex issue. It can be extremely difficult to get out of an abusive situation or to help a friend or family member in one.

The following are some suggestions to navigate a domestic violence situation and to hopefully get to a place of complete safety where you can begin to heal. There are informal and formal measures that can be taken. Whichever you choose, make sure you are comfortable, ready, and safe.

INFORMAL MEASURES

- **Document everything** (ex. incidents, threats, voicemails, and pictures).
 - Have a friend/family member put the documentation in a **safe place** for the police or the courts.
- **Recognize** your partner's **moods** and know the cues when their **anger** may be escalating.
- Find a **safe place to retreat** to so you can get out of harm's way.
- Learn some basic **self-defence** techniques so that you can defend yourself if attacked by your partner.

FORMAL MEASURES

- **Call the police** to report the abuse.
- Reach out to **women's services organizations** for assistance.
- Develop a **safety plan**.

Never feel pressured to make a decision. Only do what you are comfortable with. It is a process. Do not be too hard on yourself. And remember, we are here for you. If you need help, please contact us by email or phone and someone will be there for you.

Be safe!



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RESOURCES FOR DOMESTIC VIOLENCE

Domestic violence is hard, difficult, and scary. You do not have to face it alone. There are professionals that can assist you - no questions asked, no judgement. Reach out to the organizations below and someone will be happy to help you through your healing. **Remember, you are worthy of your safety.**

Assaulted Women's Helpline

1-866-863-0511

Cupid's Sting

416-523-1445

The Dandelion Initiative

saferspaces@dandelioninitiative.ca

Embrave (Interim Place) Telephone

(905) 403-0864 TTY: (905) 403-0453

Legal Aid Ontario

<https://www.legalaid.on.ca/services/domestic-abuse/>

Trillium Health Centre (Chantel's Place)

905-848-7580 ext. 2548

Victim Services of Peel

905-568-1068

Women's Sexual Assault Centre

1-800-663-3060



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