

Violence in Lanark County

What is See It, Name It, Change It?

- This is a simple concept, much like the one we all learned in school about fire safety: Stop, Drop, and Roll.
- If you *see* violence, and you can *name* it, you can take the first step to *change* it.
- It is a campaign to start a conversation, provide education about violence in relationships, offer resources, and encourage healthy alternatives for all community members.

Rural Experiences

- Keep in mind that in rural areas, it is likely that you will know most of the people involved in violent or abusive situations. Believe the person coming forward.

9 Types of Abuse

1. Emotional/Psychological/Verbal Abuse
2. Physical Abuse
3. Social Abuse
4. Technology Abuse
5. Sexual Abuse
6. Environmental Abuse
7. Religious Abuse
8. Financial Abuse
9. Ritual Abuse

Visit lcih.org for more information on the types of abuse.

Lanark County Resources

Lanark County Interval House & Community Support

- 24/7 Crisis Line: 1-800-267-7946 or 613-257-5960
- Community Support: 613-253-3336
- Victim Advocate: 613-253-3336 ext. 227

Emergency

- 911

Information and Referral Service

- 211

Kids Help Phone

- 1-800-668-6868

Operation Come Home

- 1-800-668-4663

Open Doors for Children & Youth

- 1-877-232-8260

Connections Programs for Families

- 1-888-284-2204

Children's Resources on Wheels Lanark County

- 1-800-267-9252

Lanark Community Programs

- 1-800-667-2617

Tricounty Addictions Services

- 1-800-361-6948

Victim Witness Assistance Program

- 1-866-296-0166

Victim Services Lanark County

- 1-866-575-0067



TIPS FOR COMMUNITY MEMBERS ON HOW TO

See It, Name It, Change It!

See It

Violence looks like many things. It is repeated and unwanted actions made against someone else in an effort to have power and control over that person. It can include:

- Controlling what someone wears and making comments about it
- Keeping them away from their loved ones
- Having to be with them or know where they are at all times
- A look
- A yell
- Damaging personal property
- Hitting, punching, kicking, scratching, pulling hair, pushing, grabbing, burning
- Refusing medical attention or keeping medication from the victim
- Pressuring or forcing a partner to use substances
- Use of weapons, including improvised objects
- Threats, including threats of suicide
- Name calling and blame

When you **See It**, pay attention. Think about who can help, where you are, and how to say something. Once you see that you have a first step, take it.



Name It

Naming it can be difficult. Think about who the people are, how you know them, your comfort, and your surroundings. In the moment, you might say: "Hey, what's happening? This is not cool." It is crucial that you **Name It** in a manner that makes it clear that it is not acceptable.

No one has all the answers, but shifting the way we respond to violence is critical to creating safer communities for everyone.

Naming It Safely

- Don't yell. Breathe and find your supportive voice.
- Don't say much. "Stop" is a lot.
- Try to have someone with you or look for someone to support you.
- Know your limits.
- Know the roots. You are doing this because you care and you are worried.
- If it's safer for all, text or name it later.
- Change the conversation. "I know you are not yelling at her about her right to wear what she wants... *you are not that guy...*"

Change It

It may require multiple attempts, and, unfortunately, more than one incident; but once you Name It, the conversation about changing it becomes possible.

Choice is everywhere. Know what some options may include. Know where to find resources and have information available. Know who is safe to turn to.

Help is available, but often folks want to try other things before addressing the issue more formally. That's okay. Any step towards nonviolent choices is a good one.

