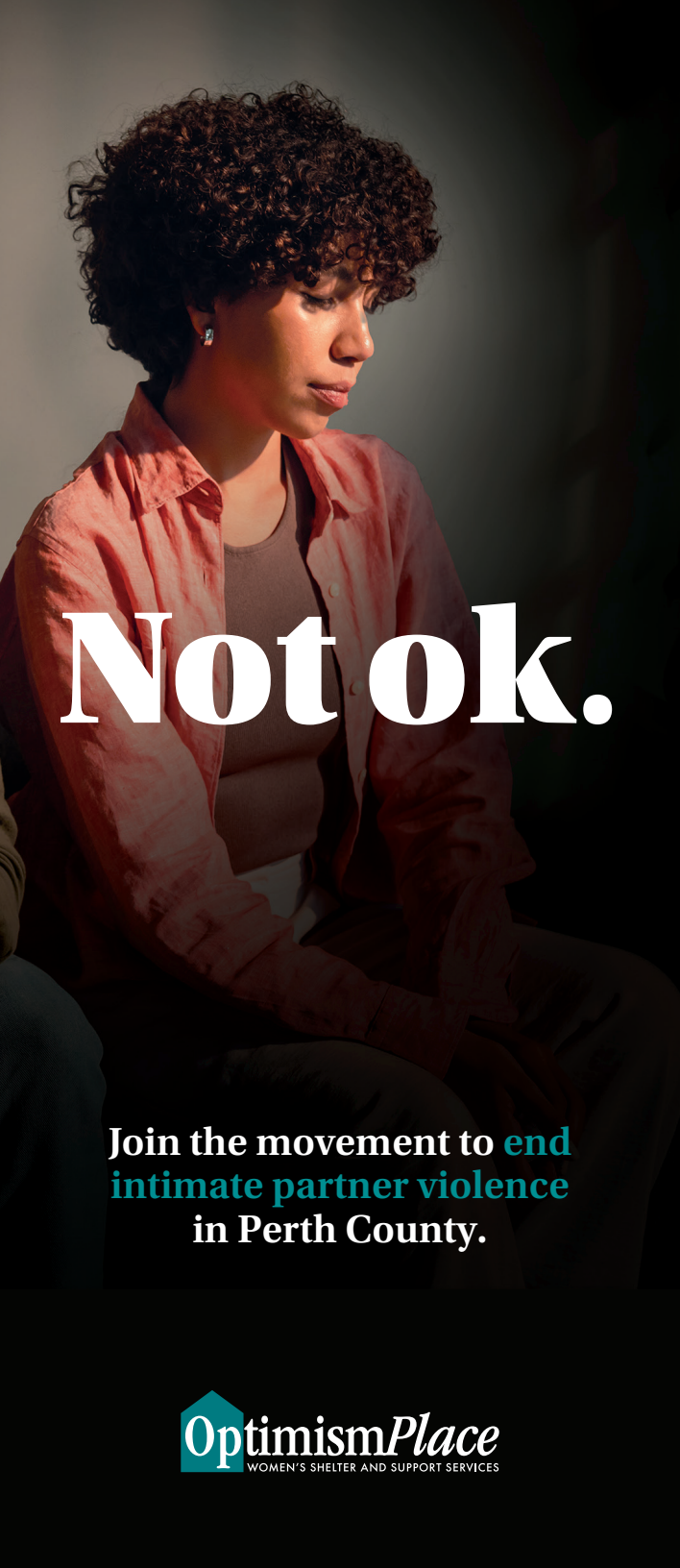




Not ok.

Join the movement to **end
intimate partner violence**
in Perth County.

Police across Perth County receive more than 600 calls each year related to intimate partner violence, yet, many believe intimate partner violence does not happen here. It does. And it's not ok.

Work towards ending Intimate partner violence by learning the signs and knowing how to help.

Learn the Signs

To build a safer community, we need to know what intimate partner violence looks like. The signs of intimate partner violence are not always obvious. They can appear as emotional, financial, or controlling behaviours—not just physical harm. By learning warning signs, you'll be ready to notice when something is not ok and take the right steps to provide support to your friends and family members who are experiencing abuse.

itsnotok.ca

I want to help someone.

If you're concerned about someone you know, silence is not an option. Learn the signs and start a conversation.



Ask

your loved one or friend to think about their answers to these questions.

Does your partner:

- 1.** Put you down, embarrass you in front of others, call you names, or shame you?
- 2.** Prevent you from talking to or seeing your friends or family, or make it difficult for you to go to work?
- 3.** Leave you "walking on eggshells" because they want to know where you are and who you are with?
- 4.** Accuse you of cheating, frequently checks your phone or is possessively jealous?
- 5.** Threaten to hurt themselves, you, or your children, family members or pets?



Listen

unconditionally, without judgment

If someone you care about has told you about abuse in their relationship, or you have a sense that something isn't right, you likely want to say, "leave." But your goal in this conversation is to listen so she feels heard and validated. "I'm so sorry this is happening to you" is your best response, acknowledging that it is not ok and that you want to support her through this challenging time. Keep the focus on her, and not on her decision to stay in the relationship.



Create

a safety plan and bag

You can work with her to create a safety plan that includes a code word you both know to signal an emergency; open your home as a safe haven if she decides to leave the relationship; and have a list of key contacts ready. Part of this plan can include arranging transportation or providing financial support as well as creating a safety bag. A safety bag can include essential toiletries and medications, important ID documents, phone charger and change of clothes.



Guide

her to supports and resources

Perth County has supports available for women who are experiencing intimate partner violence. Optimism Place has a **24-7 support phone line (519-271-5550)** available for women or their friends and family members so that you can talk through the situation with a professional. Optimism Place can also provide **emergency shelter, transportation, legal support, referrals** and other wrap around supports. Just calling can help you not feel so alone.





 **OptimismPlace**
WOMEN'S SHELTER AND SUPPORT SERVICES



Visit itsnotok.ca for
more resources and
shareable materials.