

# ACTIVE BYSTANDER RESOURCE GUIDE

## What We Can Do to Stop Abuse



### TYPES OF ABUSE ADDRESSED IN THEATRE OF THE BEAT'S I LOVE YOU AND IT HURTS

Theatre of the Beat has developed three short plays that reflect lived experiences of **elder abuse, healthy masculinity, and intimate partner violence** in youth relationships, with a focus on how to recognize the subtle early signs of abuse. The topics chosen were identified by our community partners (experts at Assaulted Women's Helpline and Women's Crisis Services of Waterloo Region) as topics that need to be immediately addressed.

We have created this resource package as a guide for the communities we visit to learn more about the warning signs of abuse, how to address it, and who to call for support.

### INTERRUPT ISOLATION: SEE IT, NAME IT, CHECK IT

#### SEE IT

- Learn the warning signs
- Pay attention to the people around you
- Treat your suspicions and questions seriously

*"I am worried about my friend who hasn't been to the Centre for weeks. The last time I saw her, she seemed very anxious."*

#### NAME IT

- Name the behavior or action you see, first to yourself, then to the person you think is being abused - say it out loud!

*"I haven't seen you at the Centre for some time now. You seem upset. I miss seeing you."*

#### CHECK IT

- Ask questions
- Ask an expert about what action to take
- Help with safety planning

*"Are you ok? Do you feel safe? Is there anything that is bothering you that you'd like to chat about? How can I help?"*

### THE VIOLENCE AT HOME SIGNAL FOR HELP



1. Palm to camera and tuck thumb

2. Trap thumb

Launched by the Canadian Women's Foundation in response to Covid-19, the "signal for help" is a simple one-handed sign someone can use on a video call. It can help a person silently show they need help and want someone to check in with them in a safe way.

### REMEMBER, YOU'RE NOT ALONE

It is important to have your own support system and practice self care when helping a friend in an abusive situation. Talk to mental health professionals, take breaks, and stick to your own personal boundaries to avoid burnout and stay healthy.



# ELDER ABUSE FACTS & RESOURCES



I  
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YOU  
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## WHAT IS ELDER ABUSE?

“A single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person.”

-World Health Organization

## WHO COMMITS ELDER ABUSE?

In many cases, the abuse happens by someone the older adult knows, and often by someone they care about.

- Adult children, grandchildren
- Other relatives, friends, spouses, neighbours, paid or unpaid caregivers, landlords, financial advisors
- Any individual in a position of power, trust or authority

## WHAT IS AGEISM?

Ageism refers to the attitudes and beliefs that cause people to treat older adults as if they were less important or less valued because they are older. These attitudes are a factor in abusive situations because they allow people to believe that they have the right to ignore, harm or control an older adult.

**The Senior’s Safety Line** gives information about many local agencies across the province who can help when there is elder abuse. They have trained counsellors who can provide safety planning and supportive counselling to older adults who are abused or at risk of being abused: **1-866-299-0008**.



“If I have more questions or would like general information about staying safe, what should I do?”

You can learn lots of great tips for staying safe at  
[www.elderabuseontario.com](http://www.elderabuseontario.com)

### Sources:

“It’s Not Right” - How You Can Identify Abuse and Help Older Adults At Risk

“It’s Not Right” - What You Can Do to Help Older Adults In Your Life

SFU Gerontology Research Centre, National Initiative for Care of the Elderly,

Community Legal Education Ontario

## TYPES OF ELDER ABUSE

### Sexual Abuse

Direct or indirect sexual activity without consent.

### Physical Abuse

Actions or behaviours that result in injury, pain, impairment or physical distress.

### Financial Abuse

Action or lack of action with respect to material possessions, funds, assets, property, or legal documents that is unauthorized or coerced; or a misuse of legal authority.

### Emotional Abuse

Severe or persistent verbal/non-verbal behaviour that results in emotional or psychological harm.

### Neglect

Repeated deprivation of assistance needed by an older person for activities of daily living.

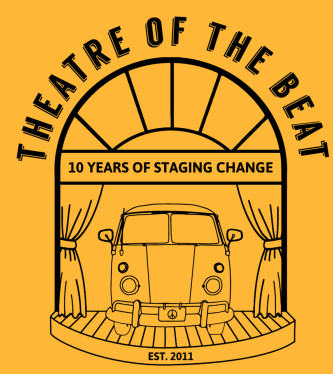
## WARNING SIGNS IN SURVIVORS

- Older adults who disclose —believe them!
- Injuries such as bruises, sprains, broken bones
- Depression, withdrawal, fear
- Changes in social activity, living arrangements / previously uninvolved relatives or new friends moving in
- Changes in financial situations such as cancellation of service because the bills are not paid
- No food in the house, being left alone for long periods of time, not having glasses or hearing aids that are needed, not having proper clothing

## WARNING SIGNS IN ABUSERS

- Controlling behaviour
- Isolating older adults from friends and family
- Disregard for their privacy
- Reading/withholding mail
- Handling all of the money
- A strong sense of entitlement: “I can do what I want! You owe me!”
- Treating the older adult like a child
- Leaving a dependent person alone for long periods of time





# HEALTHY VS UNHEALTHY YOUTH ❤️ RELATIONSHIPS

All relationships go through ups and downs - so it can be difficult to recognize when a relationship might be getting unhealthy or even abusive. Understanding the signs below can help keep yourself safe and happy in your relationships.



Women's Crisis Services  
248-288-1100  
www.womenscrisis.org

## SIGNS OF AN UNHEALTHY RELATIONSHIP

### INTENSITY

Moving too fast.

### LOVE-BOMBING

Lavishing with attention or affection to influence or manipulate.

### POSSESSIVENESS

Extreme jealousy and controlling behaviour.

### ISOLATION

Keeping you away from friends / family.

### MANIPULATION & GUILTING

Making you feel responsible for keeping them happy; using guilt as a tool for control.

### VOLATILITY

Extreme ups and downs.

### GASLIGHTING

Making you question your own reality.

### DEFLECTING ACCOUNTABILITY

Not taking responsibility for their actions.

## SIGNS OF A HEALTHY RELATIONSHIP

### COMFORTABLE PACE

The pace of the relationship feels natural and comfortable.

### COMPASSION & KINDNESS

The partners are caring to each other and offer support.

### HONESTY

Partners feel safe enough to say how they truly feel without fear of an unpredictable reaction.

### INDEPENDANCE

Partners have their own lives outside of the relationship.

### TAKING ACCOUNTABILITY

### TRUST & RESPECT

### OPEN COMMUNICATION

## HOW TO HELP A FRIEND IN AN UNHEALTHY OR ABUSIVE RELATIONSHIP

### CHECK IN

- "I've noticed you've seemed \_\_\_\_ (sad, distant, etc) lately. Would you like to talk about it?"
- "I'm here to listen if you ever need it."

### VALIDATE

- "This is not your fault. Thank you for telling me. That sounds really \_\_\_\_ (complicated, difficult, scary, upsetting.)"
- "I believe you. Your emotions are valid."

### GIVE OPTIONS

- "I'm not an expert on this and I think we might need help from a professional. Would you like to call a crisis line together?"
- "Do you want to leave an overnight bag at my place in case you need somewhere to stay?"



# HEALTHY MASCULINITY

What is masculinity? It is an invisible set of rules that tells men how they should behave, how they should look, what they should want, and the types of people they should be. Pressures from society and the media contribute to an unrealistic and unattainable image of masculinity that is harmful to men and the people around them.

## WHAT DOES HEALTHY MASCULINITY LOOK LIKE?

### ASKING FOR HELP

Understanding that no one can do everything on their own. Seeking support from friends, family, and mental health professionals.

### VULNERABILITY & EMOTIONAL EXPRESSION

Allowing yourself to show a range of emotions, aside from only confidence or anger. Expressing to people you trust when you're feeling sad, lost, depressed, as well as happy, excited, and joyful.

### EMPATHY & ACCOUNTABILITY

Putting yourself in someone else's shoes. Taking accountability if you've hurt someone and admitting you were wrong as an opportunity for growth and connection.

### SEEKING CONSENT

Respecting the boundaries of intimate partners and always asking for consent. Hearing and accepting when someone says, "No."

### "CALLING IN" OTHER MEN

Naming unhealthy behaviours in other men and having conversations with male friends and family about healthy habits.



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## SOCIETAL PRESSURES MEN FACE

**"MEN SHOULD BE PROTECTORS"**

**"MEN SHOULD BE SUCCESSFUL"**

**"MEN SHOULD BE PHYSICALLY FIT & STRONG"**

**"MEN SHOULD BE SEXUALLY DOMINANT"**

**"MEN SHOULD BE SELF-SUFFICIENT"**

**"MEN SHOULDN'T SHOW EMOTION"**

**"MEN SHOULDN'T BE FEMININE"**

These unrealistic expectations rooted in sexism result in men who feel they can never fail, ask for help, or be vulnerable. Men are put into a box, rather than being allowed to express a full range of humanity.

## FACTS FROM CAMH ON MEN'S MENTAL HEALTH

June 13 is Men's Mental Health Awareness Day, dedicated to normalizing men seeking help for their mental health.

- Approximately 5 per cent of male youth age 12 to 19 have experienced a major depressive episode.
- One in 10 men will struggle with depression in their lifetime.
- Rates of substance use disorder are very high in males, 6.4 per cent compared to 2.5 per cent of females.
- Men die by suicide at a rate four times higher than that of women.





# ONTARIO CRISIS LINES



## Who to Call when Experiencing Abuse

### ONTARIO

#### DETERMINE

TEXT: 647-370-8300  
CALL: 416-533-8538

#### TALK 4 HEALING (INDIGENOUS WOMEN)

1-866-863-0511

#### ONTARIO NATIVE WOMEN'S ASSOCIATION

1-800-667-0816

#### BLACK YOUTH HELPLINE

416-285-9944 or email: info@blackyouth.ca

#### ASSAULTED WOMEN'S HELPLINE

416-863-0511  
OR 1-866-863-0511

#### CARING DADS

(249) 202-DADS (3237)

#### ELDER ABUSE PREVENTION ONTARIO (EAPO) SENIORS SAFETY LINE (SSL)

1-866-299-1011

#### ONTARIO VICTIM SERVICES (24/7 VICTIM SUPPORT LINE)

1-888-579-2888 OR 416-314-2447 (GTA)

#### 2-1-1 ONTARIO

CALL "211" FOR HELP

### STOUFFVILLE

#### YORK REGION CENTRE FOR COMMUNITY SAFETY

1-855-541-2220

#### MALE SURVIVOR SUPPORT LINE

1-866-887-0015

#### YELLOW BRICK HOUSE

24 hour crisis line: 1-800-263-3247

### LONDON

#### ANOVA SEXUAL VIOLENCE COUNSELLING

24-Hour Crisis & Support Line  
519-642-3000 or 1-800-265-1576

#### ZHAAWANONG 24-HOUR EMERGENCY WOMEN'S SHELTER

Crisis Line: 1-800-605-7477

#### THE YOUTH LINE PEER SUPPORT

Lesbian, Gay, BiSexual, Trans, TwoSpirited, Queer, Questioning  
Call: 1.800.268.9688

#### LONDON MENTAL HEALTH CRISIS SERVICES

(519) 433-2023 (24 hours a day, 7 days a week)

### TORONTO

#### LGBT YOUTH LINE

Sunday to Friday, 4-9:30pm, call: 416-962-9688  
Peer support phone line for lesbian, gay, bisexual, trans, two-spirit, queer and questioning youth.

#### CONCERNED FRIENDS

A voice for quality in long-term care. 416-489-0146

#### RED DOOR FAMILY SHELTER

416-915-5671

### LEAMINGTON

#### SEXUAL ASSAULT CRISIS CENTER OF ESSEX COUNTY

519-253-3100  
Counselling available for survivors of sexual victimization.

#### FRESH START PROGRAM BY HIATUS HOUSE

519-252-7781 - Provides group counselling for female domestic abuse survivors.

#### FAMILY SERVICES WINDSOR-ESSEX

1-888-933-1831 - Elder Abuse Response Service helps older adults deal with neglect, bullying and abuse.





# ONTARIO CRISIS LINES



## Who to Call when Experiencing Abuse



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### KITCHENER-WATERLOO

#### HEALING OF SEVEN GENERATIONS

Indigenous Community Resource. Call: 519-570-9118

#### WOMEN'S CRISIS SERVICES OF WATERLOO REGION

24/7 crisis support line: 519-742-5894 or 519-653-2422 or access the live chat and get connected with a support worker.

#### HAVEN HOUSE (CAMBRIDGE)

Women's Crisis Services of Waterloo Region runs The Haven House. A 30-bed shelter for women and kids escaping abusive homes in Cambridge and North Dumfries areas.

Shelter: (519) 653-2289

24 Hour Support: (519) 653-2422

#### INTERFAITH COUNSELLING CENTRE (NEW HAMBURG)

(519) 662-3092

#### WOOLWICH COUNSELLING SERVICES (ELIMRA)

Crisis Line: (519) 745 1166

#### RISE UP (BLACK YOUTH) - KIDS HELP PHONE

Black youth across Canada can access free wellness support 24/7 by texting RISE to 686868.

#### "HERE 24/7" CRISIS LINE

1-844-437-3247

#### SPECTRUM

Spectrum serves, affirms, and supports the well-being of 2SLGBTQIA+ people in Waterloo Region. Welcomes all members of 2SLGBTQIA+ communities, their family, friends, and allies.

### OTTAWA

#### THE DISTRESS CENTRE

Answers calls 24/7, with crisis line specialists providing confidential, bilingual support. Callers can reach the Centre at 613-238-3311

#### YOUTH SERVICES BUREAU

Provides youth and family counselling, crisis support, a 24/7 crisis line at 613-260-2360, walk-in counselling and an online crisis chat service for youth at <https://chat.ysb.ca/>.

#### COUNSELLING CONNECT

Counselling Connect gives residents of Ottawa and the surrounding area quick access to a free phone or video counselling session.

#### CANADIAN CENTRE FOR MEN AND FAMILIES (OTTAWA)

Phone: 613-518-1065 (office) or toll-free: 833-CCMFOTT (833-226-3688)

### WHITBY

#### DURHAM MENTAL HEALTH SERVICES

For Crisis Services call: 905-666-0483 Local  
1-800-742-1890 Toll Free

#### DURHAM MENTAL HEALTH SERVICES - INDIGENOUS SERVICES

905-666-0831

#### REGION OF DURHAM SENIOR'S SAFETY

905-668-7711 extension 2460

### ONLINE RESOURCES

<https://sheltersafe.ca/ONTARIO/>

<https://canadianwomen.org/SUPPORT-SERVICES>

