

WOMEN'S RIGHT TO BE SAFE



NATIVE COURTWORKER
AND COUNSELLING ASSOCIATION OF BRITISH COLUMBIA

As Indigenous women and children we are entitled to live our lives protected and safe with the freedom to pursue an education, to have a career, to raise a family, and to celebrate with friends. Across the generations, it's our life to live and to enjoy.

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A special thanks to the Ministry of Women and Gender Equality, Canada for their generous financial contribution in making this guide possible.

This project seeks to influence culturally relevant changes to provincial child protection policies and programs to facilitate Indigenous women's access to services and reduce the likelihood that they stay in unsafe households to avoid being separated from their children. The organization will mobilize and engage relevant stakeholders to increase their knowledge of the impact of over-representation of Indigenous children and youth in the child protection justice system. Together they will identify existing measures, policies, and procedures contributing to this over-representation. Based on the findings, the organization will develop alternative measures that are culturally appropriate and can be integrated within the mainstream child welfare system.



Darlene Shackelly

EXECUTIVE DIRECTOR

Native Courtworker and
Counselling Association
of British Columbia



Darlene Shackelly is a proud member of the Kwa'Kwa'Ka' Wa'Kw First Nation. She was raised in the Comox Valley on Vancouver Island. Darlene has dedicated her career to advocating for justice for Indigenous peoples in British Columbia and across Canada.

As a result of her dedication and advocacy for Indigenous Justice, Darlene is a recipient of the Queen Elizabeth II Diamond Jubilee Medal.

She is currently Executive Director for the Native Courtworker and Counselling Association of BC and has been with the provincial organization since 1982.

With her unique and insightful perspective, she has been able to impact the experience of Indigenous peoples in the justice system for the better.

She is a trailblazer and has created many Indigenous-specific justice programs that have resulted in ongoing funding for Indigenous-

specific justice programs, and author of this and the three previous *Women's Right to be Safe* Guides.

Darlene's life-long experience in the field of Indigenous justice has touched the lives of literally thousands of Indigenous people in British Columbia and across Canada.

She has served on many advisory councils, boards and committees over the years. To name a few: the Justice Institute of BC Aboriginal Advisory Committee; Minister's Advisory Council on Indigenous Women of BC; Co-chair for eight years, National Indigenous Courtwork Program, Department of Justice; Provincial Advisory Committees for Specialized Courts (Province of BC).



NATIVE COURTWORKER
AND COUNSELLING ASSOCIATION OF BRITISH COLUMBIA

GENERATIONS STRONG

As the Executive Director for the Native Courtworker and Counselling Association of British Columbia, it is my privilege to present our fourth publication "Women's Right to Be Safe".

My heartfelt gratitude is extended to the powerful women who have devoted their lives to sharing and providing their expertise in the making of this safety guide that depicts the diverse culture and history of Indigenous women, children, families, and communities. Without their contribution this safety guide would not have been possible.

Women and children are entitled to live their lives protected and safe. We have the right to live our lives without restrictions and should not have to live in fear.

From newborns to elders, we will be nurtured, attend school, enjoy life with friends, freedom to travel, have a career, raise a family, or retire. It is your life to enjoy

and feel secure and proud. At this time in our lives, COVID-19 is a serious health threat throughout the world. The risk will vary within our communities, but given the increasing number of cases in Canada, the risk is considered high.

As a result, our relationships with our families are the most important relationships we will ever have. Teaching our children how to stay safe and secure, as well as protecting our elders is crucial.

Foremost, this guide is dedicated to protect the rights of Indigenous women, girls, and LGBTQ2S people. Thanks is also extended to the Ministry of Women and Gender Equality, Canada for their generous financial contribution in making this guide possible.

Please stay safe and protected.

Respectfully,
Darlene Shackelly,
Executive Director

52%

of Canadian children in foster care are Indigenous, but account for only 7.7% of the population. According to Stats Canada 2016 this means 14,970 out of 28,665 foster children in Canada, under the age of 15 are indigenous



MOTHER & BABY SAFE

Positive parenting builds better families and communities

HEALTHY BEGINNINGS

For the rest of your life, you will always be a mom

I knew early on in life that working in the health field was my calling. I always had a huge love for Elders and the wisdom they had to share. My grandmother Helen Araneda was my leader and as she aged, she started developing signs of Alzheimer's. In 2002-03, I attend a Residential Care Aid course through Capilano College and graduated with an RCA certificate. Upon completion of the course, I secured a job with my band Squamish Nation providing home support services. Later, I moved to the Fraser Valley where my grandmother lived and took another home support position with the Seabird Island Band.

I believe now that she is the reason why I chose my career path in the health field.

I worked as a Home Support Worker, then as a Community Health Representative until graduating from the LPN (Licensed practical nurse) program offered at Seabird Island College, a satellite program with Vancouver Community College. I then applied for the Mobile Diabetes Team Co-ordinator position and was successful. I organized the

team to travel to 87 different First Nation communities throughout the southern part of B.C. I was also the nurse for the Doctor's office supporting and providing nine communities with foot care.

I was then asked to cover the MCH (Maternal Child Health Program) while one of the nurses was off for a year. The MCH position provides prenatal and postnatal care to First Nations women living on reserve and for their children up to the age of six.

The program advocates for families. This allowed me to navigate the midwife, the doctors, nurses, hospitals, BC Children's Hospital staff, and counsellors; providing trans-

portation to all their appointments, ensuring they got all their prescriptions, vitamins, and delivering all essential items to them and their babies. Also, providing emotional support to families.

We also ensure baby's immunizations are up to date and if not we connect them with the immunization nurse. I also completed the doula training so I could assist with birthing.



Bonnie Nickel, LPN

First Nations:
SDwxxwú7mesh
Úxxwumixw (Squamish)

Occupation:
Home and Community
Care Supervisor/
Mobile Diabetes Team
Coordinator

Insight:
Healthy Homes start
at birth

In my experience, some of our young First Nations women are very fearful of doctors. Especially, going to the first prenatal appointment and the doctor rushes, speaking quickly, this makes the mom feel uncomfortable. These young women need support and reassurance. This is why we would always request someone to go in and help with the information, take some notes, relay back the MCH team on how they can help support the new mom. Nutrition is very important to the new-mom-to-be, so education materials are always available, and we offer pre/post-natal care and classes and followups with a nutritionist as needed. There is a midwife,

so they have a choice to either plan on having a birth at home or in the hospital. The MCH team follows the child until they reach the age of six years old. We then pass them onto the Supported Child Development Program if needed. (ex. speech and language, speech impediments - we arrange with a speech therapist and testing). With the Supported Child Development Program, they become advocates for the families.

Once a young mother knows she is pregnant, my advice is identifying issues that may harm her or her baby. That may include lifestyle changes and even certain over-the-counter medications that should not be taken. Bonnie states that "at the

same time, I can be a bit hard" that they will be responsible for their baby, and that baby is now their responsibility. Reinforcing "you have to care for them; your baby will not be able to talk to you and tell you what they need. You will have to know by the way they are crying, and how they're acting." So, I try to help educate and support them on what to expect.

Mothers who have not completed school can continue with school where they can bring their baby as they have access to daycare as college courses run constantly at Seabird Island.

Another opportunity came my way in 2015 to be a Home and Community Care Supervisor, so I applied, and this is my current position. I am proud that my work history has provided me with the experience and capability to support communities.

I knew I could provide education for the families in our communities. Even for Elders, they are hand-in-hand with babies. They do not need the same care, but they need you to help them. It was easy for me, and I love elderly people, and it is as easy for me to give my heart to them as it is to give to babies. I just knew it was a role for me.

In closing, my advice is never be afraid to ask for help. No one wakes up and becomes a perfect parent.

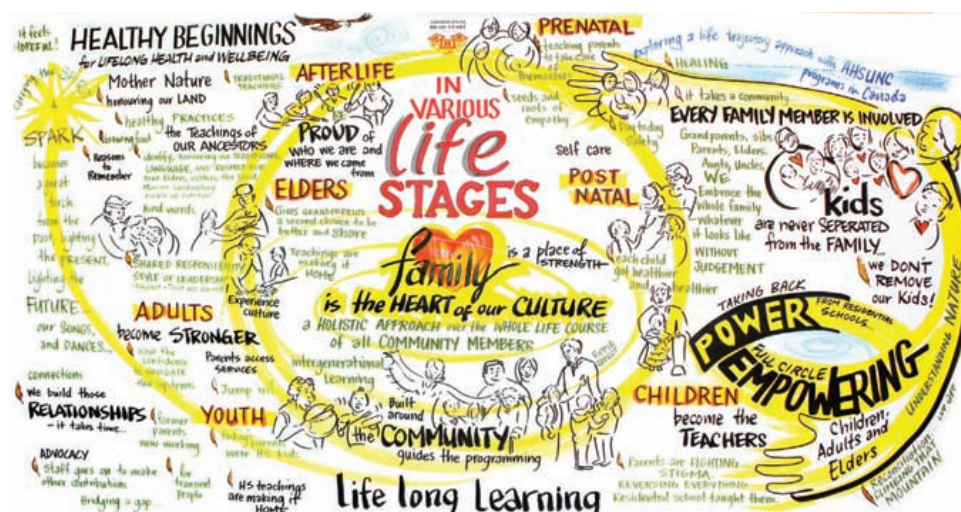
Everyone struggles with parenting, whether you are 15 or 40. Trust your instincts. If your child is crying and does not stop, that is when you need to reach out for help. That is why we are here: to support you.

TIPS FOR KEEPING BABY SAFE

- Place your baby on his or her back to sleep every time at night and for naps .
- Ensure your baby has a tobacco-free environment during pregnancy and after birth.
- Have your baby sleep in the same room as you for the first six months on a separate sleep surface.
- Ensure your baby sleeps on his or her own firm mattress. Adult mattresses, waterbeds, couches, recliners and sheepskins are too soft for babies to sleep on safely.
- Ensure your baby's sleeping area is free of hazards, including loose blankets, pillows, and toys.
- Ensure your baby does not overheat while sleeping avoid hats indoors, blankets or swaddling .
- Ensure that your baby's hands and arms are free to move and are not swaddled by a blanket when sleeping.
- Breastfeed your baby. Breastfeeding provides some protection.

Post important emergency phone numbers such as poison control, 911, and your child's doctor in a central location.

ABORIGINAL HEAD START LIFELONG INTER-GENERATIONAL FAMILY WELL-BEING



NAHSC is proud to share this poster showing how AHS impacts the lifelong intergenerational well-being of Indigenous families. Created by Graphic Designer, Stina Brown, for a National Aboriginal Head Start Council (NAHSC) gathering at Vancouver BC, in May 2018.

Indigenous youth aged 15-24 represented

18%

of the Indigenous population in Canada compared to 13% in the non-Indigenous population

CHILDREN & YOUTH SAFE

B.C. agencies focus on essential Indigenous community services

PHOTO | CHLOE EMERSON

CULTURAL CONNECTIONS

Surrounded by Cedar is one of many agencies that provide essential services to Indigenous communities across B.C.

Connection to Indigenous culture is at the core of what Alysha Brown does, because maintaining and cultivating that connection is also fundamental to the health of Indigenous children and families. Alysha, a Swampy Cree from northern Manitoba, is a team leader at *Surrounded by Cedar Child and Family Services (SCCFS)*. The Victoria-based delegated aboriginal agency is one of many organizations providing social and community services for B.C.'s Indigenous communities.

SCCFS focuses on child and family services rooted in Indigenous cultural values and world views. Key to those values is the importance of Indigenous children maintaining and cultivating family, community and culture connections.



Alysha Brown
First Nations:
Grand Rapids

Occupation:
Surrounded by Cedar
Child and Family
Services team
leader

Too many of those connections have and continue to be severed, so Alysha and her team are focused on restoring them.

Surrounded by Cedar provides a guardianship program for Urban Indigenous children and youth who are in the continuing



Surrounded by Cedar Child and Family Service counsellors PHOTO | JORDAN PARIAN

care of the director and therefore in many cases alone and separated from their culture, families and communities.

That separation leads to a lot of tragic outcomes.

Being a "child in care" creates huge barriers to any kind of success for Indigenous children. Their rates of suicide, poverty and

homelessness are higher and their education levels are far lower than their contemporaries who are not in government care.

Surrounded by Cedar's goal is to remove those barriers and reduce those tragic outcomes.

Alysha points out that a sense of belonging is critically important for displaced Indigenous children.

"It's important that they know people care about them and that somebody is looking for them when they are missing or using drugs." *Surrounded by Cedar* staff also use culture and ceremony to build workplace relationships and a sense of safety and belonging throughout the organization.

Decision-making is grounded in Traditional Indigenous teachings of respect and humility "and that interconnectedness of human beings."

Alysha points out that Indigenous people have a long history of complex trauma that needs to be recognized by government in dealing with the ongoing social effects of that trauma.

"Acknowledgment of Indigenous peoples in government settings of that trauma is really important.

We do struggle with parenting our children sometimes, and that comes from a history of being taken away and brought to residential schools and a history of abuse, and it's an understanding when arriving at work with that collective understanding that we're all on our own healing journey."

SIGNS YOUR CHILD MAY BE FEELING UNSAFE

- Feeling frightened, sad, ashamed, confused or unhappy
- Feeling sick, ie: having stomach pains, or headaches
- Stops eating or doesn't want to eat
- Cries a lot
- Restless sleep, having nightmares or wetting bed
- Losing interest in school work or friends
- Having trouble concentrating
- Wants to run away
- Feeling angry or wanting to hurt themselves or break something
- Worried and not talking
- Taking drugs or alcohol

Cheyenne Tinoco
A SENSE OF BELONGING

Reconnecting with her Indigenous culture through *Surrounded by Cedar* and Child and Family Services as well as the Coming of Age Program, developed and coordinated by Jessica Sault, has helped Cheyenne connect with who she is as a young Indigenous woman.

Cheyenne is 16 and a member of Cowichan tribes. Her involvement with SCCFS & The Coming of Age Program both of which are rooted in Indigenous cultural values and world views have provided Cheyenne with direction and companionship as well as given her the confidence to express herself and take responsibility for her personal safety.

The benefits are important for her and many young Indigenous girls who have been separated from their Indigenous culture and raised in non-Indigenous households not knowing who they are and where they come from.

"If I didn't understand who I was,

then I think I would be very confused, and sometimes that's where the confusion can get manipulated into something else," Cheyenne says.

She was taken into foster care when she was 21/2. Cheyenne admits that she is not an out-going person, but groups like *SCCFS* have provided her with a family of other girls like her who can rely on each other, and understand the unique issues they face as Indigenous women and build the mutual sense of belonging the group creates. Together they understand the unique issues which Indigenous women face and create a mutual sense of belonging within their cultural groups.

The group activities such as cultural ceremonies, regalia making, singing, dancing and drumming help the girls connect to their Indigenous roots. These cultural protocols provide them with ways to express themselves and shed their insecurities, as well as build self confidence and self awareness which helps to develop personal safety, says Cheyenne.

"If I hadn't had the teachings shared with me to understand the feeling of spirituality then I think I would feel more alone. I can tell you for sure that it helps my sisters. It's a gift that they have in that we are all trying to pull for each other."



Cheyenne Tinoco's story: With permission from the family

It is estimated that only

one in ten

women will report an assault to police, which means that perpetrators may be responsible for numerous assaults against women before they are stopped. It is nearly impossible to grasp the significance of crime statistics until you or a loved one becomes a statistic



YOUNG WOMEN SAFE

How you and your friends can stay safe in social situations

SOCIAL SAFETY FIRST

Taking part in social activities can be your opportunity to learn about developing relationships and enjoying yourself. When you get together for community events, social gatherings or joining your friends at a party, club or bar, it is important to keep in mind your personal safety and the well-being of your friends.

PREVENTION

Try to have a full meal if you intend to consume alcohol because it will hit you harder on an empty stomach. Drink at your own pace; people have different tolerance levels, and your body will process alcohol at its own rate.

PARTIES

- Find out what kind of party it is before you go, for example the age of people attending..
- Don't rely on your friends to get you home. Should your friend decide to leave the party with someone else, make sure you have enough money for a cab.
- Agree with friends beforehand who will be the designated driver and will not be drinking alcohol.
- Have a safety plan in case your initial arrangements fall through.

The most common drug involved in sexual assaults is alcohol. Drinking too much alcohol can cause you to become disoriented and have less control of situations.

Similar effects occur from drugs such as the (date-rape drug) which can be slipped into alcoholic and non-alcoholic drinks. Often these

drugs dissolve quickly and leave no colour, odour or taste.

SIGNS YOU MAY BE DRUGGED:

- Feeling drunk when you haven't consumed alcohol
- Feeling the effects of alcohol are stronger than usual
- Feeling sleepy or dizzy
- Feeling nauseous/light headed
- Feeling confused or disoriented
- Having difficulty speaking

If you experience any of these symptoms, ask someone you trust to stay with you and get you to a safe place. If a friend experiences any of these symptoms, do not leave them alone.

REMEMBER TO:

- Keep your drink in your hand where you can see it.
- If you put a drink down and lose sight of it, pour it out.
- If your drink looks, smells, or tastes strange, pour it out.
- Have some water or juice between each alcoholic drink.
- Remember no amount of coffee will sober you up, only time.
- Use a buddy system: you watch out for your friends, and they watch out for you.



HITCHHIKING

Indigenous women appear to be overrepresented because many of them live in remote communities and may not have the resources to afford a car or have access to other forms of transportation. The one thing hitchhikers have in common is that they continue to take rides despite the repeated warnings about the dangers of hitchhiking – a message echoed on a series of billboards along Highway 16 in British Columbia.

No matter what the reason may be, avoid hitchhiking because it places you in a dangerous position by enclosing you in a space with someone you don't know. If you are still not convinced, please note the following:

- Avoid hitchhiking when you are tired and never fall asleep in a vehicle.
- Choose a safe place to hitchhike, such as a gas station, where you'll

be able to talk to the driver first.

- When a vehicle stops, remember the licence plate number. Text it to a friend or family member.
- Ask the driver what direction they are going before you share where you are going.
- Say you are visiting a friend who is expecting you at a certain time.
- Sit next to a door you can access; avoid sitting in the back of a two-door vehicle or van.
- Keep your purse on your lap or between your legs. If a driver offers to put it in the back, say something like, "Thanks, but I have my water bottle in it."
- Never accept a ride if there is more than one male in the car.
- If the driver is taking an unknown route or is driving erratically, get out of the vehicle when you can. Use an excuse to stop such as needing to use a bathroom or you feel sick and need to vomit.
- Never hitchhike at night.

ARRIVING HOME SAFE

- Have a designated driver who can leave with you at any time.
- Avoid getting in a car with someone who has been using drugs or drinking; even one or two drinks can affect a person's ability to drive safely.
- Avoid driving if you feel sleepy or you've been drinking.
- Leave a vehicle overnight and pick it up the next day if no one is fit to drive.
- Take public transit or a taxi.
- Never try to walk home alone late at night or walk home with someone you have just met at a party.

CREATE A SAFETY PLAN

A safety plan can be used as back-up when a situation changes or you feel unsafe. Here are some ideas:

- Tell your friends or family where you're going, who you'll be with, and when you'll be back.
- Agree on code words to use on the phone when you need help. For example, you can say or text a code word that means you want to be picked up.
- Keep your cellphone charged and ready.
- Have emergency phone numbers and a taxi company number in your wallet and cellphone.
- Have enough money for a cab.
- If you meet someone new that you're interested in, take their phone number rather than giving yours.

BREAKING AWAY FROM PHYSICAL ATTACK

The key to protecting yourself is to escape signs of any aggressive acts. If there is no escape route, you may have to take a stand against someone who is trying to cause you physical harm.

This reference is given only when you have no alternative or escape.

If you are confronted by someone who is determined to cause you harm, you have already decided you must take action. You will feel an adrenaline rush, which is normal. Don't dismiss this feeling, use it in the form of mental anger and think to yourself "How dare this person think they can cause me harm."

Present yourself as a tough target. Your primary concern must be your mindset that you can and will do whatever is necessary to prevent becoming a victim of crime.

Turn your body slightly to move your foot forward and rear foot slightly behind. This will keep your weight balanced. You now have controlled anger. This is a combination of fight AND flight response. Your objective is to push your attacker off balance or to break their grip on you and run as fast as you can. Draw attention to yourself and run to someplace safe.

The key to being in control of your life is to decide that you are worth it, and you will do whatever it takes to anyone who attempts to cause you harm.

Approximately

20%

of social media users aged 15-29 reported having been cyberbullied or cyberstalked.



SOCIAL MEDIA SAFE

These tips, based on the latest research, will help young people stay safe while socializing and having fun online

Be your own person.

Don't let friends or strangers pressure you to be someone you are not. You may be internet savvy, but people and relationships change, and unexpected stuff can happen on the internet.

Think about what you post.

Sharing provocative photos or intimate details online, even in private emails, can cause you problems later on. Even people you consider friends can use this information against you, especially if they become ex-friends.

Passwords are private.

Don't share your password even with friends. It's hard to imagine, but friendships change, and you don't want to be impersonated by anyone. Pick a password you can remember, but no one else can guess.

Read between the "lines."

It may be fun to check out new people for friendship, but be aware that, while some people are nice, others act nice because they're trying to get something. Flattering or supportive messages may be more about manipulation than friendship.

Don't talk about sex with strangers.

Be cautious when communicating with people you don't know, especially if the conversation starts to be about sex or physical details.

Don't lead them on – you don't want to be the target of a predator's grooming. If they persist, call local police or contact CyberTipline.com.

Avoid in-person meetings.

The only way someone can physically harm you is if you are both in the same location, so – to be 100% safe – don't meet them in person. If you really must get together with someone you "met" online, don't go alone. Have the meeting in a public place, tell a parent or some other solid backup, and bring some friends along.

Be smart with your smartphone.

Be careful who you give your number to and how you use your GPS and other technologies that can pinpoint your physical location. Be sure to secure your phone with a PIN, password, fingerprint or facial recognition. And make sure you know how to log into the iCloud or Android 'Find my Device' so you can remotely locate, ring or erase a lost or missing phone.

Don't measure your life based on what others post.

People typically post happy photos and stories online and don't usually share their boring or sad moments or unflattering photos. Don't assume that others have better lives than you do based on what they post.

WE WILL GET THROUGH THIS

2020 has been a real challenge for the *Native Courtworker and Counselling Association of British Columbia* in helping to support clients and communities and to adhere to safety from the Covid-19 virus.



Whether it is supporting clients with court matters or to support clients suffering from substance abuse issues or supporting children and families, our workers have been available.

During this difficult time, we give our thanks to those who have stepped forward: frontline health-care providers, first responders, doctors, nurses, mental health workers, teachers and essential workers in the food industry.

As well, supporting people living with disabilities, caring for families, teens and children who are socially isolated, supporting people who are homeless and caring for family members and loved ones, and especially for our elders. We understand that every-

one responds differently to crisis, especially if they have mental health and medical conditions.

During times of increased social distancing, people can still maintain social connections and care for their mental health. Phone calls or video chats can help you and your

loved ones feel socially connected. Should you need support, please reach out to our resources in this guide. Grieving the loss of loved ones during this pandemic is overwhelming.

We know it is difficult to make decisions about how to safely grieve and honour your loved one. Work with funeral directors, community and religious leaders, and others to plan and hold funeral services and visitations during the COVID-19 pandemic. Grief is a universal emotion, and no two people experience it in the same way.

It has been noted by the *First Nations Health Authority* that large gatherings and funerals have been cited as causes that led to several Covid-19 clusters. Although funeral rites for loved ones in Indigenous cultures are often held in accordance with traditional ceremonies in large gatherings, it is best to take precautions.

Together we will get through this.

TIPS | STAYING POSITIVE

STAY CONNECTED

Even though it might be difficult to see friends and family it is important that you stay connected

TAKE TIME FOR YOURSELF

Plan time into your week where you can engage in relaxing activities. It's important to have time for yourself where you engage in some self care

ASK FOR HELP

If you notice yourself struggling, reach out to family, friends, your doctor or a local mental health provider

PLAN YOUR WEEK

Organize your week and plan activities that provide you with a sense of pleasure and achievement

STAY ACTIVE

Throughout the day try to be active. Take a break from your work and walk around. Regular exercise can also be great for reducing stress and boosting mood

HELP OTHERS

Whether it is helping around the house or supporting your family, helping others can provide you with positive emotions

POSITIVE HABITS

Write down a list of five to 10 positive mental health habits you can regularly engage in to maintain your mental health

LIMIT NEWS

Limit the amount of time you spend on social media



Between 1999 and 2007, First Nations kids on reserve spent over

66 m

nights in foster care. That is over 187,000 years of childhood.



CINDY BLACKSTOCK

CHILDREN & FAMILIES

Cindy Blackstock: Equality activist YOUR YOUTH ADVOCATE

Cindy Blackstock has dedicated her life to unlocking the potential of current generations of Indigenous children and exposing the inequities that have damaged past generations.

She has scored significant victories along the way, but for the internationally recognized Gitksan First Nation activist, teacher and social worker, the fight for equal opportunity for First Nations children is far from over.

Her single-minded advocacy on behalf of First Nations children and youth has established Cindy as an internationally recognized voice within not only Canada's Indigenous community but also in child rights and

social work sectors.

She is the author of more than 50 publications, the recipient of as many major awards, including the Canadian Public Health Association's National Public Hero Award, Human Concern International's Canadian Women Making a Positive Difference and the inaugural Stand Up for Kids Award. Cindy is also an Officer of the Order of Canada and was one of Chatelaine Magazine's 2019 Women of the Year.

Among her most high profile victories on behalf of First Nations children was her work leading up to the Canadian Human Rights Tribunal's landmark 2016 ruling. It found that Canada had consistently failed to provide equitable First Nations child welfare services compared with those provided their non-Indigenous counterparts.

At the core of Cindy's advocacy is the fundamental belief that everyone in Canada should be given an equal opportunity to succeed in this vast and resource-rich country.

Righting the wrong that has denied equal opportunity to First Nations children, Cindy says, will benefit Canada in general and Indigenous communities in particular.

Cindy Blackstock

First Nations:
Gitksan

Occupation:
Executive Director,
First Nations Child and
Family Caring Society
of Canada;
Professor, McGill
School of Social Work

Insight:
Children and youth

CHILDREN AND YOUTH SAFETY

What I would like children and families on reserve to know –and I would like girls in particular to know – is that this underfunding is happening on reserve. There is a reason why things are more difficult for youth, but I don't want you to think that it's you that is the problem.

It is not you at all but the government that is making things unjust and illegal. People like me and many, many others believe in you. We want to include your voice; so we have seven free ways you can make a difference.

Draft the inequalities that are bearing down on your life in under two minutes. You can just go onto our website, www.fncaringociety.com, and you can and thousands of other kids.

"I want you to know" First Nations children are not alone in this inequality anymore.

"If we were able to really focus in on raising this generation, and that they aren't being treated unequally by the federal government and other governments and grow up in culture, in community and with a sense of confidence that would prepare them to deal with many of the other big issues – the resource issues, the land issues – in ways that we have not even imagined."

Cindy grew up in the 1960s and 1970s when Indigenous discrimination in B.C. was far more open and tolerated than it is today.

"It seemed that for First Nations children and their families you were destined to be 'a drunken Indian or be on welfare.' Those were the two choices that society had carved out for a whole generation of kids. I and others like me thought, 'No, we would want to do more than that. We are more than that.'"

The push to do more and be more than B.C.'s non-Indigenous society had pigeon-holed her and the rest of her generation led to Cindy's high-profile career and her pursuit of equal justice and public service funding for First Nations communities and to begin to undo the damage done to First Nations people by racial discrimination and the residential school system.

"It was really sad for me to see First Nations children and young people on reserve. They didn't understand that they were being treated unequally by the government. What they understood was that life seemed to be a lot harder for them than it was for

other kids. They were doing what children do when there is a problem. They were internalizing it. They are thinking I am not smart enough or I am not good enough, and that is the real tragedy and potency and destructiveness of systemic racial discrimination in provision of public services. So we had to do something about that because when we looked at those children and young people, we saw so much talent, so much compassion, so much potential, and we wanted to free those chains of colonialism from their dreams."

The numbers she points to illustrate the magnitude of the problem.

"Between 1999 and 2007, First Nations kids on reserve spent over 66 million nights in foster care. That is over 187,000 years of childhood. That is the price of waiting, and that is the price of normalizing state-based racial discrimination."

Cindy's efforts have helped focus national attention on the debilitating issues hurting First Nations communities and impairing their abilities to gain control over their social and financial destinies. The federal government, which has repeatedly failed to deliver on promises and commitments to remove discriminatory public service funding, is finally beginning to comply with First Nations funding commitments.

For Cindy, however, actions speak louder than words.

"Canada has been ordered to provide over a quarter million services for First Nations kids, which they

CHILDREN AND YOUTH SAFETY

- It's really important to take care of your holistic well-being. That's all parts of yourself. If you're feeling unsafe in any of the areas – it could be spiritually, emotionally, physically or just mentally – then you can reach out for help. There are great groups like *We Matter*; there are First Nations child and family service agencies and health authorities in many areas. Children are not alone in this inequality anymore.

would otherwise not have received because of the depth of Canada's discrimination, and we know that's not full equality. There is more to do.

"Because I really believe in these kids, and I'm not going to give up on them. ... I really think sometimes, even as a community, we don't really get focused as much as we should on raising a generation of First Nations, Metis and Inuit kids that don't have to recover from their childhood ... that we build an equitable foundation so they can succeed."

79%

of violent incidents involving Indigenous women in Canada by someone other than the victims spouse are not reported



WOMEN SAFE

Workshops emphasize the right to be safe for women and girls

WOMEN-SAFE WORKSHOPS

Positive Change for a Better Future

I believe it all has a purpose; I have a purpose."

That mantra is a fundamental driver for Christina Draegen's personal and professional pursuits.

Working with the *Native Court-worker and Counselling Association of BC (NCCABC)* for the past eight years, Christina has seized many opportunities to influence direct services related to justice in northern British Columbia.

One of those opportunities has been to facilitate workshops on *Women's Right to be Safe*.

"This is," she says, "an important conversation to have that may save your life or the lives of someone dear to you."

Christina, a proud Indigenous woman from the Algonquin and Ojibwa First Nation, began her career as a family care worker for a local First Nations community. She launched the *Women's Right To Be Safe* workshops four years ago after reading the second edition of the NCCABC's *Women's Right To Be Safe* booklet.

"I was so impressed with the information that was in that booklet. I instantly felt very proud to be

attached to providing that valuable information to communities. So I thought that this is just way too valuable not to be shared broadly."

The initial workshop was held in Dawson Creek. Its guiding principle can be found in another of Christina's life lesson mantras.

"We are not able to change the past, but we definitely have a responsibility to be able to influence positive change in the future."



Christina Draegen

First Nations:
Pic Heron Bay
First Nation

Occupation:
Northern Regional
Manager of NCCABC

Insight:
Facilitator of
Women's Right to be
Safe Workshops

WORKSHOP THEMES

The goal of the workshops, which have been held in a number of communities around B.C., is to reduce the vulnerability of Indigenous women and girls.

Main themes range from protecting and honouring you as a person to social media sextortion and scams to cybersafety, human trafficking, date rape drugs, working and travelling alone and child and elder safety.

In promoting safety, Christina's aim is to empower women and young girls to live a happy and active life and be mindful of potential harms.

SAFETY TIPS

- If you are walking alone and suddenly notice you are being followed, call the police. Learn to make mental notes about identifying features of a person.
- If you think someone might be following you, walk to the other side of the road; if they continue to follow you, call for help.
- Change your routine. Do not drive or walk the same routes every day.
- When you are walking alone make sure you are not distracted by phone calls or texting. Do not wear ear buds when walking at night by yourself. Be alert and aware of your surroundings.
- Walk your dog at night if you are lucky to have one!
- To keep your home secure, do not post on social media that you plan on being away from your home for extended periods of time. For example, don't say, "travelling out of town for the weekend." Wait until after to share your adventures
- Make your social media private and do not post your address, telephone number, or email.
- Take a self-defense course.
- Keep a strong whistle on your keychain.
- Always let someone know where you are and when you should be expected to be home or arrive at your destination. Also tell them the route that you are taking if

you know ahead of time.

- Always keep your cell phone fully charged.
- If you see a woman in trouble, or seems vulnerable to you, call the police.

TRANSPORTATION

- Have keys in hand when walking to your car so you do not have to be searching through your bag or coat to find them once you get there.
- After getting into your car, lock the doors immediately.
- Lock your car doors while pumping gas so that no one can enter your car from the passenger side.
- Use a verified safety app to find and report information about your area. If you are using a trusted app, create a network of friends that can make sure you get home when travelling alone.
- Also wait to pull over at a populated place like a gas station.
- Choose parking spaces that are well lit and choose parking spaces not boxed in by vans or trucks.
- Crack, never roll down, your car window.
- If being harassed while in your locked car at a gas station, lay on your car horn until someone become aware. Be loud and speak up. Do not be afraid to make a scene.

- If you think you are being followed, trust your instincts, and take action. Never drive towards your house or destination. Drive to the police station.

SOCIAL GATHERINGS

- Due to the Covid-19 response, health officials are imposing stricter rules on B.C. bars and nightclubs. Always check new health regulations on gathering events.
- At a party or bar, do not leave your drink unattended. If someone offers to buy you a drink, watch the bartender make it.
- Have conversations with restaurant, night club, concert security, or bar owners when you are there. Ask them how they protect their clients.

HOME SAFETY

- Always keep the doors of your home locked, even when you are inside.
- Inspect your apartment window and door locks, and if they are faulty, have them replaced. Check with friends and colleagues who have had home services or repairs done — they may be able to refer you to someone reliable.
- Do not hand out too many copies of your house keys. Keep a record.

HEALTHY RELATIONSHIPS:

In any healthy relationship, the other person will:

1. Listen to you and take your feelings and idea's seriously.
2. Never use threats of harm, violence or suicide to get his / her own way.
3. Respect you, and say kind things to you and about you.
4. Enjoy spending time with you, and show it whether alone with you or out with others.
5. Trust you, and earn your trust by keeping your confidences.
6. Allows you to enjoy the activities and people that matter to you.
7. Accepts your limits about sexual activity every time.

THE BUDDY SYSTEM

Is a procedure in which two people operate together as a single unit so that they are able to monitor and help each other. The main benefit of the system is improved safety; as each may be able to prevent the other becoming a casualty or rescue the other in a crisis.

EMOTIONAL ABUSE & ASSAULT

Degrading

Making someone feel worthless, insulting, mocking, humiliating, excessively criticizing

Isolating

Staying away from normal experiences or friends and family

Terrorizing

To cause fear or extreme dread (includes screaming, punching walls, breaking things, etc.)

Ignoring

Withholding affection, approval, emotional support

Corrupting

Encouraging destructive, illegal, anti-social or dangerous behaviour

Exploiting

Making use of someone to meet inappropriate needs or for economic or social gain

Controlling

Dominate and control behaviour; often motivated by jealousy

Re“ecting:

Ignoring or belittling someone else's needs

SEXUAL ABUSE

When an adult or a person in a position of authority/trust uses a young person for their sexual needs.

- This could involve physical contact such as touching, fondling and sexual intercourse.
- Sometimes there is no contact, flashing, taking pictures/videos, obscene phone calls.

SEXUAL ASSAULT / CONSENT

- Defined as when someone forces any form of sexual activity on someone else without that person's consent.
- Force can be physical or through threats, coercion, manipulation, alcohol/drugs, or harassment. and person must be able to communicate consent clearly
- 16 is the legal age of consent in Canada, with these exceptions:
- Ages 12-13 may consent with someone less than 2 years older
- Ages 14-15 can consent with someone less than 5 years older
- No one over the age of 18, in a relationship of authority, trust or dependency may have sexual contact with someone under 18

FINANCIAL ABUSE

Economic abuse takes place against women, elders, men, and in many forms, including:

- Controlling pay cheques and bank accounts
- Stealing from her/him.
- Preventing the woman/man from accessing transportation.
- Determining how money is spent.
- Deciding where the woman/man will work.
- Preventing the woman/man from working through isolation issues.
- Forbidding the woman / man from working
- Forcing person to work in family business with little or no pay.
- Forcing the woman to become

- pregnant.
- Preventing the woman/man from accessing child care.
- Harassing the woman/man at their workplace resulting in job loss.
- Controlling property decisions.
- Destroying the woman's/man's credit rating by using credit cards, line of credit without permission or filing all financial contracts (lease, credit cards, utilities, etc.).
- Forcing the woman/man to turn over government benefit payments including child tax, pension, GST, etc.

STALKING

Stalking is repeated following or harassing of another person.

- Are you receiving unwanted things such as flowers, love notes, emails, texts.
- Do they wait outside your place of work for you?
- Do they wait outside your home after you have told him/her not to?
- Is the person constantly asking you for dates?
- Are you being followed or spied on?

These actions coupled with intent to instill fear or injury, may constitute a pattern of behaviour that is illegal.

Take steps to protect yourself:

- Let your neighbours and co-workers know about the

- stalker. Give them a photograph of the suspect, and let them know what to do if they see the stalker.
- Security officers at the victim's workplace should be provided with the above information.
- Get an unlisted phone number.
- Get caller ID, which identifies telephone callers.
- Collect evidence that can be used to prosecute and convict the stalker.
- Keep a diary of stalking, and other crimes committed by the perpetrator.
- Photograph property destroyed by the stalker and any injuries inflicted by the stalker.
- Keep all letters, notes written by the stalker and all answering machine tapes, voice mails, emails, text messages, social media private messages that contain messages from the perpetrator.
- Have easy access to a reserve set of money, credit cards, medication, important papers, keys, and other valuables in case you need to leave quickly.
- Have a safe place in mind that you can go in an emergency.
- Keep the phone numbers of assistance agencies easily accessible.
- Try not to travel alone and always vary your routes; tell someone whom you trust and confided about your routes and the stalker
- Carry a cellphone.

Orene Askew's LGBTQ2+ journey TWO SPIRITS, ONE NATION

Knowing you are two-spirited is one thing; revealing it to others is another thing entirely. For Orene Askew, finally revealing her two-spirited self to her family was liberating.

"My family is so supportive. When I told them, they said they knew and kept eating their dinner. Even today, 10 pounds were lifted from me when I told the truth about it. It's a weightless feeling."

But the Squamish Nation Council spokesperson knows that not every family – First Nations or non-First Nations – is so understanding.

"I'm really lucky because a lot of our people who come out don't have the same experience. That is the one thing I strive to be as a role model that it's going to be OK, and I'm out there being myself and giving others the strength to do the same thing."

Orene's mother is a member of the Squamish Nation, and her father is African-American from Gary, Indiana. She says that makes her "Afro-Indigenous," a term she says she loves because it is neither African-Canadian nor Afri-

can-American.

"[It is] right down the middle; I really like that."

Even with an understanding family, Orene waited until she was 25 to come out. She says she wanted to be in a solid relationship with a girlfriend and to feel completely safe about revealing herself to the wider world.

Music being an important part of her life, Orene was enrolled in BCIT's radio broadcast program at the time and was the only Indigenous and black person in her class.

"I remember on my journey; people would try and make me come out sooner. They'd say, 'I know two-spirited people, it's

OK,' and I'd say 'Ya, it's OK; it's not really my time to do that right now, but I appreciate it'. You must give people their own space and their own time. It does not matter when they do it, as long as they do it.

"That's what I really enjoy about being a role model. I have that responsibility, and I take it seriously, about being yourself – especially nowadays – it's a tough thing to do. It's the best thing to do, though."



Orene Askew

First Nations:
Squamish
First Nation

Occupation:
Squamish Nation
Council spokesperson;
music DJ

Insight:
2SLGBTQIA

But what does it mean to be two-spirited?

"For others it may be different, but basically, the meaning for me is that I have two spirits inside of me: one feminine and one masculine. That's where two-spirit comes from, and sometimes one outweighs the other. They get conflicted or kind of argue, but they are both in there. It is really cool to be able to express both of those spirits."

The growing acceptance of two-spirited people in First Nations and in society in general, she says, is encouraging.

But attacks on people with two spirits and other gender orientations via the internet and social media have not gone away.

"As soon as I got into office, I was seeing a lot of negative comments on the internet, and that tore me apart. I'm trying to do something to help changes in our community from a two-spirited person's perspective, and I think that's why I got elected."

Dealing with narrow-mindedness and prejudice requires a lot of personal strength of character and support from other places. Orene draws strength and inspiration from a variety of sources, including former U.S. first lady Michelle Obama.

"I got to see her speak a few years ago live. She had given the advice to not look at the comment, because it's like going to a town hall and letting people stand on their soapbox and hit you across the face."

INSIGHTS

- Take care of your mental health. I found a counsellor in January 2018. We are lucky with our nation that it is covered, and people say they do not have the time, but you have to make the time. If your mental health isn't well then the rest of your body won't be. I'm always pushing for that at the table. Everybody must take care of their mental health.
- Surround yourself with positive people. I have friends that I can vent with them, and they say they are there to listen, but they cannot tell me what to do since they're not trained in this area. People saying that means a lot to me [because] they have set their boundaries as well. Having positive people around me, my family, is really good, and I look up to my sister, and I have a lot of female role models in my life as well.
- Do something you are passionate about. Music, I feel, is my escape from reality. A lot of people have different passions, especially for Indigenous people it is like art or beading. It is soothing for them, and for me it's music.

10%

of Indigenous women working in Canada experienced sexual harassment in the past year

The rate of sexual assault reported by Indigenous women was more than

3 times

that of non-Indigenous women in Canada

WORK CAMP SAFE

Precautions help ensure safety of remote camp job opportunities

PHOTO | MICHAEL TOLEDANO

Marci McDougall's guide to remote WORK CAMP SAFETY

Marci McDougall is a First Nations woman from Okanagan ancestry who has been in the construction industry since 2003 as both a red-seal electrician and welder. She has worked on resource industry projects ranging from power generation and mining to pulp and paper and oil and gas all over B.C.

She has worked in many different remote work camps and observed how camp establishments have affected women from local Indigenous communities. Many times, their employment has been in housekeeping and kitchen services. While these jobs have been opportunities for people from smaller communities, they also involve long hours, hard work and demanding responsibilities. Marci says many of these positions can also create exploitation and vulnerability risks.

Often, life in these small communities is disrupted by camp workers who overindulge in drugs or alcohol in their off-work hours, creating a risk for the community members who are sheltered from or inexperienced with strangers.

Marci notes that there are two different kinds of remote work camps in B.C.:

Private camps that are managed and/or governed with input, rules and procedures designed for and by the project you will be working on; and

Public camps that are managed independently from the project you work on. The main difference between the two types of camps is the level of safety for activities during non-work hours.

Many private camps include drug and alcohol policies that limit tolerance for impaired workers.

Many camps today are "dry" and do not allow the consumption of recreational substances. This is

for good reason. Marci has stayed in camps where drunken all-night parties resulted in garbage and empties being strewn around the camp and unwanted visitors came knocking at your door.

It is difficult when dealing with work shifts that can stretch into weeks to manage the fatigue that sets in. It is hard at the beginning of your shift to adjust and at the end of your shift, because you are getting



Marci McDougall

First Nations:
Okanagan

Occupation:
Red Seal electrician and welder

Insight:
Resource development and work camp safety

MARCI'S WORK CAMP INSIGHTS:

- Aim to arrive at a camp early so that you can familiarize yourself with its layout, policies and safety features
- Food safety is just as important as everything else. If you notice some lunch items that have been there for more than a day or two, avoid them
- Having fun after your shift is normal with people you first meet or already know. Just make sure you are never left alone and that your phone is always charged
- Never give out your room number
- If you are going to meet someone, meet in a common area. If you are staying in a camp that allows alcohol, stay within your limit
- Be proactive about your safety in work camps and set healthy boundaries around what you are willing to tolerate when it comes to relationships with male members of the work camp

tired. With the added trouble that occurs with substance abuse, women's safety can be affected.

Private camps are generally the norm on big projects. You should ask when you are being checked in what the camp's policies and regulations are and what the contact information is for your issues and concerns. Many camps require you to sign a document showing that you understand personal conduct policies. They will also have bullying and harassment policies.

Public camps are more like large capacity all-inclusive hotels and are governed accordingly. Your safety is still considered, but the responsibility is on you to be vigilant.

The next issue regarding safety is the layout of the camp and the location of your assigned room. You can request to be closer to the offices. Many camps will have a designated emergency person in each wing. These wings are usually organized by letter and number.

Sometimes if the project is big enough, there will be female-only wings, which add another level of security for women.

It is wise to bring the following with you instead of shopping at a store or commissary because they tend to be expensive:

- charging cords (more than one in case one breaks);
- feminine hygiene products (make a kit);
- earphones;
- earplugs;

- music;
- a device that allows you to watch shows and movies;
- an insulated travel mug;
- a book;
- favourite snacks (within limits);
- layers of clothes for all weather types and lots of socks; and
- rain gear/winter gear.

It is desirable to arrive at camp at a decent hour (especially for the first time) so you can explore and familiarize yourself with your surroundings. It helps if your company can arrange for a person to greet you and show you around. You will want to be able to get settled, relax and unpack, and you will need to know where the kitchen is and possibly prepare your lunch for the next day.

Unfortunately, this is not always possible. Flights, road conditions and miscommunications can see you arriving in camp at all hours. Do your best with your situation.

The food in camps is usually pretty good. Some nights are better than others. Write your food allergies down on your check-in sheet, but the best thing to do is talk to the cooks. Pay attention to the food. If you notice some lunch items that have been there for more than a day or two, avoid them. Food safety is just as important as everything else.

Remember, too, that, as an Indigenous woman, you will be the minority. Women might make up 10% of the work force in construction trades. You will not be alone,

but you will be outnumbered.

There will be all different types of men in your environment. Learn to set healthy boundaries. You will avoid most unsafe situations by putting up boundaries. Do not be afraid of offending someone by doing this. You can be polite and professional and still maintain your security.

Some men will ignore this anyway. You must tell them. Do not beat around the bush. Marci has found that sometimes it helps to mention a husband or boyfriend, even if he does not exist. This will discourage a lot of unwanted attention.

If you do not want someone in your space, tell the person in a polite way. Young, attractive women are especially at risk, and you never know whose head you are going to turn. If this is you, do not hesitate to reach out to the other women on site for companionship. Some of Marci's best friends are women she has met in camps. They have become her sisters for life.

Most often you can deal with people directly, and you are going to have lots of practice with difficult situations. You may not handle each one perfectly, but consider it a work in progress and allow the space to grow and learn.

Marci points out that you are in a work camp to work and, at times, it will feel like a prison, but she adds that you will also have positive experiences, and you will meet some good people.

50%

of human trafficking victims in Canada are Indigenous women

TRAVEL SAFE

Best ways for Indigenous women to stay safe while travelling the world

Adventurer Chastity Davis-Alphonse TRAVELLING ALONE TIPS

A big part of what Chastity Davis-Alphonse does for work has involved travel. The Tla'amin First Nation entrepreneur has also spent a lot of her free time travelling. Pretty much all of the travel Chastity has done, whether it has been for work or for pleasure, has been alone.

Travelling alone can be less complicated than travelling with other people, but it can also be more dangerous, especially for a woman. So planning and attention to personal safety details are critical.

Chastity says she started travelling about 15 years ago as part of her job as a BC Hydro account manager and community engagement person working with rural Indigenous communities around British Columbia.

In many cases, travel connections to those communities from the outside world were limited, and they had no amenities for travellers. "Some had only three flights per week, so I would be flying in for a one-hour meeting and be there for three days," Chastity says. Those trips demanded a lot of preparation

and self-reliance.

But Chastity, who now runs her own consulting business, is also a world traveller. She figures she has visited around 40 countries, including many where gender equality has a far lower priority than it does in Canada. Being a woman travelling alone in countries like Morocco, Egypt and India requires a lot of planning and attention to details to reduce the chances of becoming stuck in situations where personal safety is threatened.

In both cases – travelling alone as a First Nations woman to remote communities in B.C. and travelling alone in foreign countries around the world – basic safety issues need to be attended to.

Pre-planning is critical. Reducing your vulnerability when travelling anywhere requires making good plans and researching your destination and how you are going to get there and ensuring that family members or other trusted people know those plans.

On her solo road trips to remote communities in northern B.C., Chastity says she always brought



Chastity Davis-Alphonse

First Nations:
Tla'amin First Nation

Occupation:
Principal and lead consultant:
Chastity Davis Consulting

Insight:
Travelling alone

her own food and made sure she had a cooler bag, a lunch and enough food to keep her properly nourished.

"You have to make sure you have everything that you need: a roadside emergency kit that has a safety vest, first aid kit, a kit to attend to things that could happen to your vehicle."

You also need to know if your destination and the road to it has cellphone service, because, as Chastity points out, if there is no cell service, "your Google map is not going to work". So printing out maps and knowing where gas stations are along your route are important planning details. Women driving alone also need to know how to fix a flat tire and perform other basic auto repairs.

They should never pick up hitchhikers and should avoid revealing too much about where they are going or any other personal information when stopped in small communities en route.

Travel in the wider world for a woman on her own calls for the same basics as travel within B.C., but it adds a host of language, gender and cultural complications. For example, Chastity notes that it's important to carefully research the culture and social landscape of your destinations before you travel. Investing in editions of *The Lonely Planet* for the country you are planning to visit is a good start.

Providing family members or

other trusted people at home with copies of flight and travel plans is good basic safety preparation for world travellers, as is updating them with any changes to those plans and checking in with them when you arrive at your destination. That same connection with home while travelling in B.C. is just as important as it is while travelling outside the province.

Some women choose to travel alone in foreign lands because it allows for flexibility of itinerary and schedule and reduces the complexity of arranging trip details and accommodations. However, some women, especially in B.C.'s rural north, often don't have any other choice but to travel alone.

Regardless of why an Indigenous woman is travelling alone, the precautions and preparations that will increase the safety and reduce the potential danger they might encounter and their vulnerability during that trip are the same.

Travelling on your own will help you gain valuable skills and turn you into a more confident person. The experience of travelling alone will challenge your limits and ability to cope with obstacles along the way which will make you a stronger person.

Just being on a trip on your own is a challenge itself and all the other things that you will have to organize will help you realize that you can achieve anything you set your mind to if you keep going.

SAFETY TIPS FOR WOMEN TRAVELLING ALONE IN FOREIGN LANDS

- It's important, especially in countries like Egypt, India and Morocco, where gender equality is far less important than in some western countries, to carefully research the culture and social landscape of your destinations before you travel. Chastity says she always bought editions of *The Lonely Planet* for the country she was planning to visit prior to leaving. Research is key to preparation. A printed book is also vital considering that a lot of countries do not always have adequate or any internet connections.
- Make sure that family or other trustworthy people at home have copies of your flight plans and other travel itinerary and that you update them with any changes to those plans and check in with them frequently so they know you have arrived at your destination.
- Plan visits to tourist attractions and locations so that you get back to your hotel before dark.
- When visiting countries where there is little gender equity she hired men to accompany her as drivers or guides to tourist attractions and would always claim that she was married if asked about her marital status.



LUGGAGE TAG SAFETY ALERT

In airports and other travel hubs predators are at work gathering whatever personal information they can from luggage tags and other clues to your identity



- Do not give out details of where you are staying, what your travel plans are or where you are going. "Know how to navigate respectfully when people ask you personal questions," Davis says. "Keep it very vague."
- Also be aware in airports or other travel hubs that predators are at work gathering whatever personal information they can from luggage tags and other clues to your identity.

SAFETY TIPS FOR WOMEN TRAVELLING ALONE IN CANADA

- Know that in a lot of areas of the province and elsewhere in Canada, there is no cellphone service, make sure that accommodations have landline phones.
- Pack food, medical supplies, clothes appropriate for your destination and the route to it.
- Have a properly outfitted roadside emergency kit that includes a safety vest, first aid supplies, emergency pylons and tools
- Know how to repair a flat tire.
- Know where all the gas stations are along the route
- When travelling during the winter, have snow tires and chains, warm clothing and candles in case of a roadside breakdown.
- Make sure you have printed maps, because Google doesn't work if you're out of Wi-Fi range.
- Don't pick up hitchhikers.
- Do not divulge too much personal information in the communities you are visiting.
- For women who are forced to hitchhike to get to a destination, the *Women's Right To Be Safe* workshop advises that they catch rides at a gas station where there are video cameras that record vehicles that stop at the station for fuel or other supplies; take cellphone photos of the vehicle and its licence plate and email it to family or any other trusted person, and ensure that a family member knows where you are going and when you should be arriving; check in with them when you arrive.

STAYING SAFE WHILE WORKING ALONE

Employers in B.C. are required to have procedures in place to ensure the safety of employees who work alone. Being a lone worker on a job adds increased risks in the form

of confrontations, especially if they work late night hours. WorkSafeBC has developed a number of resources to help employers ensure the safety of staff who work alone.

Working Alone handbook:

worksafebc.com/en/resources/health-safety/books-guides/working-alone-a-handbook-for-small-business?lang=en

Women's Right to Be Safe

38%

of Indigenous senior women live alone, of which almost half

49%

are part of the low income population

ELDER SAFE

They deserve respect, but Indigenous elders also need care and attention to keep them safe



Marge White's local fight to end ELDER ABUSE

Marge White (Naa-na-himyis), a proud citizen of the Huu-ay-aht (Nuu-chah-nulth) First Nation on Vancouver Island's West Coast (Bamfield), is a mother of two daughters, grandmother to eight and great-grandmother to five.

She has worked in a wide range of social services for Indigenous communities and is focused on promoting the safety of elders. She invests a lot of her time educating the community about elder safety and elder abuse issues. One of the key messages Marge delivers to youth and other groups in Indigenous communities is that everyone is responsible for ending elder abuse.

Marge is the eldest in a family of six children. She lost her mother to tuberculosis when she was 14 years old. She and her family were separated when they were sent to residential school in Port Alberni. Most hurtful for her in residential school was the separation from her family for so many months out of the year and restricted to visiting her brothers on rare occasions.

After finishing her time in residential school in 1956 she moved to

Vancouver to take a practical nursing program. Marge was married in late 1957, but in doing so, she lost her registered Indian status.

"No one told me I was no longer going to be an Indian if I married a white man. It was really hard to do much in the way of going back to school, because I didn't have the financial capability, and no status."

She did a lot of on-the-job training and joined the Coqualeetza Fellowship. The organization, which was made up of former teachers and students of the Coqualeetza residential school in Sardis, was the first social service organization that recognized that more Indigenous people were moving into Vancouver. It provided the type of services that friendship centres do today.

Marge was elected president of the fellowship and was responsible for promoting the need for a gathering place to support Indigenous people in the city.

She spoke to many organizations, including Vancouver City Council, and brought together a group of professional people to form Native Social



Marge White
Naa-na-himyis
First Nations:
Huu-ay-aht
Occupation:
Senator of the National Association of Friendship Centres and Elder for the BC Association of Aboriginal Friendship Centres
Insight:
Safety for Elders

Services, which spearheaded the push to establish a gathering place.

The facility, which opened in 1963 as the Vancouver Indian Centre, was long overdue, says Marge.

"It took four murders in the Downtown Eastside for the Vancouver City Council to understand the need for a central gathering place."

Marge, who retired from nursing to become a family counsellor / courtworker, eventually became the Vancouver Indian Centre's Executive director and led the movement for additional friendship centres throughout the province. Today she serves as an elder for the BC Association of Aboriginal Friendship Centres and as a senator on the National Association of Friendship Centres.

In 1968 she began the planning to establish a halfway house for Indigenous men conditionally released from federal prisons, and in 1970 the Allied Indian Metis Society (AIMS house) was opened. In her various roles she worked extensively with inmates to help them to find a positive path back to their families and mainstream society. At its 25th anniversary, AIMS house changed its name to the Circle of Eagles Lodge Society (COELS) and is now named Naa-na-himyis Brothers Healing Lodge, using Marge's traditional name to honor her as founding president. COELS eventually grew to include the Anderson Lodge, a halfway house for Indigenous women coming out of correctional institutes. Coming full circle, Marge returned to the AIMS

PREVENTION

Social Network: Maintain friendships with family and friends.

Buddy system: Have friends outside the home. Speak and visit often. Have a phone.

Mail: Have a system for elder to open and post their own mail.

Pension cheques: should be deposited directly into their own bank account.

Community: Elders should stay active and participate in community activities.

Wills: should be reviewed periodically with someone who is in a trusted position to ensure elders are fully aware of their rights.

Communication: Ensure elders discuss any future plans with their lawyer, physician or family members.

house as its Executive director in 1999 and retired from the Circle of Eagles Lodge in 2005.

Marge has had a lot of firsts throughout her career. In 1972 she was appointed as the first Indigenous commissioner on the Vancouver Police Commission and in 1977, she was the first Indigenous person appointed as a citizenship court judge in British Columbia.

As the baby boomer generation ages, Canada is becoming an older country. According to Statistics Canada, eight million of us will be over the age of 65 by 2031. That's nearly 25 per cent of the population. Elders play a vital role in our communities. With experience comes wisdom, and traditionally elders have provided guidance and advice for the next generations. They also shared cultural knowledge about language and traditional practices. It is important for elders to be able to express themselves and receive the respect they deserve.

ELDER ABUSE

Elder abuse occurs when an elder experiences harm as a result of mistreatment by a person in a position of trust or power, such as a family member, caregiver, or other service provider. It can happen intentionally or unintentionally. Because of the deep impacts of the residential school system, many elders remain vulnerable. Elder abuse can take several forms:

- **Neglect:** failing to provide necessary care to an elder
- **Financial:** stealing or improperly using an elder's money or possessions
- **Physical:** using rough treatment, causing bodily injury, or inappropriately using restraints or medicines on an elder

- **Sexual:** engaging in sexual contact with an elder without their consent
- **Psychological or Emotional:** threatening, insulting, intimidating, ignoring, or isolating an elder
- **Spiritual:** restricting or denying an elder's access to spiritual practices, customs, traditions, or cultural contacts
- **Denial of Rights:** disallowing an elder to have freedom, privacy, or access to friends and family

POSSIBLE INDICATORS OF ABUSE AND NEGLECT

- **Physical:** injury, dehydration or malnourishment, weight loss, improper hygiene, inappropriate clothing, unclean or unsafe living conditions (e.g., dirt, lice, soiled bedding), necessary items such as glasses, dentures, and hearing aids are missing or broken.
- **Behavioural:** fear, withdrawal, depression, confusion, anxiety, helplessness, non-responsiveness, unclear communication not due to cognitive dysfunction
- **Financial:** unusual activity in bank accounts, unpaid bills, lack of amenities that could be afforded, missing personal items (e.g., art, jewellery), signatures on cheques that do not resemble person's writing
- **Caregiver or family members:** will not allow elder to speak

for themselves or allow you to visit with them alone, do not provide elder with access to a telephone, show aggressive behaviour, provide accounts of incidents that conflict with elder's version of events, are unwilling to work with social or home services, withhold affection and emotional support.

INSTITUTIONAL ABUSE

In some cases, a Institution's policies or practices may be insufficient for meeting an elder's needs. Some institutions may operate on the basis of personal or financial goals that conflict with residents' health and environmental needs. It is important to research institutional facilities that care for elders. Here are a few indicators of institutional abuse:

- Overcrowded, substandard, or unsanitary living environments
- Inadequate care and nutrition
- Aggressive or inappropriate staff client relations
- Chemical and physical restraints used to exert control over the elderly.

STAY CONNECTED

Being involved in their community is one of the best ways for elders to stay healthy. Staying connected to family, friends, and community members not only prevents isolation and reduces vulnerability, it can help keep elders mentally, emotionally, and physically healthy.

Here are some ideas for Elders to stay active and nurture their spirit:

SAFETY INSIGHTS

- "We all have to make choices on how we govern our lives"
- Marge is always especially concerned about elders' financial situations because they may have to provide their debit card number to somebody so they can pick up articles for them. So she tells them to be very sure that the person they give their pin number to is very trustworthy
- Elders are encouraged to find living accommodations close to transportation routes
- It's important to have a person or an organization contact elders regularly to ensure they are safe
- Elders need to be aware of a wide range of scams, including phone calls claiming to be from the Canada Revenue Agency stating that if money owed is not paid they will go to jail and calls saying they have won a lottery or their name has been drawn in some contest. Elders receiving such calls should hang up immediately, but Marge says many elders do not recognize them as scams

- Have a buddy system that includes friends outside the home, and keep in regular contact with people whose decisions and support you respect.
- Participate in school-visiting programs.
- Teach or practise ancestral language with younger people.
- Share skills such as sewing, beading, preparation of traditional foods, and identification of native plants.
- Participate in ceremonial, spiritual, and cultural events.
- Explore home-based services, such as friendly visiting, meal-delivery programs, and home support.
- Contact organizations about activities and events that support Elders such as the “Elders Gathering”, a celebration held in a different location in B.C. each year.

FINANCIAL SAFETY

The most reported form of abuse against seniors is financial abuse. When elders receive pension cheques, they often come under pressure to give their money to family members or have their money stolen. Here are some ideas

for protecting their financial safety:

- Find a healthy family member or other support person to help you understand financial management (e.g., what documents state before signing them).
- Learn to use online banking to avoid leaving money at home.
- Have pension cheques and other payments deposited directly into their bank account.
- Look into ways to protect your assets, such as co-signature on accounts and withdrawal limits.
- Make bank card PIN hard to guess and keep it secret.
- Keep cheques in a safe place.

PLANNING FOR THE FUTURE

The BC First Nations Health Authority suggests doing two things in advance that can help the people around you in the event you become unable to make important decisions about your care.

1. Identify a substitute decision maker to make decisions on your behalf.
2. Make a “living will” or “advance care plan,” a note that explains what medical treatments you would and would not want in a situation where you’re not able to voice these preferences yourself.

Many seniors live on a fixed income, so the loss of money or property is difficult to replace. Also as people get older their bodies take longer to recover from injury, so an attack on a senior generally has a much more serious outcome than a similar attack would on a younger counterpart.

COMMUNITY RESOURCE GUIDE

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COMMUNITY RESOURCES

Covid-19 Response BC Centre for Disease Control

This site provides information about COVID-19, how to protect yourself, your family and your community and what to do if you suspect you have the virus.

Non-medical information about COVID-19 is available 7:30am-8pm, 7 days a week at 1-888-COVID19 (1-888-268-4319).

If you have concerns about your health and would like to speak with someone directly call HealthLinkBC by dialing 811.

www.bccdc.ca/health-info/diseases-conditions/covid-19/data

Crime Stoppers

Mandate is to represent the independent community-based programs at the provincial level. Twenty-three programs represent all areas of the province. They provide all communities that represent with a number of messaging mediums allowing the public to forward information anonymously to Crime Stoppers, who in turn, deliver that information or intelligence to the appropriate enforcement agency, so that a crime or potential crime can be solved.

1-800-222-tips (8477)

www.bccrimestoppers.com

Crisis Line Association of BC

Provides empowering support one call at a time. There are two provincial networks: 1800Suicide and 310Mental Health Support that provides access to 24-hour crisis line services in BC. Calls are routed to the nearest crisis line network partner.

310-6789 (area code not required)

For support and information related to mental health
Email: info@crisislines.bc.ca
www.crisislines.bc.ca

Women's Transition Housing

Housing services and supports for women and children who have experienced violence or are at risk of experiencing violence. These include transition houses, safe homes and second stage housing.

If you are in immediate danger:

- Call 911 and ask for police or call your community police
- Call or text VictimLinkBC at 1-800-563-0808
- Email: VictimLinkBC@bc211.ca
- Call a transition house or safe home near you.

Crisis Prevention, Intervention and Information Centre for Northern BC

Online chat is available from 4 pm - 10 pm daily.

24 Hour Crisis Line BC Wide Line Youth Support:

Toll Free: 1 (888) 562-1214
1-800-SUICIDE

Toll Free: 1 (888) 564-8336
1-800-784-2433

www.crisis-centre.ca

Child Find BC

CFC is a national organization that educates and advocates for the protection and rights of children and youth. They deliver programs that will reduce the incidence of missing and exploited children. All children have the rights to be safe!

Tips For Children

- Always tell your parents where you will be.
- Travel in groups or with a buddy, there is safety in numbers.
- If you see someone hanging around the school yard or the park, tell your teacher or parent. Learn to give a good description – is the person tall or short, dark or light skinned, eye and hair colour. If he or she is in a vehicle – the make and model of the car and the license plate number.
- Do not accept job offers, rides or

gifts from any stranger. Even if you know the person, do not go with him or her unless you tell your parents first.

- Do not take dares to go to remote places.
- It is no fun to run away from home. Nothing is so terrible that you can not tell your parents or another trusted adult.
- Do not answer the door when you are home alone. Do not tell people that you will be alone.
- If someone persists in calling or trying to get in, call the police at once.
- Do not go up to people who are asking directions from a vehicle: step back and tell them you do not know and walk away quickly. Adults should not be asking children for directions.
- If someone touches you in a way that feels bad, YELL AND TELL. It is your body and nobody has the right to make you feel bad. TELL your parents, teacher or someone else you trust.
- Do not go with strangers, even if they are dressed like a policeman or if they promise you such things as a movie career. Talk with your parents first.

(250) 382-7311

Toll Free: 1-888-689-3463

Email: childvicbc@shaw.ca

www.childfindbc.com



BC211

Is a non-profit organization that provides a free, confidential, multilingual service that links people to resources for help, where and when they need it. They provide information about and referral to a broad range of programs and services, including basic needs like food and shelter; mental health and addictions support; legal and financial assistance; support for seniors, and much more.

Dial 211

Help is available 24/7 by calling or texting 211

<http://www.bc211.ca/about/>

First Nations Health Authority

The FNHA is the health and wellness partner to over 200 diverse First Nations communities and citizens across BC. They provide community-based services which are largely focused on health promotion and disease prevention.

Toll-free: 1-866-913-0033

Email: info@fnha.ca

www.fnha.ca

WorkSafeBC

In BC this organization is responsible for workplace health and safety and enforces the Occupational Health and Safety Regulation. In the event of work-related injuries or diseases,

they work with the affected parties to provide return to work rehabilitation, compensation, health care benefits and a range of other services.

www.worksafebc.com/en

BC Aboriginal Network on Disability Society

This society's mission is to advance the unique disability and health priorities of Indigenous persons through collaboration, consultation, and the delivery of comprehensive client services. Their vision is "an inclusive and accessible

Canada for all Indigenous persons and families living with disabilities where their disability and health priorities / needs are identified, planned for and addressed through relevant and holistic programs and services".

1-888-815-5511

TTY Accessible

bcands@bcands.bc.ca

Here to Help

This website from BC Partners for Mental Health and Addictions. Offers information to help people better prevent and manage mental health and substance use problems.

310-6789 (no area code)

bcpartners@heretohelp.bc.ca

www.heretohelpbc.ca

Alcohol & Drug Information Referral Service

Alcohol & Drug Information Referral Service (ADIRS) provides free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue (alcohol or other drugs). Referral to community substance use treatment services is available for all ages. Information available from ADIRS includes prevention resources, support groups, and addiction related topics such as fetal alcohol syndrome.

Contact ADIRS toll-free at 1 800 663-1441, or in the lower mainland at 604 660-9382. Free, multilingual telephone assistance is available 24 hours a day, 7 days a week.

www.healthlinkbc.ca

Vancouver Indigenous Alcohol and Drug Outpatient Program

520 Richards Street, Vancouver

Our Alcohol and Drug Program can help many people achieve a healthier and satisfying life free from alcohol and drug use on an outpatient basis. This program is an intensive, outpatient, alcohol, drug and co-dependency treatment program.

Phone: 604-628-1134 / 8:30am—4:30pm

www.nccabc.ca

BC Association of Aboriginal Friendship Centres

Located throughout the province of British Columbia, friendship centres work to promote, develop and deliver accessible programs and services that support Indigenous peoples living in urban areas and away from home to achieve their vision of health, wellness and prosperity.

1-250-388-5522

www.bcaafc.com

Indian Residential School Survivors Society

Is a provincial organization providing services to Indian Residential School survivors, their families, and those dealing with intergenerational trauma.

1-800-721-0066 or

604-985-4464

reception@irsss.ca

www.irsss.ca/contact

BC Housing

Housing information for individuals who are homeless, women at risk of violence, seniors, families, individuals with disabilities, aboriginal individuals, singles and couples.

1-800-257-7756

<https://www.bchousing.org/home>



Seniors Services Society

Information on Housing options and services for Seniors in BC

Their mission is to connect adults 60+ with individual supports and housing navigation services to enhance their lives.

604-520-6621

www.seniorsservicesociety.ca

YOUTH & CHILDREN

The Youth Against Violence line

Is available to help 24 hours a day, 7 days a week. There are several ways you can contact us:

Call 1-800-680-4264



TTY 604-875-0885
or Text 604-836-6381

(for deaf or hard of hearing people)
We are trained support workers who talk with youth and concerned adults every day about bullying, gang activity, harassment, intimidation, sexual exploitation, and many other issues.

<http://www.youthagainstviolenceline.com/>

Cybertip.ca

The Canadian Centre for Child Protection operates Cybertip.ca, Canada's tip line for reporting the online sexual exploitation of children and referring any relevant leads to the appropriate law

enforcement agency and/or child welfare agency; and providing the public with information and other resources, as well as support and referral services to help Canadians keep themselves and their families safe while using the internet.

1-866-658-9022

www.cybertip.ca/app/en/contact

Kids Help Phone

Kids Help Phone is Canada's only 24/7 national service offering bilingual (English and French) professional counselling, information and referrals and volunteer-led, text-based support to young people.

1-800-668-6868

<https://kidshelpphone.ca/>

Youth In BC

This is a program of the Crisis Centre. It connects youth with support, information and resources.

Chat with One of our Crisis Responders Now:

24 HOUR CRISIS LINES

Greater Vancouver
• 604-872-3311

Howe Sound & Sunshine Coast
• 1-866-661-3311

TTY

• 1-866-872-0113

The Seniors' Distress Line

• 604-872-1234

Mental Health Support

• 310-6789

1-800-SUICIDE

• 1-800-784-2433

Online Service for Adults

www.CrisisCentreChat.ca

Online Service for Youth

www.YouthinBC.com

<https://youthinbc.com/>

Helpline for Children

(aka Children's Help Line)

Ministry of Children and Family Development (MCFD) BC Office

If you think a child or youth under 19 years of age is being abused or neglected, you have the legal duty to report your concern to a child welfare worker.

Call: 1 800 663-9122

at any time of the day or night.

If you are a child or youth and would like to talk to someone call the Helpline for Children at:

310-1234.

<https://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/keeping-kids-safe>

Representative for Children and Youth

The Representative's role and jurisdiction are defined in the Representative for Children and Youth Act and its regulations. Under these, the Representative can:

Advocate on behalf of children, youth and young adults to improve their understanding of and access to designated services.

Monitor, review, audit and publicly report on designated services for children and youth

Conduct independent reviews and investigations into the critical injuries or deaths of children receiving reviewable services.

To connect with one of the RCY's advocates or for general questions or comments, contact us at:

1-800-476-3933

Call Bullying Canada Now

Our team of more than 350 highly trained volunteers are here just to help people like you.

Pick up your phone and call:

877-352-4497

Support@bullying.ca

<https://www.bullyingcanada.ca/>

Urban Native Youth Association

UNYA strives to support Indigenous youth by providing a diverse continuum of advocacy, preventative and support services that respond to their immediate and long-term needs. Today, UNYA delivers 20+ programs, with 175+ volunteers, 100 staff, and more than 300 community partners.

604-254-7732

info@unya.bc.ca

www.unya.bc.ca



Youth Against Violence Line

24 hour service for youth and adults concerned about bullying, gang activity, harassment, intimidation, sexual exploitation and other issues. Support workers will provide options and information about services and programs in your area.

Call toll free in B.C. at 1-800-680-4264, 24 hours every day

If you are deaf or hard of hearing, call BC211

TTY service at 604-875-0885; if calling from outside the Lower Mainland, call collect

www.youthagainstviolence.com

Vancouver Aboriginal Child and Family Services

Responsible for child protection services for indigenous children, youth and families in Vancouver.

604-872-6723

1-877-982-2377

www.vacfss.com/

First Nations Child and Family Caring Society

Works to ensure the safety and well-being of First Nations youth and their families through education initiatives, public policy campaigns and providing quality resources to support communities.

(613) 230-5885 |

info@fncaringsociety.com

BC Federation of Aboriginal Foster Parents

Working to improve the standard of care for children in BC. They provide information about fostering recruitment services to MCFD and DAAs, offer foster parents opportunities for education and provide direct support.

<https://bcfosterparents.ca/>

Parent Support Services Society of BC

To protect the safety and wellbeing of children and promote the health of all families by partnering with those in a parenting role and their communities to build support, advocacy, education, research, and resources.

1-877-345-9777

office@parentssupportbc.ca

www.parentssupportbc.ca

Grandparents Raising Grandchildren Support Line

If you're a grandparent or other relative raising a family member's child, you can get information and advice from the Grandparents Raising Grandchildren (GRG) Support Line to deal with complex services systems such as the Ministry of Children and Family

604-558-4740 or 1-855-474-9777

www.parentssupportbc.ca/grandparents-raising-grandchildren/

Society for Children & Youth of BC

This society's vision is a British Columbia where all children and youth thrive and to improve the well-being of children and youth in BC through the advancement of their civic, political, economic, social, cultural and legal rights. As well as creating and delivering programs that have motivated change in research, legislation, policy, and practice in Canada.

(778) 657-5544 or toll-free 1-877-462-0037

info@scyofbc.org

ProtectKidsOnline.ca

Operated by the Canadian Centre for Child Protection is designed to assist parents/guardians in protecting their children on the internet and reducing their risk of victimization.

Is here to help parents/guardians stay on top of the digital world their children are engaging in. Here you will find information about the ever-changing online interests of young people, the potential risks they face and proactive strategies to help keep your child/adolescent safe while online.

protectkidsonline.ca

NeedHelpNow.ca

Helps teens stop the spread of sexual pictures or videos and provides support along the way. If you or someone you know has been negatively impacted by a self/peer exploitation incident, we are here to help offer guidance on the steps you can take to get through it and #ChangeTheStory.

needhelpnow.ca

SOS Children's Village BC

We provide family-based foster care for children and youth in our communities through our Village model. This includes support to caregivers, youth, and kids through residential services, program and support services, and wraparound care.

We believe in keeping siblings together and in family strengthening, creating a sense of community and belonging, and in educating and empowering children to become contributing members of society.

604-574-2964

office@sosbc.org

www.sosbc.org



Delegated Aboriginal Agencies in British Columbia

The Ministry of Children and Family Development has a variety of initiatives underway to address the number of Indigenous children in care.

This includes the development of agreements between the province and Indigenous communities to return historic responsibilities for child protection and family support to Indigenous communities. These agreements are known as delegation agreements.

<https://www2.gov.bc.ca/gov/content/family-social-supports/data-monitoring-quality-assurance/reporting-monitoring/accountability/delegated-aboriginal-agencies/>

WOMEN RESOURCES

Ending Violence Association of British Columbia

(EVA BC) is a solutions-based provincial association based in Vancouver. Since 1992, they have trained and supported more than 300 anti-violence programs and cross-sector initiatives across the province that respond to sexual and domestic violence, child abuse, and criminal harassment.

Their Four Key Program Areas across BC

- Community-Based Victim Assistance
- Stopping the Violence Counselling and Outreach
- Multi-Cultural Outreach
- Sexual Assault/Woman Assault programs.

604-633-2506

www.endingviolence.org

Battered Women's Support Services

Provide emotional support, resources in the community, to assess women in their coping strategies, to highlight their strengths and to help create a safety plan for women who are dealing with violence and/or the effects of abuse. Violence and abuse take away our power. BWSS Crisis Line & Intake workers assist women who have experienced crisis in reclaiming power and making safe choices.

604-687-1867 or

1-855-687-1868 or

text 604-652-1867

information@bwss.org

www.bwss.org

Vancouver Rape Relief and Women's Shelter

Services are available to all women who have experienced male violence including wife battering, incest, rape, sexual assault, sexual harassment, and prostitution.

You can call us at:

604.872.8212, or

TDD# 604.877.0958

Our receptionist will be happy to direct your call to a collective member who can help you.

info@rapereliefshelter.bc.ca/

<https://www.rapereliefshelter.bc.ca/>

Women Against Violence Against Women Rape Crisis Centre

WAVAW is a feminist, anti-oppressive, decolonizing rape crisis centre operating on unceded Coast Salish Territories. They provide support services to survivors of sexualized violence who have shared experiences of gender marginalization: cis and trans women, Two-Spirit, trans and/or non-binary people. They advocate for social and systemic change through education, outreach and activism, and provide immediate crisis and long-term support services to survivors of sexual assault, including:

- Hospital accompaniment
- Support navigating the medical and legal system
- One-to-one counselling and support groups
- Counselling for Indigenous survivors and the friends and family of Missing and Murdered Indigenous Women, Girls, and Two-Spirit people

604-255-6228 /

General inquiries

admin@wavaw.ca

<https://www.wavaw.ca/>

24-hour Crisis and Info Line:

1-877-392-7583

Human Trafficking

Illuminate Organization

Human trafficking which includes sexual exploitation and forced labour is a heinous crime with serious impacts on victims and survivors, their families, communities, and society as a whole.

This organization disrupts the cycles of human trafficking by illuminating public awareness through education, relentless intervention strategies, safe places for survivors to heal and establishing networks that build back extraordinary



lives for those affected in Canada. They work with survivors of all forms of trafficking and exploitation, along with service providers and agencies supporting them regardless of age, gender orientation, race, income, ability, or religion. Services are free of cost, accredited and utilize best trauma care practices to support prevention, intervention, and healing from the inside out.

Call 911 if you suspect someone has been trafficked and is in immediate danger, or call your local police to report other suspected cases of human trafficking or contact Crime Stoppers.

Toll free 24-hour Crisis Support:
1-855-332-4283

Office line: 604-347-9500
connect@illuminateHT.com
1-833-900-1010

<https://www.canadiancentretoendhumantrafficking.ca/>

Victim Link BC



Is a toll-free, multilingual, confidential telephone service available across B.C. and Yukon 24 hours a day, 7 days a week that provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence.

Contact VictimLink BC at
1-800-563-0808
(toll-free in B.C. and Yukon).

Collect at 711
Call TTY at
604 875-0885

To call collect, please call
Telus Relay Service at 711.

Text to 604 836-6381.

VictimLinkBC@bc211.ca.

www.victimlinkbc.ca

LEGAL/JUSTICE RESOURCES

Native Courtworker and Counselling Association of BC

Assists Indigenous people that are involved in the criminal justice system, assists people with substance abuse and detox support issues such as counselling and referral services. Provides advocacy services for Indigenous families and youth. Family and youth advocacy aids families and clients involved in child protection issues and other family matters by providing basic counselling, guidance, support, legal options, referrals, and community education workshops on violence against women.

1-877-811-1190
nccabc@nccabc.net
www.nccabc.ca

Aboriginal Legal Aid of BC Legal Services Society of BC

Is a non-profit organization committed to helping British Columbians resolve their legal issues through free public legal information and services, and legal representation and advice to British Columbians with low incomes.

604-408-2172 (Greater Vancouver)
1-866-577-2525

www.aboriginal.legalaid.bc.ca/

The Indigenous Community Legal Clinic

Located in Vancouver downtown eastside, providing free legal services to the Indigenous community and to provide legal education to Allard School of Law students. By participating in the ICLC program, students interested in advocacy, social justice and Indigenous peoples can gain practical experience.

The ICLC provides students with the opportunity to gain practical hands-on experience managing client files and making court appearances.

Indigenous Community Legal
Clinic Contact Information:

Tel: 604 822 1311

Toll Free: 1 888 684 7874

Fax: 604 684 7874

E-mail: iclcl@allard.ubc.ca

www.allard.ubc.ca/

Canadian Bar Association British Columbia Branch

This site provides free legal information to assist the public and media in researching important issues.

T: 604.687.3404
or 1.888.687.3404

F: 604.669.9601
or 1.877.669.9601

cba@cbabc.org

Lawyer Referral Service

This referral Service helps any and all British Columbians find a suitable lawyer to help resolve their legal problem. Call us to speak to an expert lawyer who will provide up to a half-hour of free legal consultation. Please don't confuse our Lawyer Referral Service with legal aid. In BC, legal aid is provided exclusively by Legal Aid BC to British Columbians on very low income who qualify for their services.

1-800-663-1919
604-667-3221
or tel:1-877-762-6664

<https://www.accessprobono.ca/our-programs/lawyer-referral-service>



Dial a Law A Service of People's Law School

Features free information on the law in British Columbia in 130 topic areas. The information is reviewed by lawyers and updated regularly.

1-800-565-5297

<https://dialalaw.peopleslaw.school.ca/>

Click Law BC

This website provides legal information, education and help for British Columbians operated by the Courthouse Libraries of BC

www.clicklaw.bc.ca

The Public Guardian and Trustee of British Columbia

PGT) is a corporation sole established under the Public Guardian and Trustee Act with a unique statutory role to protect the interests of British Columbians who lack legal capacity to protect their own interests. The mandate of the PGT is to protect the legal and financial interests of children under the age of 19 years; protect the legal, financial, personal and health care interests of adults who require assistance in decision making; and to administer the estates of deceased and missing persons.

604-660-4444

1-800-663-7867

www.trustee.bc.ca

ELDER SUPPORT RESOURCES

Seniors First BC / Senior's Distress Line

Seniors First BC consists of seniors, service providers, academics and professionals who have been working together to end abuse of seniors in British Columbia for over 15 years.

If you are in crisis, call us now:

604-437-1940

Toll Free: 1-866-437-1940

TTY: 604-428-335=9TTY

(teletype for deaf)

Monday to Sunday – 8am to 8 pm

604-688-1927

Senior's Distress Line

604-872-1234

Email: info@seniorsfirstbc.ca

<http://seniorsfirstbc.ca/contact-us/>

BC Elders' Guide

The First Nations Health Authority and Province of BC are pleased to share the 2014 BC Elders' Guide.

www.fnha.ca/WellnessSite/WellnessDocuments/BC_EldersGuide.pdf

Seniors Health Care Support Line

Has been established to allow seniors and their families, or other concerned individuals in their lives, to report concerns about care.

This toll-free phone line is intended to supplement existing care concern avenues with dedicated support for seniors with complex needs.

The line is available 8:30 am - 4:30 pm Monday-Friday (with exception of statutory holidays).

1-877-952-3181

or 1-250-952-3181 (Victoria BC)

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/about-seniorsbc/seniors-action-plan/what-we-ve-done/provincial-seniors-phone-line/>

Senior's Guidebook to Safety and Security - RCMP

This guide is for seniors, their family members, care-givers, friends, and anyone else who may find it useful. It is not meant to include everything but tries to answer some common concerns when it comes to seniors' safety and security. Our goal is to raise awareness of seniors' safety to improve their quality of life.

The information in this guide can also be used to help people and their loved ones discuss this topic to help recognize a potential crime situation and show how to reduce or remove the risk.

<https://www.rcmp-grc.gc.ca/wam/media/1971/original/1aad45a3f33f4b16c4f91340a803ae1a.pdf>

What Every Older Canadian Should Know About Frauds and Scams

This brochure from the Canadian government on common types of frauds and scams.

<https://www.canada.ca/content/dam/esdc-edsc/documents/corporate/seniors/forum/brochure-08-eng.pdf>

Wills and Estates On-Reserve lands, Legal Aid BC

Legal Aid BC is a non-profit organization committed to helping British Columbians resolve their legal issues. They provide free public legal information, advice, and representation to people with low incomes.

604-408-2172

1-866-577-2525

www.aboriginal.legalaid.bc.ca/reserve-legal-issues/wills-estates

Estate Administration on Reserve: A Guide for Executors and Administrators in BC

A guide for people in BC who have been appointed by Indigenous Services, Canada as the executor or administrator of the estate of a person who has passed away.

<https://pubsdb.lss.bc.ca/pdfs/pubs/Estate-Administration-On-Reserve-eng.pdf>



Canadian Centre for Elder Law

This centre provides information on legal issues affecting older Canadians, including fraud protection, elder abuse, financial literacy and power of attorney.

604-822-0142

ccels@bcli.org

<https://www.bcli.org/elder-law-resources/elder-abuse-resources>

Writing Your Own Will: A guide for First Nations People Living on Reserve

A guide from the Aboriginal Financial Officers Association designed for First Nations people registered under the Indian Act who are "ordinarily resident on reserve" in British Columbia

<https://www.afoabc.org/wp-content/uploads/2015/03/will-kit.pdf>

TRAVEL & SAFETY RESOURCES

Mapquest

This website, find driving directions, maps, live traffic updates and road conditions. Find nearby businesses, restaurants and hotels.

www.mapquest.ca

Google Maps

offers satellite imagery, aerial photography, street maps, 360°

interactive panoramic views of streets, real-time traffic conditions, and route planning for travelling by foot, car, bicycle, air and public transportation.

www.google.com/maps/
www.google.ca/maps/

Travelling Abroad

This website provides information on health and safety, travel documents such as passports and visas, baggage, airport security, country specific advice, and more.

<https://travel.gc.ca/travelling/>

BC Automobile Association

BCAA offers a wide variety of trip planning tools and support including hotel booking, car rentals, flights, booking a cruise, International Drivers Permits (IDP) and Passport Photos.

www.bcaa.com/

DriveBC

DriveBC provides current road conditions, upcoming roadwork notifications, as well as information on closures, delays, and travel advisories. Extended information, such as inland ferry schedules, border wait times, and the BC HighwayCams program can also be found on DriveBC.

For BC Highway conditions
1-800-550-4997

www.drivebc.ca

BC Ferries

This year round vehicle and passenger service connects BC's coastal communities.

1-888-BCFERRY

Cellphone: *BCF (*223)

TTY Call 711

provide toll free number 1-888-223-3779 to telus relay operator

www.bcferrries.com

BC Bus North

BC Bus North is your intercity bus service between Prince Rupert, Prince George, Dawson Creek, Fort St John, Fort Nelson, Valemount and many communities in between.

How to book a trip:

- Choose your trip: return or one-way, departure and arrival points and date.
- Select your return trip: departure and arrival points and date.
- Fill out your passenger information and payment information.

Call: 1-844-564-7494

www.bcbus.ca/book-a-trip/

Bulkley Nechako Regional Transit System

This transit system serves the area from Burns Lake to Prince George and Burns Lake to Smithers, serving all community members along Highway 16 between these destinations. This service has a

fixed-route and schedule. Buses are accessible and equipped with a lift.

There are no transfers between routes 161 and 162. These routes operate on separate days requiring separate fare payment. Service in Prince George and Smithers have separate transit systems requiring separate fare payment.

Ticket sheets are available at the eight municipal offices in the Regional District of Bulkley-Nechako:

- Vanderhoof 160 Connaught St
- Fort St. James 477 Stuart Dr W
- Fraser Lake 210 Carrier Cres
- Village of Burns Lake 15-3 Ave
- Granisle 1 McDonald
- Houston 3367-12 St
- Telkwa 1415 Hankin Ave
- Smithers 1027 Aldous St

Transit Information
1-855-499-1119

www.bctransit.com

Weather Information

Environment Canada provides weather forecasts and alerts.

https://weather.gc.ca/canada_e.html

The Weather Network

Provides forecasts for locations around the world.

<https://www.theweathernetwork.com/ca>



Women's Right to Be Safe

Children in Crisis

If a child is in immediate danger call 911

Report a child protection concern (8:30am – 4:30pm)

778-331-4500 (after hours call: 604-660-4927)

If you or a child you know are in need of help call the helpline for children: 604-310-1234

1-800-SUICIDE

1-800-784-2433

Online Service for Adults

www.CrisisCentreChat.ca

Online Service for Youth

www.YouthinBC.com

Northern BC Crisis Line

A safe, confidential and non judgmental crisis line to discuss anything troubling you. We are here to help. Call:

250-563-1214 or

1-888-562-1214

24 HOUR CRISIS LINES



Greater Vancouver
604-872-3311

Howe Sound & Sunshine Coast
1-866-661-3311

or text: 1-866-872-0113

The Seniors' Distress Line
604-872-1234

Mental Health Support
310-6789

BC Suicide Line

If you are considering suicide or are concerned about someone who may be, please call:

1-800-SUICIDE

1-800-784-2433

WOMEN'S RIGHT TO BE SAFE ~ RESOURCE GUIDE

To obtain more information or additional free copies of this guide, visit our website at: www.nccabc.ca or email nccabc@nccabc.net

FEEDBACK

Your feedback is very important to us. Please email or fax your comments to:
E-mail: nccabc@nccabc.net or Fax: 604-985-8933 or fill out the online evaluation form located under 'publications' at: www.nccabc.ca

Your Feedback is Greatly Appreciated



ACKNOWLEDGMENT

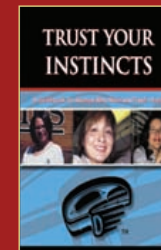
Inspiration and motivation has always played a key role in the success of any project, and it is with a deep sense of appreciation that we acknowledge our Committee Members for bringing their amazing talent to the fourth edition of "Women's Right to Be Safe" guide.

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Womens' Safety Guides | 2015 - 2021



Darlene Shackelly | Executive Director

NATIVE COURTWORKER AND COUNSELLING ASSOCIATION OF BRITISH COLUMBIA

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Women's Right to Be Safe

Colonization turned our safety from our right into a gift that could be given and then taken away. We have lost too many mothers, sisters and daughters to violence. Let us reclaim our safety, our right, by being smart, strong and supportive of each other. Our futures and our dreams are too important to surrender.”



The Honourable Judge Marion Buller

The Honourable Judge Marion Buller was appointed the first woman First Nations judge in British Columbia in 1994 and was appointed as chief commissioner for the National Inquiry into Missing and Murdered Indigenous Women and Girls in 2016. Prior to being appointed to the Provincial Court bench, Judge Buller worked as a civil and criminal lawyer (1988 – 1994). Judge Buller Bennett served as both a director and president of Canada's Indigenous Bar Association and has been a member of the B.C. Police Commission and the Law Court Education Society. She was the Commission Counsel for the Caribou-Chilcotin Justice Inquiry and published reports and articles dealing with Aboriginal rights and legal services for First Nations in B.C. Judge Buller was instrumental in starting the First Nations Court of British Columbia in 2006.



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PLEASE KEEP THIS GUIDE IN YOUR CAR, HOME OR OFFICE FOR EASY REFERENCE.