

Women's right to be

INSPIRE EMPOWER & PROTECT

safe



THE NATIVE COURTWORKER AND
COUNSELLING ASSOCIATION OF BC

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MISSING AND MURDERED ABORIGINAL WOMEN

| A NATIONAL OPERATIONAL OVERVIEW |

Police-recorded incidents of Aboriginal female homicides and unresolved missing Aboriginal females in this review total 1,181 — 164 missing and 1,017 homicide victims.

WOMEN'S RIGHT TO BE SAFE

Protect and Honour Yourself.

All women can relate to the anxiety that comes when newspaper articles, word of mouth, television and other forms of media report on the number of missing and murdered aboriginal women in Canada.

All women and girls are entitled to live their lives in security and freedom. Women should not have to limit or modify their lives in order to be safe. Whether you are a child, attending school, enjoying yourself with friends, having a career, raising a family or enjoying your later years as an elder - it is your Right, and it is your Life. I am pleased to present the third publication on "Women's Right to Be Safe". Inspire, Empower and Protect.

In this guide, is the sharing of stories and inspirational words from Aboriginal Women on helping to make our communities safe. My

sincere thanks is extended to them for contributing their time in the development of this guide. Foremost, this guide is dedicated to the memory of all missing and murdered women in Canada.

My thanks is also extended to the Department of Justice, Canada for their generous financial contribution for making this guide possible.

Don't let anyone rob you of your dreams and goals. If they choose you as a target, make sure they know that they just made a critical error in judgment."



Darlene Shackelly
EXECUTIVE DIRECTOR

THE NATIVE COURTWORKER
& COUNSELLING ASSOCIATION
OF BRITISH COLUMBIA

Please keep this resource guide in your car, in your home or office for easy reference.

SOCIAL MEDIA



The popularity of many “Challenges” has gone viral thanks to the Internet. “Nek Nomination”, for example, was an extremely dangerous drinking game in which people posted videos of themselves on social media sites by drinking dangerous and bizarre mixture of alcohol and then daring their friends to outdo them. In Northern Ireland more than 10,000 Facebook users “liked” or indicated their support for the page in less than one week. A nineteen year old man died after playing the game and then jumped into a river. His brother said the public nature of the game had turned it into a form of **online bullying**. A British newspaper reported that at least five deaths are believed to have been directly linked to the drinking game.

In British Columbia, people may have seen this game on social media sites with public pressure to participate by consuming

alarming quantities of alcohol, with the real danger of being home alone. If the unthinkable happens and you drink to excess, there is the possibility of alcohol poisoning.

A person drinking large amount of alcohol in a short period of time that results in passing out. It is dangerous to assume that an unconscious person will be fine by sleeping it off. Alcohol acts as a depressant, hindering signals in the brain that controls automatic responses such as the gag reflex. Alcohol can also irritate the stomach causing vomiting. With no gag reflex, a person who drinks to the point of passing out is in danger of choking on vomit, which in turn can lead to death by asphyxiation. Even if the drinker survives, an alcohol overdose can lead to long-lasting brain damage.

If you suspect someone has alcohol poisoning, get medical help immediately. Cold showers, hot coffee, or walking will not reverse the effects of alcohol overdose and could actually make things worse. Know the danger signals. If you suspect an alcohol overdose **Call 911 Immediately**.

Social media is being used in many positive ways including support for charities, medical and health needs. It can also be used as a tool to inspire people and bring about necessary change. It can be instrumental in contributing to healthy social behaviour amongst Aboriginal women and families.

ALCOHOL POISONING

Critical Signs and symptoms

- **Mental confusion, stupor, coma, inability to wake up**
- **Vomiting**
- **Seizures**
- **Slow and irregular breathing**
- **Hypothermia (low body temperature), bluish skin colour, paleness**

AWAKENING OUR SPIRITS

Kura Jack

The “Winter Challenge 2014,” had people jumping into cold lakes, rivers and oceans, then dunking their heads all the way under. Once emerged you must then challenge others and they have 24 hours to do the same. Some variations include adding a snow angel after the dip, if there is snow on the ground. The idea had spread throughout Facebook with many seeming more than willing to take the cold plunge.

When siblings Kura and Cordell Jack decided to head outside in the winter of 2014, they just wanted to have some fun.

The pair ran through the snow with Crocs on their feet and video recorded one other making snow angels, clad only in summer attire. They posted the videos on Facebook, each nominating a family member to follow suit.

The Winter Challenge quickly went viral.

Musician Kinnie Starr did it. Comedian Ryan McMahon did it. Actor Adam Beach did it. Country singer Shy-Anne Hovorka did it. Vice-president of the Union of BC Indian Chiefs, Bob Chamberlin did it. Non-Indigenous folks took up the challenge.

“I didn’t expect it to be huge,” says Kura, explaining she thought the challenge would remain within family circles.

“It started as fun. I was sitting at home with my brother Cordell, and I felt like we were just inside all the time, watching TV. I just reached the point where I didn’t want to be sitting and fighting over who has the remote.”

Coastal winters involve slush, but rarely snow. For Kura, the arrival of snow marked an occasion to be outdoors.

“I thought, ‘We should be out there playing.’ We went out to the lacrosse box and did snow angels in the snow, something to wake us up. My brother nominated my cousin, and I nominated my other brother. We wanted them to get out too.”

The Winter Challenge not only brought together generations, but also extended beyond Coastal First Nations to connect Indigenous people across Canada. It even crossed borders to inspire people in other countries.

Remembering seasonal rituals

Family and community are important to Kura. "I was well guided with the way my mom and dad brought me up. One of the teachings they always told me is, 'You need to carry yourself in a way that will make your grandma proud and us proud.' That's what I live by. If I do something, I think, 'Would I want people to look at my grandma like that?'"

Growing up on Penelakut Island, home of the Penelakut First Nation, Kura saw community networks in action. "It's a really close-knit and helpful community. If someone needs help, people will be there to help, even if they're not close with the family. People are there right away with support."

Even so, she was surprised by the wide participation in the Winter Challenge, from young children to elders. "I was so surprised by the elders. My grandma did it. I thought it was really awesome," says Kura.

Among First Nations people, the Winter Challenge invigorated discussions about indigenous winter traditions. Kura is studious in pointing out that the challenge was not based on the coastal First Nations practice of cold-

water bathing and that she did not have tradition in mind at the time.

But she does acknowledge that "it got people talking about tradition and reminded people of how they're supposed to be in the winter, going for their traditional bath and going to the longhouse."

Connecting across nations and generations

For many First Nations, traditional ceremonies are a means of purification and healing. "When you go for your bath, it's a spiritual thing," says Kura. "Even though the challenge wasn't a bath, it was an awakening. It awakened people's spirits."

"Some youth don't know or have the opportunity to know about traditional baths. I started going for baths when I became a young woman, because my mom said, 'How you are now is how you're going to be for the rest of your life.' It was important for me to get up and be how I wanted to be for the rest of my life."

While participating in ceremonies, Kura listened to elders speak and learned from them. Before attending the University of Victoria, she often went to the longhouse to help her

grandmother in the kitchen. “My grandma lives beside the Bighouse, and no matter what work there was, she would go all the time to help. She wasn’t even asked. My mom and dad would hear she was going and tell us to go out there and help.”

The Winter Challenge not only brought together generations, but also extended beyond Coastal First Nations to connect indigenous people across Canada. It even crossed borders to inspire people in other countries.

“It was our thing,” says Kura when asked about the meaning of the challenge for indigenous people. “It was something that we were doing and we enjoyed doing. It really awakened our people’s spirits. The reason it went so far is people want their spirits to be awakened. Even though it was just a video shared through the internet, people were becoming closer. It made our global indigenous community a little bit closer.”

“I was very happy to see what the challenge grew into,” she says. “I didn’t plan on it doing all the beneficial things that it did. I feel weird when people want to interview me, because I was just trying to have fun.”

Many people from different places have sent messages of gratitude to Kura. “I felt so honoured to be thanked like that. I’m glad it did something good for the people and I was a part of it. I like giving back to the community in some way. I think it’s good that it started with youth, because we are the next generation. It’s nice to know that we can make a change if we want to. We have to try.”



Women's right to be safe

ENJOYING YOUR LIFE

“ Be happy — it matters.”

- Be aware of your surroundings.
- If something doesn't feel right, trust your instincts.
- Seek out programs and services in your community.
- Check the Internet for safety resources.



YOUNG WOMEN SAFE

Taking part in social activities can be your opportunity to learn about developing relationships, as well as 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 own personal safety and the well-being of your friends.

Prevention

Try to have a full meal if you intend to consume alcohol as 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; they may be outside your age group or the majority are strangers, or excessive alcohol and drugs are being consumed.
- 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 just in case.

- 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 of control of situations. You may also



DID YOU KNOW?

It is estimated that only 1 in 10 women will report an assault to the police, which means that perpetrators may be responsible for numerous assaults against women before they are stopped, arrested or convicted.

It is nearly impossible to grasp the significance of crime statistics until you or a loved one becomes a statistic.

Women's right to be safe



DATE RAPE DRUGS:

Most common drugs are:

- Alcohol
- Ecstasy
- BZP
- Ketamine
- Crystal Meth
- GHB
- Rohypnol
- Cocaine

For more information visit:
<http://getuponit.ca>

black out and have trouble remembering what happened. Similar effects occur from drugs such as Rohypnol (also referred to as a “roofie” or “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 drank alcohol
- Feeling the effects of alcohol are stronger than usual
- Feeling sleepy or dizzy, like you're going to faint
- Feeling nauseous/ light headed
- Feeling confused or disoriented
- Having difficulty speaking, slurring speech

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. If their condition seems serious, they may need medical attention. Call for help.

Remember to:

- Keep your drink in your hand where you can see it.
- If you put a drink down and lost 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 that only time can help you sober up.
- Use a buddy system: you watch out for your friends, and they watch out for you.

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.

Many women have been raped and murdered after leaving a club or party alone or they have caught a ride with the wrong person. Please do not leave yourself vulnerable, it is not worth the risk. Women from smaller communities may believe everyone knows everyone and it is safe to walk

home alone. They can place themselves in dangerous situations as well.

Never try to walk home alone late at night or walk home with someone you have just met from a party.

Create Your Own Safety Plan

A safety plan can be used as backup when a situation changes or you feel unsafe. You can create a safety plan that works best for you.

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 cell phone charged and ready.
- Have emergency phone numbers and a number for a taxi company in your wallet and cell phone.
- Have enough money for a cab.
- If you meet someone new that you're interested in, take their phone number rather than giving yours.



BUDDY SYSTEM

“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.

Hitchhiking

The *Highway of Tears* murders is a series of unsolved murders and disappearances of young women along the 800 km section between Prince George and Prince Rupert. Police have listed the number of victims at 18, but estimates range into the 40s, as they include women who disappeared a greater distance from the highway.

Aboriginal women appear to be over-represented due in large part because many First Nations people live in remote communities and may not have the resources to afford a car and no other mode of transportation is available. 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.

No matter what the reason may be, avoid hitchhiking as 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 you 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.

Break 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 exit.

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 have the nerve to think they can cause me harm”*.

Present yourself as a tough target. Your primary concern must be your mind set 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.

Women's right to be **safe**



CONNECTING THROUGH FAMILY, SPORTS AND CULTURE

Dina Brown's self-assurance exceeds her age. Dina is a member of the Okanagan Indian Band near Vernon and is currently enrolled in kinesiology at the University of British Columbia. She demonstrates a sense of self and confidence. Her family and community connections, love of sports, and cultural involvement have kept her grounded.

"I remember in grade 10 a science professor asked us what we really wanted to do, and I said, 'I really want to take kinesiology'". (Kinesiologists work in the area of health and work with individuals to enhance the health, fitness, and well-being of the individual). Dina says "I love sports and I love learning about the human body as well." "All of my family are kind of health focused," says Dina, as she explains that her parents are involved with spiritual and natural healing. "My grandma struggled with health problems her whole life, and we grew up around that. My sister wanted to be a doctor, and my other sister was inspired to be a nurse.

I'm trying to figure out what I want to do, whether I want to go into research, or indigenous health, or fitness and nutrition."

Dina's parents showed her the importance of learning. Her father, who completed a PhD when she was in high school, is "always reading, always learning, always teaching." Similarly, her mother "is always writing curricula" for workshops.

With evident admiration, she explains that her mother works at a treatment centre, whose motto is "Culture is Treatment." Dina worked there one summer, and observed people who had never had Indigenous Cultural Connections "realize that if culture were a bigger part of their lives, perhaps they wouldn't be dealing with addictions issues."

"Culture is engrained in who I am," explains Dina. "It's been a part of my life since I was born.

"I danced as soon as I could walk," she says before reflecting on her cultural practices. "The Kamloopa PowWow, that's where I had my naming ceremony. I was also a Pow Wow princess in grade 8. I pick

berries every year. Dig roots. I'm not a fisherman or hunter, but I like to camp."

Dina has also been part of the Okanagan Youth Alliance and with support from other programs; they plan activities and events that incorporate culture, singing, food, safety, suicide prevention, and health and wellness.

Engagement with her Nation has provided Dina with invaluable support. "I remember growing up and thinking that I didn't know anybody and I didn't know other Aboriginal people she recalls. "The tribal council put on events and through that I got into the youth council and now I know people everywhere, not just at home. A lot of those people now support and visit me when they're here. Their door is always open to me."

'Our way of thinking and our way of living'

A passion for sports also facilitated cultural and social connections for Dina, who has been very physically active since childhood. She has played basketball, soccer, volleyball, and softball and now also does Cross-Fit workouts.

From the ages of 14 to 17, she represented the Okanagan Nation in the

Junior All Native Basketball Tournament, playing on the Syilx girls team. She says her team "got well known in the nations and province and we won twice. Playing with the Syilx girls gave her a chance to know other girls from across her nation. "I'm still friends with a lot of those girls," she says.

Recently Dina hit another milestone, making it to the North American Indigenous Games in an unexpected role. "I had a dream to go to NAIG. She saw a callout for different positions. She obtained her coaching certification, applied for the job, and was hired. At NAIG, Dina not only spent time with indigenous people from Canada, but also from places in the United States.

Coaching a team of 16-year-olds initially intimidated Dina. I was seeing it from such a different perspective, as a coach," she confesses. "I had no idea how it would go, but it went well."

"Our girls took home gold and I grew as a person, because these young girls were looking up to me. I wanted to make a difference in their lives."

Having the opportunity to visit with people from other nations has enhanced Dina's understanding of

culture. She says that to “respect their teachings and their values and their culture helps me appreciate my own, especially when it comes to language and song.”

Culture, Dina believes, is “an important aspect of our lives, because it’s our whole mindset and our way of thinking and our way of living.”

‘Be mindful’

As a child, Dina knew the importance of figuring out who to trust. She recounts an incident of racism at school and her teacher’s lack of response. Seeing that her teacher was not going to address the issue, she went to the school principal, with whom she had a good relationship.

Today she still thinks about who can be relied on in different situations. “Be smart about going out,” she advises. “I prefer to go with someone I can trust.

Dina, who is a nondrinker, says it’s important to know the kind of environment you are in, just in case you end up in a place where the use of alcohol begins to feel excessive. She makes sure she has a way to leave, such as calling a family member to come get her.

When evening classes or work keeps

Dina out on campus after dark, especially in the winter, she thinks ahead so she doesn’t end up alone. “If my friend doesn’t come to class, or I want to study later, I can ask my dad to pick me up.”

In the same way, she says it’s important to have a plan in case of vehicle failure, especially if you live in a rural area. When her car broke down late one night, far from her home outside the town, she was able to call her mother to retrieve her.

“Be mindful of where you are, what could happen, and have a plan.”

We need to have healthy relationships taught in the school system at a young age. Anger management should also be taught and how to deal with feelings of anger. We expect our children to deal with these situations in a respectful manner but they also need to be provided with the proper education tools.

Prince George Native Courtworker and Native Family and Youth Advocate

KEEPING FAMILY FOCUSED

Monica Louis is a proud Okanagan / Thompson woman who grew up in the Okanagan Valley where she was raised in her community with her parents, grandparents, aunts, uncles and cousins. “I have a family of three, and being a mom has its challenges as it does in many families. Trying to be a mom and a working

professional can be hard at times but with support it is manageable to get through the hard times and celebrate the good times.”

After graduating from high school Monica was unsure of what she wanted to do with her life but she remembers her grandma saying to her “if you get an education in the health or education field you will always have a job”. She applied at the Okanagan College in a 1 year Education Assistant/Special needs course and that’s where she found her passion. It was working with her people for her people and that is what she continues to do today.

After working in the Vernon School District as well as working at the day-care in her community where she gained the experience she needed to be where she is today. She moved to North Vancouver so that her spouse could continue his education. It was not hard for her to find a job in the field of early childhood education. Working in a variety of roles within the non-profit sector she moved into leadership roles that have allowed her to act as both advocate and educator to support the success of Aboriginal people in urban areas.

Moving to Vancouver in 2008 Monica



***“At times it’s difficult to work with families when their self-esteem has been tainted and the people that surround them are not living a healthy lifestyle and bringing negativity into the home.*”**

had the opportunity to work in Surrey, Vancouver's downtown eastside and New Westminster/Tri-Cities areas. It didn't matter where she worked, as she sees the same people and hears the same stories of how Aboriginal people are struggling in today's society. Some of the difficulties that she encounters when working with some families is engaging them in the services and making their appointments, whether they are with service providers or medical professionals. Keeping family focussed on the work they need to be doing to maintain a safe and healthy lifestyle for them and their children is imperative.

At times it's difficult to work with families when their self-esteem has been tainted and the people that surround them are not living a healthy lifestyle and bringing negativity into the home.

When she begins her work with families, she states she needs to be very gentle because she doesn't know what they have been through or how hard the road they have been walking on has been.

At times it can be difficult when you have 10-15 families going through hard times everyone has their own stories. It's not easy for parents to

say "yes I have a problem or I think that my child needs help". Also hearing from a medical professional that your child has autism, ADHD or may need special therapies - no parent is ever ready to hear that. So that is when she steps in and makes sure that services are in place for the family so that early intervention is in place for both parent and child.

It is not just Aboriginal families but foster families that have our Aboriginal children in their homes. It is important when we come into contact with our children being in foster care it is recommended that we bring culture into the home for both child and foster parent. That may include bringing art work, books, giving them a list of resource people, taking an elder with her to meet the family, and talking about upcoming cultural events.

Whatever resources Monica can get her hands on and that would benefit families is what she takes into the home.

In closing, Monica would like to thank the children, families and professional she has had the privilege to work with. Their strength and courage has given her the desire to keep working with our aboriginal children and families.

Women's right to be **safe**



YOUTH AGAINST GANGS

Angela Kermer's enthusiasm for her home life and professional work is apparent. She smiles warmly as she mentions that she and her partner recently celebrated their 23rd anniversary and she reached her 15th year of service with the RCMP.

"My mother is from Haida Gwaii. And my dad was Sto:lo and Squamish Nations," says Angela, who grew up in Campbell River.

While attending Simon Fraser University, she received a BA in General Studies." While still in university, she applied for an RCMP job posting and got the position. "I like to empower people and help people empower themselves. Justice is one way to do it, though not the be-all and end-all," she says, reflecting on her decision to join the police.

For the past two and a half years, Angela has filled the role of Aboriginal Gang Coordinator, focused on education and prevention "to keep our people out of gangs, or if they're in gangs to help them get out if they want to get out." She says she offers

tools to people so they can "make safe and healthy decisions."

"My job is interesting because I work not only in our communities, which I love, but I also work with different units and agencies as well, so I'll work with human trafficking or missing persons or other units to bring together resources for people, young women in particular."

Falling into gangs

Adults and children of all genders can become involved in Aboriginal gangs, says Angela. They get entangled in crimes related to theft, drugs, prostitution, harassment, extortion, or trafficking. They can also get caught up in violence of different kinds, including gang violence and partner violence.

According to Angela, the situation in British Columbia has worsened "in the sense that our children are being born into gangs."

In a challenging social and economic context, the reasons Indigenous people turn to gangs can be complex.

“There’s obviously the enticement of money, but when you first start out in a gang you don’t make money,” explains Angela, adding that the main motivations for joining gangs involve loyalty along with respect and power.

People who have experienced or witnessed violence in their homeland may try to run from the trauma by relocating to an urban area, where gang recruitment often occurs. According to Angela, it’s common for a person from a small village to be recruited into a gang in a bigger city.

“We’re rich as a people to start out with, but we get turned away from our richness sometimes,” she says.

Helping people leave gangs

When it comes to supporting people who want to get out of gangs, “there’s no one program, no one answer, because everyone’s different,” says Angela.

She helps people in two main ways. First she helps them use their individual “strengths and passions.” The second approach is cultural and depends on whether people have an interest in cultural connection. Often people leaving gangs have lost contact with their families. If they want

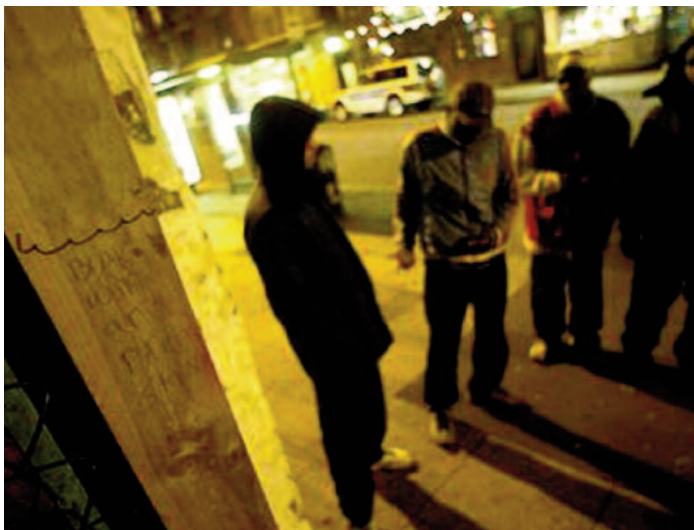
it, Angela works with them to “build up that family connection.” Sometimes she facilitates communication with the family. In some situations she finds a liaison. “If they don’t want to work with police, I’ll refer them to someone else.”

“I don’t care if people like police or not. That doesn’t matter to me,” she says. “But one thing we can all agree on is we want what’s best for our families. If we keep that in mind, it helps strengthen our network.”

Looking after yourself

The best way to stay strong, according to Angela, is to “keep in touch with the people that you trust.”

Even if the family and friends you trust most are back home, it’s important to maintain your network. She acknowledges that it might not be as easy as it sounds, especially if you’re facing pressure from a gang. “Just because you tell someone doesn’t mean it goes away. That person might get threatened too. That’s the importance of having a team of family, friends, or support workers.” “Keep your team close to you. Culturally what we used to do was look after one another. Sometimes I think it is a lot of pressure for families to



The best way to stay strong is to “keep in touch with the people that you trust.”

look after families, but that’s when we keep extending ourselves. We keep bringing other people into our circle. That makes us a strong circle.

Traditionally “that’s what we were all about,” says Angela. “If you look at where our roots were, they’re strong roots, so keep building off those roots.”

And know there are supports to draw on. “There’s a lot to offer in the city. There are resources to support anybody in any situation really. It’s a

matter of finding them,” says Angela. “Take charge of yourself, and don’t take no for an answer if you need help.”

Angela’s final thought for those who are struggling is not to give up. “You can get out, whether it is from a bad relationship or a gang. It’s hard and it is a lot of work, but you’ll have people standing behind you, you’ll have people standing with you, you’ll have people helping you empower yourself. It can be done.”

SAFETY ON COLLEGE AND UNIVERSITY CAMPUSES

Dr. Shelly Johnson,

(Mukwa Musayett)

Assistant Professor,
University of British
Columbia, School
of Social Work



Shelly Johnson, like most Aboriginal women across Canada, have many friends who are students, employees and visitors on college and university campuses. All will walk, bike, wheel or drive to different buildings, parking lots, and bus stops, or travel pathways connecting residences, classrooms, public events and sporting activities. The reality is that sexism and racism can put our safety at risk while we complete typical, everyday tasks.

As Aboriginal women, we need to know what to do if we feel unsafe. The fact is that murder, assault, date rape, personal or on-line stalking, burglary, theft and violence can and does happen to women of any socio-economic and ethnic background. However, young women, Aboriginal women and women with disabilities are at greater risk of experiencing sexual assault and violence.

Mental:

The best place to find out what safety programs exist on your campus is by going to talk to people employed at the campus Aboriginal Student Services program. Ask for a copy of the campus safety plan for women and students, read and discuss it with other women. Learn about campus security safety measures, such as the Safe Walk or Safe Ride programs, and use them. Put '911' on your phone speed dial. Immediately report all incidents that make you feel unsafe to campus security, the police, the Student Services support person or Director of your program. Remember that perpetrators of violence may have offended against many other victims.

Physical:

Do not share your on-line passwords with others. If you are meeting an on-line acquaintance for the first time, never meet at a secluded location or at a house. Never go by yourself, tell someone when you will be back, where you are going and who you are meeting. Take your phone. Give your contact person permission to phone you at a specific time, and to call the police if you are not back by the specified time. On

campus, if possible, walk with another person, or in a group, and stay in well-lit areas. Be aware of your surroundings, and the people around you. Do not depend on self-defense items because they can be used against you if you are overwhelmed or attacked by surprise. Use your voice; scream until the perpetrator leaves you alone or someone comes to find out what is happening. If you think you are being stalked, on-line or in person, report the person and the behaviour immediately to campus security or the police.

Emotional:

If you are violated, abused, assaulted or robbed, remember that there is counselling support and help on campus and at Victims Services offices. Many women are assaulted by someone they know; including family members, friends and acquaintances. Do not keep abuse a secret; and report it to the proper authorities that have a mandate to investigate assault allegations. In British Columbia you also have a personal responsibility to make a report to a child protection social worker if you believe that a child or youth is being harmed, or at risk of being harmed or exploited. This includes a child or youth on a college or university campus.

Spiritual:

Many campus locations may have sweat lodges, other traditional spiritual practices or activities available to Aboriginal students. Elders may provide supportive spiritual services and Aboriginal student support may also be offered. Always be aware that students and elders on campus may belong to diverse First Nations, and that spiritual practices may reflect diverse Aboriginal world views. Also remember that Aboriginal peoples can be differentially affected by the legacies of colonization, residential schools, child welfare, addictions and abuse and may be at different places on their individual healing journey. If you become aware of spiritual advisors or support people that practice or approach you in abusive or unsafe ways, please speak to the people in the Aboriginal Student Service office, campus security or the police about your concerns.

Remember that there are a number of people on college and university campuses that have specific roles, responsibilities and supports to help you to have a safe and positive educational experience. One of the first steps in your educational journey is to learn about their roles and how it can help you to be safe.

Women's right to be **safe**



WORKING AND TRAVELLING ALONE

Many professions such as the hospitality industry, legal system, resource industry, First Nations, and health care make up a small portion of the workforce that require women to work and travel alone, often far from their homes and at irregular hours.

It is not uncommon to see women alone at airports, boarding planes, attending community meetings, renting cars, checking into hotels, and dining alone. Preparation and planning can protect you when travelling or working alone, here are some ideas to consider.

Packing and preparation

- Plan your itinerary, route, and schedule carefully and well ahead of time. Share this information with friends and family. If you're on a work trip, also tell your coworkers and supervisor. Call when you arrive and depart from your destination.
- Leave your home as if you were still there, ideally with at least one light on and a car in the driveway. Ask someone you trust to look in on your place and to help with mail and newspaper delivery.
- Research your destination and check for travel advisories such as road conditions and weather forecasts

- Scan all documents and send them to yourself at an e-mail address you can access anywhere.
- Take only what you need, and keep your identification cards and money on you at all times.
- When travelling outside of Canada, check the country's emergency contact number. (It may be different than 911.)

On the road

- Keep your car in good condition, with a full tank of gas and a spare tire.
- Check the weather report before you hit the road.

Women's right to be safe

- Carry a cell phone and make sure it is fully charged before you leave.
- Have a phone charger adapter in your vehicle.
- Consult a map before your trip to plan the safest route.

Vehicle emergency kit

Here are some items to keep in an emergency kit for the road especially if road conditions are severe such as rain, fog, snow or isolated roads. Gravel roads can be hazardous if travelling for long periods

- road maps
- first-aid kit
- energy bars and drinking water
- blankets
- extra clothing, including a rain poncho, gloves, boots
- small shovel, scraper/snowbrush
- wind-up flashlight
- duct tape
- multipurpose utility tool
- whistle and emergency sign for your window (in case you need to attract attention)
- copies of your personal safety plan and personal documents

And there are a few things you can keep in your trunk.

- foam tire sealant and a tire pump
- spare tire and tire gauge (check every once in a while that the spare tire isn't flat)
- sand, salt, or non-clumping cat litter (for traction beneath the tires)
- antifreeze and washer fluid
- tow rope
- jumper cables
- fire extinguisher
- road flares or warning reflectors

Keep this info handy

BCAA Roadside Assistance

In the Lower Mainland:

604-293-2222

Cellphone users: *222

Toll-free number for other areas of Canada: 1-800-222-4357

Car Safe tips

- Park your car in well-lit areas and keep valuables out of sight.
- If you feel you're being followed, drive to the nearest gas or police station and report it.

- If you have GPS in your vehicle, consider using the address of a gas station near your house. That way, if your vehicle is stolen, thieves will not be able to go directly to your home address.

Air travel

- Make two copies of your passport ID page, as well as your airline tickets, driver's licence, credit card contact information, medical prescriptions, and itinerary. Leave one copy of this information with family or a trusted friend, and pack the other copy separate from where you keep the originals.
- Use covered luggage tags, and include your phone number rather than your home address.
- Keep all valuable and carry-on luggage with you at the airport. If you have to place a bag on the floor when you're sitting down, keep one foot through the strap.
- Keep your cash and valuables on your person rather than stowed with your luggage.
- Locate the information booth at the airport to make inquiries.
- Use a licensed taxi service.

Street smarts: Safe travel on foot

- Walk with confidence & purpose.
- Carry your bag in front of you, close to your body.
- Avoid stopping to talk to strangers, no matter how clean-cut or honest they may appear when they approach.
- Stay in well-lit areas and walk mid-point between the buildings and the curb.
- Stay aware of your surroundings. Avoid using earplugs and listening to music or talking on your phone for long periods of time.
- If you suspect you are being followed, look behind you so the person knows you cannot be surprised. Carefully cross the street and then walk in the opposite direction.
- If you are being followed, enter the nearest store where there are likely to be people working and shopping. Do not confront the person, and report the incident to police immediately.
- Hide enough cash to pay for a cab ride in your shoe, sock, or bra.
- Never hitchhike.

Women's right to be safe

Be smart about your smartphone: Social media and safety

- With the rise of social media, we are increasingly encouraged to share what we're doing and where we're doing it. Some smartphones, for example, broadcast your exact location whenever you use social media applications. Turn these location settings off when you travel to avoid having everyone know where you are all the time.
- It's best not to broadcast when you're going to be away from home.
- Avoid announcing specific travel plans on social media such as Facebook and Twitter. For that matter, keep your exact address off social media.
- Use a password lock on your cell phone, and take your phone with

you instead of leaving it in your vehicle.

- research i-phone travel apps when you are travelling to unfamiliar locations

At a hotel

- When checking in, make sure you have privacy. Most hotels will write your room number on a piece of paper rather than say it aloud.
- Check to ensure the door locks properly. Does it have a peephole?
- Are there holes in the door or walls that people could see through? Are there fire alarms, sprinkler systems and escape routes? Does it feel safe? If not, ask for another room.
- Secure the windows and doors each time you enter the room.
- Keep the Do Not Disturb sign on your door so people think the room is occupied.
- Avoid ground-floor accommodations or any room that has easy access from outside, such as from a balcony or fire escape. Book a room that is close to an elevator and away from exits.
- Make sure the parking lot is secure and well lit, and inquire about valet car service for added security.



DID YOU KNOW?

It takes three things for a violent or aggressive incident to happen – a victim, a perpetrator and an opportunity. By taking some suitable safety precautions, you can reduce the opportunities and therefore the risk of becoming a victim.

A portrait of Carmen Moore, a woman with long dark hair, wearing a dark blazer over a white top. She is looking slightly to the right of the camera with a thoughtful expression, her hand resting near her face. The background is a blurred outdoor setting with greenery and a building.

Carmen Moore

All women and children are vulnerable to violence regardless of their race, culture, ability, age, sexuality, ethnicity, or economic status. Women should always consider the safety of themselves, safety of their families and their communities. This resource guide will provide readers with valuable tools to address the issue of safety in an easy to read format.

Vancouver based actor Carmen Moore works in television and film, most recently known for heading up APTN's (Aboriginal People's Television Network) 'Blackstone' as leading role 'Leona Stoney'.

Women's right to be **safe**



KNOW WHO YOU ARE

Cree Elder Maureen Kennedy was the youngest in a family of ten children.

“I’m the only one left,” she says. Though she has long lived in British Columbia, she originally comes from northern Alberta.

“I was born and raised in Peace River country, a farming community called Fairview. When I was a kid there used to be a Cree – Métis settlement, but it disintegrated. There are only a few families left.”

“Of course alcoholism affected our community,” she says.

Like other community members, her father was a residential school survivor. “My dad was not emotionally available but he was a very good provider and a very hard worker,” says Maureen, who at nine years old lost her mother.

But biographical details are not what she wants to emphasize. “My story is so much like every other First Nations woman’s story,” she says. “I got into alcohol and abusive relationships.”

What Maureen really wants to talk about is how this situation came to be.

The power of perception

“Since colonization, indigenous people throughout the world have been most impacted by their environment,” Maureen explains. Residential schools and other structures of colonization “didn’t change who we are, but changed our perception of who we are.”

Addiction, one of the primary problems for indigenous people, stems from an inability to manage emotions, according to Maureen. “Imagine my father in the residential school, taken away from his parents, not being able to express his feelings. Imagine what happened to him. He was a sitting duck for alcoholism.”

The residential school system instilled shame and fear into many survivors. “What do some people do when they feel fear? They cover it with rage,” says Maureen. She describes First Nations people “watching the residential schools coming out in our fathers, our mothers, our grandparents.”

Colonizers set out to destroy First Nations people’s sense of self, sending them hostile messages about their

families, culture, and spirituality. This led to what Maureen calls “a spiritual malady.” She says it produced “a conflict with what we had, our values, the way we lived. We lost our spirituality and experienced complete confusion about who we were.”

For First Nations women, the impact is devastating. What they're taught about themselves by the broader society results in “a wrong perception,” explains Maureen. “It's not truth. It's a lot of lies. You're stupid. You're dirty. You're easy. You're an alcoholic.”

At the same time, colonization has unhinged the traditional balance between genders. “A lot of the societies were maternal. Women were really respected. They were life givers,” says Maureen, explaining that abuse was not accepted. “All of a sudden, with colonization, the men started taking on the characteristics of the male colonizers. Now the women are down here and the men are up here, which fits with Western philosophy. That leads to control, which is the basis for abuse of any kind.”

This means that safety must be understood in a larger context. It involves “more than battered women or keeping yourself safe,” says Maureen.

Without addressing the reality of colonization, the racist and destructive self-perception that First Nations people contend with will persist.

Learning who you are

“Knowing who you are as a First Nations woman is the best thing to do,” asserts Maureen.

Her journey of learning who she was took a spiritual form. “I had a tremendous amount of shame, though I was now sober. I got to work at a treatment centre. I found an Elder there, and she took me on. She started to teach me, and I learned by doing traditional stuff. I learned what it meant to be a First Nations woman. My perception had to change.”

Maureen is careful to say that she's not speaking for all indigenous people in offering what guidance she can. “This is my personal experience and understanding as a First Nations woman,” she says. “This is what I've learned in life.”

Connecting with your own people is important. “Try to get into some kind of ceremony, some kind of traditional way,” suggests Maureen. “Involve-ment in traditional ways is the best way. You can read about it in books

but to be involved is really learning. You will feel an experience, a difference, what it means. You will learn who you are, because that's what we've lost—who we are. That's the bottom line. Colonization tried to teach us we were somebody we weren't."

A return to traditional values is needed. The seven sacred teachings—honesty, truth, humility, courage, wisdom, respect, and love—are similar across Turtle Island. Depicted through elements of nature, the teachings illuminate a path that all people can follow. "It doesn't matter if you're in the city. You can still live that way of life," says Maureen.

The sacred teachings are "like a code

of ethics," she says, but "it isn't that Creator who wants us to be good. If we live that way, we can feel good. We can get along with people and we can live life on life's terms."

Following the sacred teachings provides solace in the present. "If I walk this way, I'll be comfortable walking in this life here and now and enjoy the beauty of it. And I will please the Creator too."

"All of our ancestors in the Spirit World are there to help us. Our people just need to ask. They want to help us. All people need to do is want to help themselves first. All they need to do is put out their tobacco and ask for help."



Depicted through elements of nature, the teachings illuminate a path that all people can follow. "It doesn't matter if you're in the city. You can still live that way of life,"

ELDER SAFETY

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-responsive-ness, 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.



PREVENTION

Stay sociable – maintain friendships with family and friends.

Buddy System – have friends outside the home. Speak and visit often.

Have a telephone

Mail: Have a system for the 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 elder is fully aware of their rights.

Communication: Ensure elder discusses any future plans with their lawyer, physician or family members.

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:

- 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 BC 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. Since the settlement money has been paid out to

residential school survivors, some Aboriginal elders have experienced increased pressure. 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 bank staff are saying or 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 mak-

er to make decisions on your behalf.

2. Along with your substitute decision maker, 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.



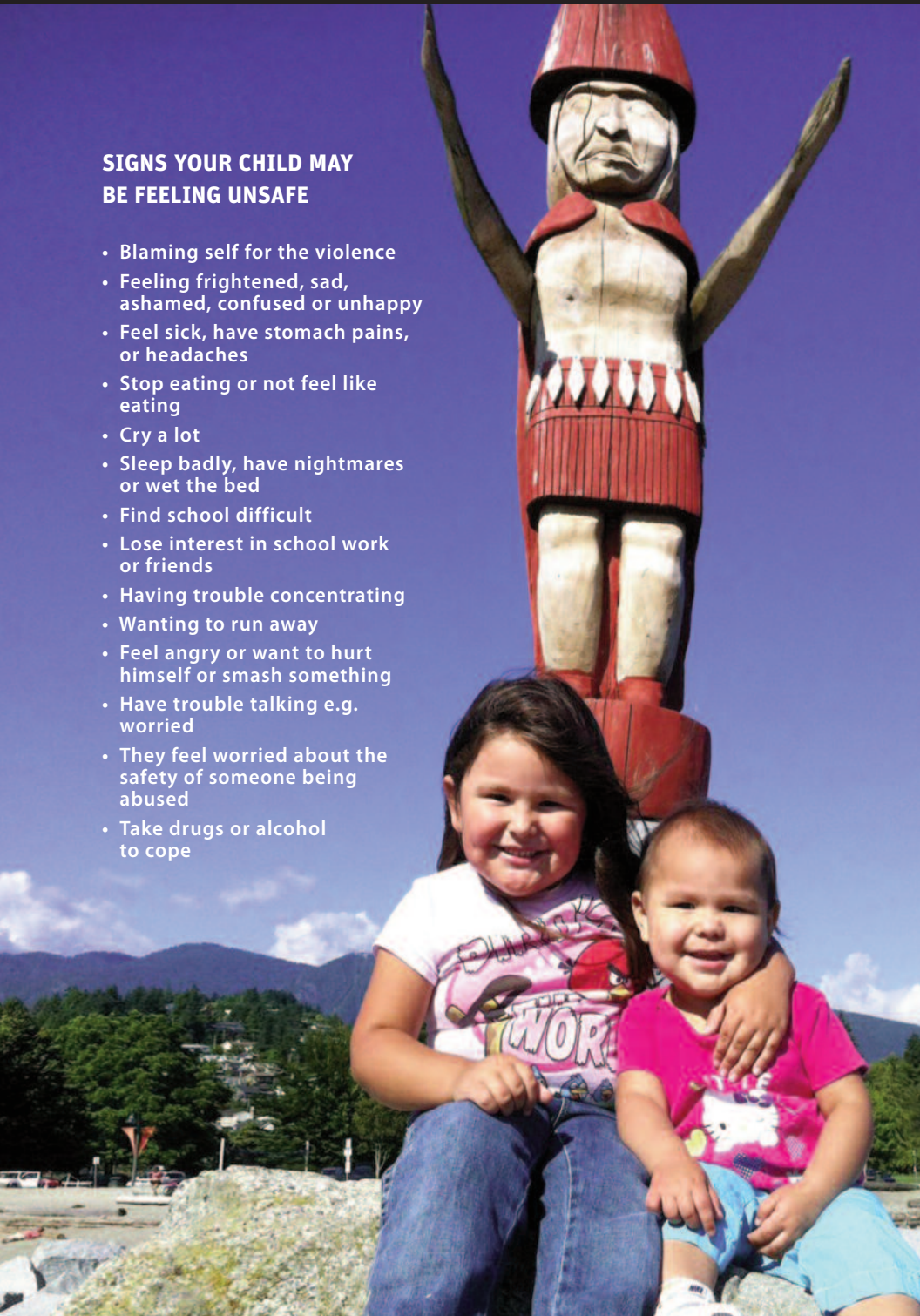
DID YOU KNOW?

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.

Women's right to be safe

SIGNS YOUR CHILD MAY BE FEELING UNSAFE

- Blaming self for the violence
- Feeling frightened, sad, ashamed, confused or unhappy
- Feel sick, have stomach pains, or headaches
- Stop eating or not feel like eating
- Cry a lot
- Sleep badly, have nightmares or wet the bed
- Find school difficult
- Lose interest in school work or friends
- Having trouble concentrating
- Wanting to run away
- Feel angry or want to hurt himself or smash something
- Have trouble talking e.g. worried
- They feel worried about the safety of someone being abused
- Take drugs or alcohol to cope



CHILD SAFETY

Marcia Dawson is from the Gitksan nation, she is Lax Gibuu which means she belongs to the wolf clan, and she is from Wilp Haijimsxw which means she is from house of Chief Haijimsxw.



Marcia knows the safety of children has always been of great importance to Aboriginal people; in many First Nations and Métis cultures there exists age-old stories, ancient legends and myths that date back thousands of years and many generations that were part of the teachings we had to keep our children safe.

“As a child growing up in my village, I remember the story of the Dzunoqua” recalls Al Dawson who is from the Dza-wada’enuxw community of Kingcome Inlet, “she is the wild woman of the woods, she carries a basket on her back and comes out at night to steal children in the village, she scoops them up into her basket and then eats them”. This story demonstrates the strength of Indigenous cultures and teachings and how our cultures not only embraced safety for our children but valued and placed importance on our children. Many Aboriginal cultures have their own stories and legends that

they would tell their children to keep them safe.

A collective responsibility to keep our children safe

“It takes a community to raise a child” – this often overused however widely understood quote encapsulates a core teaching in many Indigenous cultures and societies around the world and here in BC. YET....yet many children today are living in poverty, abuse and impacted by domestic violence.

“Collective responsibility, a sense of belonging and a sense of community are key values and teachings in my upbringing” says Marcia Dawson, “these teachings are foundational in all aspects of the work that I do in my jobs, my business and importantly in my personal life”.

Over the past 17 years, Marcia has passionately worked to live as she has been taught “Growing up on my small northern BC reserve, I watched all the women in our community, our Mothers, Aunties, Sisters, and Grandmothers, take care of the children and families in the community.

Reflecting on her childhood, Marcia remembers “Although it was never explicitly stated, we grew up knowing

the important teaching that it is our responsibility to care for each other, to look after each other and to keep the children safe; it is inherent within our practices and teachings, in all aspects of our lives growing up in our community”.

Marcia agrees that social programs and support services are much needed to address the important needs of families, however, “As Indigenous people we need to embrace our age-old teaching of individual responsibility and bring back the value of caring for each other, particularly in urban settings where many of families now live”.

Helping families doesn't necessarily mean money. It could be helping a single mom and her kids to go for a walk together so that the children are kept safe, or bringing a plate of freshly baked cookies to the single dad next door; create a sense of belonging and a sense of community and a community of safety.

Today, in modern society, we teach our children to keep safe from strangers, and we must also remember to teach our children to keep safe from those who are not strangers. The safety of our children is not just physical, it also includes social, emotional and spiritual harm the child experiences.

Seven Grandfather Teachings for Child Safety:

Wisdom – This teaching is knowledge: know where your child is at all times; whether you are visiting with friends or family, at a park or a mall, know where your child is. If you are living in an unsafe relationship, teach your child to know the places in the home or building where your child can be safe and teach them how to seek help. Age-appropriate information is available for children to teach them about how to protect themselves from sexual-abuse such as ‘good touch, bad touch’, teach your child to know what is appropriate and not appropriate.

Love – In a safe environment, children learn to love and respect themselves, they will be able to love and respect others. To live with love is to show kindness and respect. In an unsafe environment, children need to know that it is not their fault, they are not to blame and that they are loved.

Respect – This teaching tells individuals to respect all of Creation; to safeguard other's dignity and individual rights. Age-appropriate material is available to help you have a conversation with your child about his or her rights. Establish a foundation of respect by modeling respect in the home

through consistent actions, ceremony, stories and play. Teach your child that hitting, and bullying is not respectful. If your child is a victim of bullying, teach them to how and who to turn to for help let them know that if the person who is hurting them is a family member then they can turn to someone outside of the family for help if you are not around; keep your relationship strong and positive with your child so the s/he can turn to you for help.

Bravery – By gathering their courage, individuals can bravely speak out against abuse and become a positive role model to others. An unsafe home with hitting, yelling, screaming, shouting and things be thrown around the room will make a child emotionally, psychologically and even physically unsafe especially if the child gets in the middle of the argument or fight. Teach your child not to get into the middle of the fight because s/he may be harmed. In situations of bullying and racism, teach your child the importance of parents and caregivers stepping in to help them with this situation.

Honesty – Children need to learn honest communication and to seek help from someone safe such as a teacher, a caregiver at daycare, a support staff, a coach or a grandparent to name a few

if they are feeling unsafe; they need to learn to have a voice, not bottle up their feelings so they can express their emotions if they are feeling unsafe and tell someone. Be honest with your child, teach them that family violence and domestic violence is a crime and is not acceptable.

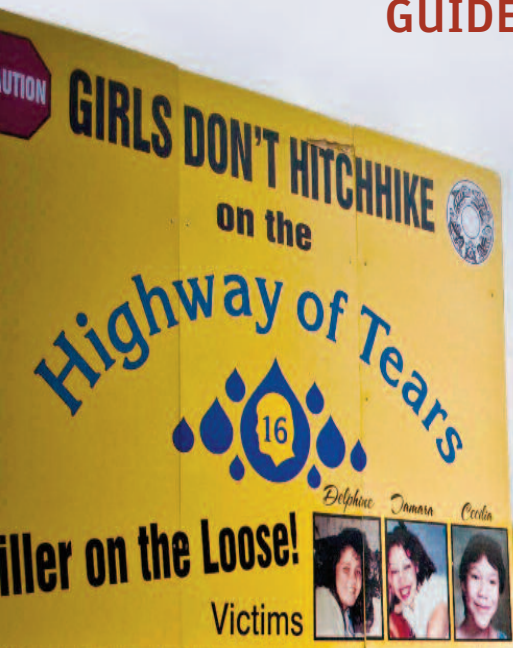
Humility – This teaching tells individuals to have sensitivity towards others, to have the self-awareness to know their own strengths and limitations, and to know they have the capacity for growth and change. Seek help for your children and yourself reach out to your family and friends if you are experiencing family violence or domestic violence; where available seek out professional counselling or time with an elder – this will teach your child that it is okay to turn to others for help.

Truth – This teaching is about the importance of not hiding the truth about family violence, bullying, domestic violence and racism; they need to learn that keeping secrets is unsafe and turning to someone for help is safe. This is to know all of the Seven Grandfather teachings and to live by them – knowing how to prevent and end abuse, and committing to promoting change within their home and community to keep your children safe.

**BE SAFE
RESOURCE
GUIDE**

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**COMMUNITY
RESOURCES****BC Association of Aboriginal
Friendship Centres**

Along with the province's 25 Friendship Centres, the association provides resources and programming for Aboriginal people in BC.

250-388-5522

admin@bcaafc.com

bcaafc.com

**A Guide to Aboriginal Organiza-
tions and Services in BC**

BC Government

www2.gov.bc.ca/gov/topic.page?id=81317D590523458781D8474FF658C47B

**BC Aboriginal Network on
Disability Society**

This organization provides assistance to Aboriginal persons living with a disability in BC and on-reserve organizations requiring health information or support services.

250-381-7303 or 1-888-815-5511 (TTY accessible)

bcands@bcands.bc.ca

bcands.bc.ca/

**Ending Violence Association of
British Columbia**

EVA BC works to coordinate the work of victim-serving and other anti-violence programs. The Indigenous Communities Safety Project provides knowledge to a variety of Aboriginal leadership in urban communities related to criminal and family justice, and child protection, in order to make women and children safer and more aware of their legal rights.

604-633-2506

endingviolence.org

**First Nations Financial Fitness:
Your Guide for Getting Healthy,
Wealthy, and Wise**

This handbook from the Aboriginal Financial Officers Association of BC helps readers make informed decisions around their money

afoabc.org

**Indian Residential School
Survivor Society**

This provincial organization provides essential services to residential school survivors, their families, and to those dealing with intergenerational traumas.

604-985-4464 or 1-800-721-0066

reception@irsss.ca

irsss.ca





LEGAL RESOURCES

Dial-A-Law

A free library of legal information operated by the Canadian Bar Association of B.C. Branch.
604-687-4680 or 1-800-565-5297
cbabc.org/For-the-Public/Dial-A-Law

Clicklaw

A website of legal information, education, and help for people in BC, operated by Courthouse Libraries BC.
clicklaw.bc.ca

People's Law School

This organization provides public legal education, information, and referrals to people in BC.
604-331-5400
info@publiclegaled.bc.ca
publiclegaled.bc.ca

Justice Education Society

This provincial organization provides programs and resources, including Aboriginal-specific ones, to help individuals better understand how the justice system works and improve access to it.
justiceeducation.ca/aboriginal

Indigenous Community Legal Clinic

This clinic provides legal services such as free legal advice, accompaniment to court, and advocacy to indigenous people who do not qualify for legal aid. Services provided by University of British Columbia law students.
604-684-7334 or 1-888-684-7334
law.ubc.ca/indigenous-community-legal-clinic

Legal Services Society

This organization can help people who have a legal problem and can't afford a lawyer. It also offers different kinds of legal information, including Aboriginal-specific content.

To apply for legal aid: 604-408-2172 or 1-866-577-2525
lss.bc.ca
aboriginal.legalaid.bc.ca

The Law Centre at the University of Victoria

The centre provides access to legal advice and representation for First Nations and Metis clients who live in the Capital Regional District and cannot afford a lawyer.
250-385-1221
thelawcentre.ca/first_nations_out-reach



Upper Skeena Counselling and Legal Assistance Society

Through cooperation with First Nations and community organizations, USCLAS strives to promote justice and understanding of the law in the Hazelton area and provide essential legal services to the community in the areas of Criminal, Family and Poverty Law. 250-842-5218 or 1-877-842-5218
usclas.com

Native Courtworker & Counselling Association of British Columbia

NCCABC assists Aboriginal people involved in the criminal justice system, connects people with substance abuse and detox support issues to counselling and referral services, and provides advocacy services for Aboriginal family and youth. 604-985-5355 or 1-877-811-1190
nccabc@nccabc.net
nccabc.ca

Canadian Human Rights Commission

The National Aboriginal Initiative reaches out to First Nations governments and other Aboriginal organizations to offer its expertise, and assist in develop-

ing their capacity to identify and address human rights issues.
doyouknowyourrights.ca

Vancouver Aboriginal Community Policing Centre Society

VACPCS supports Aboriginal people to better understand and use the services of the Vancouver Police Department and continue to rebuild a healthier relationship between the Aboriginal community and the police. 604-678-3790
executivedirector@vacpc.org
vacpc.org

BC Crime Stoppers

This 24-hour service allows people to anonymously supply the police with information about a crime or potential crime. 1-800-222-TIPS (8477)
bccrimestoppers.com

PovNet: Building an online anti-poverty community

PovNet provides online tools that facilitate communication, community and access to information around poverty-related issues in British Columbia and Canada
www.povnet.org



Women's right to be safe

BC Crime Prevention Association

An integrated team of citizens and police dedicated to preventing crime through ongoing province-wide education and awareness.

604-501-9222 or 1-888-405-2288

info@bccpa.org

bccpa.org

Crisis Line Association of BC

The association has developed two provincial networks—1800SUICIDE and 310Mental Health Support—that provide 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.

1-800-SUICIDE (784-2433): For those considering suicide.

crisislines.bc.ca

Aboriginal Policing Services

Aboriginal Gang Unit in BC.

To continue minimizing the influence and combat efforts of aboriginal street gang activity and organized crime in BC

aboriginal.bc.rcmp-grc.gc.ca



MENTAL HEALTH AND SUBSTANCE USE RESOURCES

Aboriginal Health

To help close the health status gap between BC's Aboriginal and non-Aboriginal populations. We work toward achieving this goal in collaboration with Aboriginal communities, the First Nations Health Authority, BC provincial health authorities and the BC Ministry of Health.

aboriginalhealth.vch.ca/

Crisis Centre

This organization offers a web-based hotline for people in BC who are in distress. Online support available from noon to 1 am.

crisiscentrechat.ca

Here to Help

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

bcpartners@heretohelp.bc.ca
heretohelp.bc.ca



Alcohol & Drug Information & Referral Service

This 24-hour service is available to people across BC needing help with any kind of substance abuse issues. It provides information and referral to education, prevention and treatment services, and regulatory agencies.

604-660-9382 or 1-800-663-1441

211

Is a confidential, multilingual telephone service available in Metro Vancouver, Fraser Valley, Squamish-Lillooet and Sunshine Coast Regional Districts. The line provides free information and referral to a full range of community, social, and government services, and operates twenty-four hours a day, seven days a week.

bc211.ca

Substance Use Prevention and Treatment

Visit the First Nations Health Authority website for a list of treatment centres in BC.

fnha.ca



Aboriginal Wellness Program

Vancouver Coastal Health's Aboriginal Wellness Program develops and delivers culturally safe mental wellness and addictions programs for First Nations and Aboriginal people residing within the Lower Mainland.

Tel: 604-675-2551

Fax: 604-675-2552

[aboriginalwellnessprogram](mailto:aboriginalwellnessprogram@vch.ca)

[@vch.ca](mailto:aboriginalwellnessprogram@vch.ca)

aboriginalhealth.vch.ca/health-services/aboriginal-wellness-program/



HOUSING RESOURCES

BC Housing

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

bchousing.org/Find

Off-Reserve Aboriginal Housing Resource Tool

Information about off-reserve Aboriginal housing in BC.

housing.gov.bc.ca/housing/AboriginalHousing/tool.htm

Women's right to be safe

Aboriginal Housing Management Association

AHMA oversees off-reserve Aboriginal housing throughout BC.

604-921-2462 or 1-888-921-2462

reception@ahma-bc.org

ahma-bc.org

Women's Transition Housing

A list of transition houses, safe homes, and second-stage housing in BC.

bchousing.org/Options/Emergency_Housing/WTHSP



FAMILY RESOURCES

Parent Support Services Society of BC

This organization promotes the health of families by providing support, education, advocacy, research, and resources to those in a parenting role. Aboriginal parenting education is available

1-877-345-9777

office@parentsupportbc.ca

parentsupportbc.ca

Grandparents Raising Grandchildren Support Line

People raising a family member's child can get help navigating complex services and accessing resources, benefits, and services.

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

GRGline@parentsupportbc.ca

parentsupportbc.ca/grandparents_raising_grandchildren

Warriors Against Violence Society

This agency is committed to helping First Nations families unlearn abusive and violent behaviours and reclaim their traditional values of equality, honour, and respect.

604-255-3240

letpar@shaw.ca

kiwassa.bc.ca/wav

BC Federation of Aboriginal Foster Parents

British Columbia's Federation of Aboriginal Foster Parents was formed to meet the unique needs of caregivers of Aboriginal children, and the needs of communities for targeted development, recruitment, and training of Aboriginal foster families.



3455 Kaslo Vancouver, BC V3M 3H4
 Phone: 604-291-7091
 Toll Free: 1-866-291-7091
 Fax: 604-291-7098
 Email: info@fafp.ca
<http://www.fafp.ca>

Child Find BC

This organization focuses on missing children and supports community satellite resource centres for families throughout BC. 250-382-7311 or 1-888-689-3463
childvicbc@shaw.ca
childfindbc.com/

Victims of Violence

This national organization provides long-term support and guidance to victims of violent crime and their families and aids families of missing children in the search for their loved ones.
 1-888-606-0000
vofv@victimsofviolence.on.ca
victimsofviolence.on.ca

Vancouver Aboriginal Child and Family Services

This organization is responsible for child protection services for Aboriginal children, youth, and families in Vancouver.
vacfss.com

First Nations Child and Family Caring Society of Canada

The only national organization serving Aboriginal children and families provides research, policy, professional development, and networking support to First Nations child and family service agencies.
info@fncaringsociety.com
fncfcs.com



WOMEN'S RESOURCES

Battered Women's Support Services

BWSS has an Indigenous Women's Program, which offers support programs and groups where workers use traditional healing practices while working with women survivors of trauma and colonization. A crisis line operates from Monday to Friday 10 am to 5 pm, and Wednesday 10 am to 8 pm.
 604-687-1867 or 1-855-687-1868
information@bwss.org
bwss.org

Women Against Violence Against Women

WAWAW's Aboriginal Counselling Program provides one-to-one counselling that incorporates traditional

healing approaches. The Missing & Murdered Aboriginal Women's Family Counselling Program provides one-to-one, group, and family counselling for self-identified family members of missing and murdered women. A crisis line operates 24 hours a day.

604-255-6344 or 1-877-392-7583
aboriginalprogram@wavaw.ca
wavaw.ca

Vancouver Rape Relief

Rape Relief operates a transition house for women and their children and a 24-hour rape crisis line for women who are trying to prevent or escape male violence.

604-872-8212
TTY accessible: 604-877-0958
rapereliefshelter.bc.ca

VictimLink

This 24-hour service provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence. Support is available in 17 North American aboriginal languages.

1-800-563-0808
TTY accessible: 604-875-0885;
To call collect, please call the Telus Relay Service at 711;

text at 604-836-6381.
VictimLinkBC@bc211.ca
victimlinkbc.ca

Helping Spirit Lodge Society

HSLs offers wellness and employment support, as well as transitional housing, for Aboriginal women.

604-874-6629
reception@hsls.ca
hsls.ca

Toolkit: Safety Measures for Aboriginal Women

This toolkit from the Native Women's Association of Canada outlines a number of ways through which Aboriginal women and girls can make their world a safer place in which to live, work, and raise a family.

nwac.ca

Pacific Association of First Nations' Women

PAFNW seeks to promote quality care and support networks for all Aboriginal families. It offers homecare services, supervised access for mother and child visits, and a girls' day camp. There is also a liaison worker who facilitates access to health care.

604-872-1849
pafnw.ca

Aboriginal Mother Centre

The centre is a place where Aboriginal mothers facing homelessness or dealing with children in care of the Ministry can come to stay. The women can rebuild their sense of self-worth and identity for a better future for themselves and their children.

604-558-2627

aboriginalmothercentre.ca

Spirit of the Children Society

This organization offers support and resources to strengthen Aboriginal families in Burnaby, New Westminster, Coquitlam, Port Coquitlam, and Port Moody.

sotcs.ca

Positive Women's Network

This provincial organization provides support, education, and resources for women living with HIV in BC and offers Aboriginal-specific programming.

604-692-3000 or 1-866-692-3001

pwn@pwn.bc.ca

pwn.bc.ca

**ELDER
RESOURCES****BC Centre for Elder Advocacy and Support**

The centre provides information and services related to elder abuse, including the Seniors Abuse and Information Line, which anyone can call for support regarding elder abuse, mistreatment, or prevention.

604 437-1940 or 1-866-437-1940.

Available 8 am to 8 pm daily (excluding holidays).

TTY accessible: 604-428-3359 or 1-855-306-1443. Available 9 am to 4 pm, Monday to Friday.

bceas.ca

Seniors' Distress Line

The Crisis Centre operates a 24-hour distress line specifically for seniors in BC to access confidential, non-judgmental, free emotional support.

604-872-1234

crisiscentre.bc.ca

BC Elders Communications Center Society

This central communication office for Aboriginal elders in BC provides the Elders Voice newsletter and information about the annual



Women's right to be safe

Elders Gathering in BC.
250-286-9977 or 1-877-738-7288
(toll free for elders)
info@bcelders.com
bcelders.com

BC Elders' Guide

A guide from the First Nations Health Authority on wellness, health services, benefits, housing, transportation, finances, safety and security, and other services.
fnha.ca

SeniorsBC

Information about government programs and services for older adults.
SeniorsBC.ca

The Grandmother Spirit Project: Safety and Well-Being for Senior Aboriginal Women

A resource from the Native Women's Association of Canada on abuse in the lives of senior Aboriginal women, their families, and communities.
nwac.ca

Honouring Our Elders: Elder Abuse Prevention and Awareness

A toolkit for addressing and preventing Elder abuse from the BC Association of Friendship Centres.
bcaafc.com

Re:Act Manual: First Nations Edition

A comprehensive guide from Vancouver Coastal Health explaining how to identify and respond to adult and elder abuse in First Nations communities.
vchreact.ca

Seniors Health Care Support Line

Seniors who are concerned about possible abuse or neglect with respect to health care they have received can call this line. Translation services available.
250-952-3181 or 1-877-952-3181
gov.bc.ca

Ministry of Health

Seniors Guidebook to Safety and Security

Safety tips for seniors from the RCMP.
rcmp-grc.gc.ca

Public Guardian and Trustee of British Columbia

This organization is mandated to protect the legal, financial, and in some cases personal and health care interests of adults who require assistance in decision making. If you have concerns that an adult is experiencing abuse or neglect and cannot get help on their own, you can report the situation.

604-660-4444

1-800-663-7867

trustee.bc.ca

What Every Older Canadian Should Know About: Frauds and Scams

A guide from the Canadian government on common types of frauds and scams.

www.gov.pe.ca/photos/original/ssl_fraudscam.pdf

Seniors Services Society

Information on housing options and services for seniors in BC.

604-520-6621

info@seniorsservicessociety.ca

seniorsservicessociety.ca

ELDER LEGAL RESOURCES

Canadian Centre for Elder Law

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

bcli.org/ccel

Wills and Estates On-Reserve

General information from Legal Aid BC.

aboriginal.legalaid.bc.ca

Canadian Bar Association British Columbia Branch

Gives free legal information

Call 604-687-4680

(Greater Vancouver) or

1-800-565-5297

(no charge outside Greater Vancouver)



Women's right to be safe

UBC Indigenous Community Legal Clinic

Gives free legal advice on a variety of issues

Call 604-684-7334

(Greater Vancouver) or

1-888-684-7334

(no charge outside Greater Vancouver)

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 BC.

afoabc.org/downloads/will-kit-download.pdf

Estate Administration On-Reserve: A Guide for Executors and Administrators in British Columbia

A guide for people in BC who have been appointed by Aboriginal Affairs and Northern Development Canada as the executor or administrator of the estate of a person who has passed away.

resources.lss.bc.ca

BC Region Estates Unit, Aboriginal Affairs and Northern Development Canada

The Estates Unit manages the appointment of executors and administrators for on-reserve estates, helps people dealing with the estates of family members, and acts as the administrator in cases where no family member is available to act.

604-775-5100 or

1-888-917-9977

BCestates@aadnc-aandc.gc.ca

aadnc-aandc.gc.ca



YOUTH RESOURCES

Kids Help Phone

This 24-hour service provides counseling and support to people ages 20 and under. Questions and comments can also be responded to online.

1-800-668-6868

kidshelpphone.ca



Youth in BC

This program from the Crisis Centre offers 24-hour phone support, as well as online chat support from noon to 1 am for youth.

youthinbc@crisiscentre.bc.ca

604-872-3311 or

1-866-661-3311

youthinbc.com

Northern Youth Online

Youth in northern BC can access emotional support through this chat website, which operates from 4 pm to 10 pm. Phone support is also available.

250-564-8336 or

1-888-564-8336

northernyouthonline.ca

Helpline for Children

Anyone in BC can call this helpline, including children or youth who are being hurt, or community members who think a child or youth is being hurt. The call will not show up on your phone bill.

310-1234 (toll free; no area code required)

TTY accessible:

1-866-660-0505

safekidsbc.ca

Youth Against Violence Line

A 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.

1-800-680-4264

TTY accessible: 604-875-0885

or text 604-836-6381

info@youthagainstviolence-line.com

youthagainstviolenceline.com

Representative for Children and Youth

The representative supports BC's young people and their families in dealing with the provincial child and youth welfare system. If you are a young person and need support, or if you are an adult with a concern about the well-being of a young person, you can contact the office of the representative.

1-800-476-3933

rcy@rcybc.ca

rcybc.ca



Women's right to be safe

Stop A Bully

This anti-bullying program allows any student in Canada who is a victim or witness of bullying and cyber-bullying to safely report the details to school officials.

stopabully.ca

BC Association of Aboriginal Friendship Centres

The association offers youth programming, including an annual Gathering Our Voices conference for Aboriginal youth.

250-388-5522 or 1-800-990-2432

admin@bcaafc.com

bccacf.com

Native Youth Sexual Health Network

This organization by and for Indigenous youth works across issues of sexual and reproductive health, rights, and justice throughout the United States and Canada. It offers resources, as well as opportunities for involvement.

nativeyouthsexualhealth.com

Urban Native Youth Association

Metro Vancouver's only organization providing programs for Native youth works to empower youth

through education and training, personal support, and sports and recreation. It also operates live-in programs, including a safe house for 16- to 18-year olds.

unya.bc.ca

Red Fox Healthy Living Society

This organization provides Aboriginal and inner-city children and families in Vancouver with recreation, fitness, healthy eating and living guidance, and a sense of community. Aboriginal youth get hands-on work experience, training, and mentorship to work in the recreation, childcare, cultural, and food services fields.

604-319-2571

redfox@redfoxsociety.org

redfoxsociety.org

YouthCO

This youth-led agency exists to reduce the impact of HIV and hep C on youth in BC through peer support, education, and community engagement.

The Yúusnewas program offers culturally relevant and fun workshops.

604-688-1441

info@youthco.org

youthco.org



Federation of BC Youth in Care Networks

This youth-driven provincial organization provides services for young people in BC between the ages of 14 and 24 who are in care or from care. It includes foster homes, group homes, residential mental health and addiction facilities, custody centres, youth agreements, independent living, or a Kith and Kin agreement. 604-527-7762 or 1-800-565-8055
info@fbcyicn.ca
fbcyicn.ca

SOS Children's Village BC

This organization supports foster children and vulnerable youth, as well as provides support and encouragement to foster parents and caregivers working with children in care. 604-574-2964
office@sosbc.org
sosbc.org

Society for Children and Youth of BC

This organization offers resources on child and youth rights to safety. 604-822-0033
info@scyofbc.org
scyofbc.org

Through An Aboriginal Lens

A partnership between the Native Courtworker and Counselling Association of B.C. (NCCABC) and The Asante Centre to provide comprehensive support to Aboriginal youth and their families referred to the Youth Justice FASD Program. The Project works with youth and families to assist them in understanding what living with an FASD diagnosis, co-existing substance abuse and other life harms means in relation to the youth's conflict with the law.

nccabc.ca
asantecentre.org



WOMEN TRAVEL SAFETY

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. travel.gc.ca/travelling

Weather information

Environment Canada provides weather forecasts and alerts for Canada. weather.gc.ca



Women's right to be safe

The Weather Network

provides forecasts for locations around the world.

weather.ca

Mapping and directions

Mapquest

mapquest.com

Google Maps

maps.google.ca

British Columbia Automobile Association

The BCAA provides roadside assistance as well as car insurance and travel insurance products and services.

bcaa.com

DriveBC

This service from the BC government provides road condition and incident information for the provincial highway system.

For BC highway conditions:
1-800-550-4997

drivebc.ca

BC Ferries

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

bcferries.com

Wait times

Canada–USA border

cbsa-asfc.gc.ca/bwt-taf/menu-eng.html

borderlineups.com

BC–USA border

th.gov.bc.ca/ATIS

Westcoast ferries

ferrylineups.com



WORKPLACE RESOURCES

WorkSafeBC

This provincial 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, WorkSafeBC works with the affected parties to provide return-to-work rehabilitation, compensation, health care benefits, and a range of other services.

worksafebc.com

The BCFED Health & Safety Centre

The centre provides occupational health and safety training, online resources, and information over the phone in response to health and safety concerns.

healthandsafetybc.ca



Women's Guide to Pregnancy on the Job

An online guide to workplace rights in relation to pregnancy. Human rights laws make it illegal for an employer to fire, mistreat, or refuse to hire any worker because she is pregnant.

naalc.org



INTERNET AND CELL PHONE RESOURCES

Need Help Now

This website is designed to help youth who have been impacted by the sharing of a sexual picture or video and to provide practical steps for regaining control over the situation.

needhelpnow.ca

Cybertip.ca

This service receives and processes tips from the public about potentially illegal material, as well as activities regarding the online sexual exploitation of children, and refers any relevant leads to law enforcement and/or child welfare. It also provides the public with information and referral services for online safety.

1-866-658-9022

cybertip.ca

Smartphone Safety

This website highlights the risks that come with mobile phone technology and offers strategies to combat them.

mobility.protectchildren.ca

textED

This website is designed to teach Canadian teens how to be safe, responsible, and respectful users of texting technologies.

texted.ca

Erasing your tracks on the Internet

The Assaulted Women's Helpline explains how to clear your cache and your history list on Mozilla Firefox, Internet Explorer, Safari, and Chrome to hide where you've been on the internet.

awhl.org/women-abuse/security

Safe Online Education Society

This agency offers presentations and workshops on social media skills, critical thinking, and internet safety to students, educators, parents, and professionals.

info@safeonlineeducation.org

604-615-7899

safeonlineoutreach.com



Women's right to be **safe**



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
- Email nccabc@nccabc.net
- Call 604-985-5355 extension 306.

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FEEDBACK

Your feedback is very important to us. Please email, fax or mail us your comments to:

Native Courtworker and Counselling Association of British Columbia

#207, 1999 Marine Drive, North Vancouver, BC V7P 3J3

Telephone 604-985-5355 extension 306. Fax: 604-985-8933 . E-mail: nccabc@nccabc.net

You may also go online to www.nccabc.ca under Publications – Please fill out the evaluation form.

Your Feedback is Greatly Appreciated,

Darlene Shackelly / Executive Director

Women's right to be safe



Inez Jasper

“Indigenous women have the right to share their inner beauty and outer beauty. Sometimes sharing can be misinterpreted as an invitation to compromise our personal and safety boundaries. Let’s learn how to shine inside and out while maintaining healthy boundaries to protect ourselves! This guide can help us to navigate these challenging issues. We can be our beautiful selves with self love and smart decisions. O’Siyam!”

Inez Jasper is an award winning Pop artist with powerhouse talent and universal appeal. As one of Canada’s top Aboriginal musicians, her blending of traditional native sounds with a love for contemporary Pop music brings the best of her culture to the mainstream world. She has garnered many awards

2014 Aboriginal People’s Choice Music Awards

- Pop Album of the Year
- Best Producer / Engineer

2014 Juno Nominee

- Aboriginal Album of the Year

2010 Juno Nominee

- Aboriginal Album of the Year

2009 Aboriginal People’s Choice Music Awards

- Best Album Cover Design
- Pop Album of the Year
- Single of the Year
- Best New Artist



THE NATIVE COURTWORKER AND
COUNSELLING ASSOCIATION OF BC



Department of Justice
Canada

Ministère de la Justice
Canada