



METIS MESSENGER

www.labradormetis.ca

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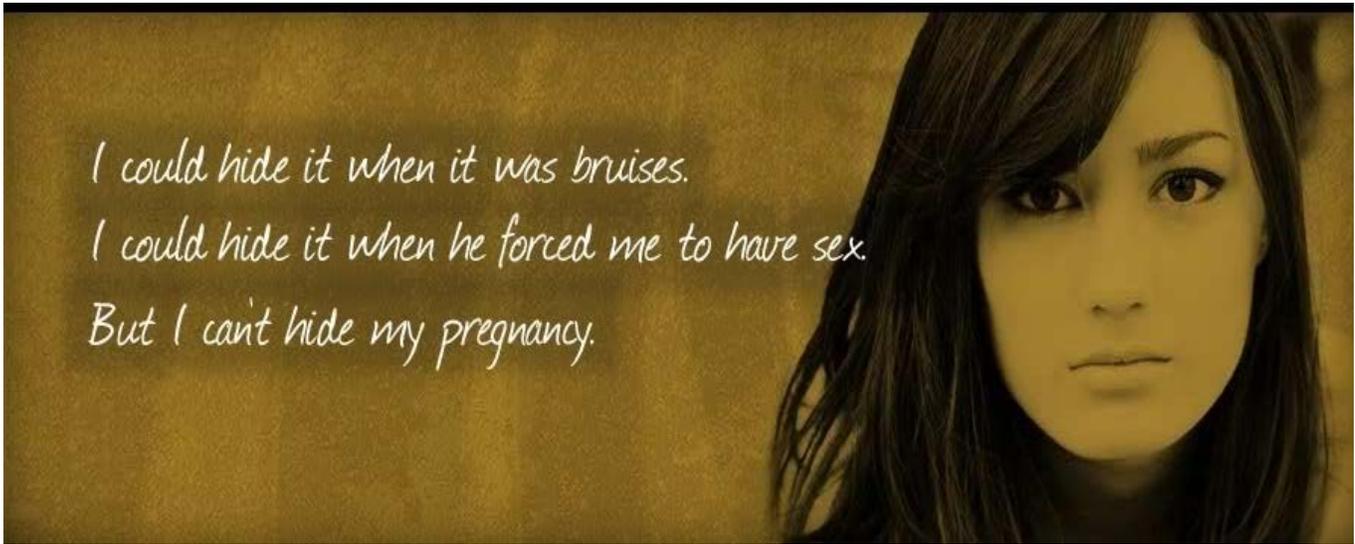
Special Edition Violence Prevention

The Labrador Metis Nation’s Health & Social Sector has carried out several violence prevention projects over the years with funding secured from the Province of Newfoundland and Labrador Women’s Policy Office under the Violence Prevention Initiative.

Our first two projects were primarily focused on developing two pamphlets, “Healthy Relationships” and “Breaking the Silence”, as well as hosting self-esteem sessions at our annual assemblies. Over the past couple of years we have offered skills development to our communities using the Red Cross RespectEd Programs. We have also had some people trained in Wenlido – Self Defence for Women & Girls.

In this special edition of the Metis Messenger you will find information to better educate you around violence and how we can “stop the cycle of abuse”.





Important Definitions to Remember:

What is Power?

Power is about having choices about who you are and what you do; it is the ability to make something happen.

EVERYONE HAS THE POWER TO EITHER HELP OR HURT OTHERS!

What is Violence?

Violence is a broad term meaning the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, that either results in or has a high likelihood of resulting in injury, death, psychological harm, mal-development or deprivation (Krug, Dahlbert, Mercy, Zwi and Lozano, 2002)

What are bullying and harassment?

Bullying and harassment are misusing POWER in order to degrade, intimidate, humiliate or offend another person.

HARASSMENT is discrimination that involves characteristics protected by Canada's Human Rights Act – race, ethnicity, religion, age, sex, family status, disability and sexual orientation.

BULLYING is mean, hurtful cruel behaviour that is not based on discrimination.

SEXUAL HARASSMENT is unwelcomed behaviours based on sex or sexual orientation.

REMEMBER!!
It's Not Your Fault!
You have the Right to be treated with Respect and Feel Safe!
If you need Help, talk to someone you Trust. If they don't help you, tell someone else!
You Can Help STOP Bullying and Harassment!
Source: Red Cross BTH Information



Bullying & Harassment!

Types of Bullying

Verbal bullying; the use of words to hurt or humiliate another person, verbal bullying is the most common form of bullying used by both boys and girls.

Physical bullying; this occurs when targets are hit, kicked, slapped, choked, punched, pinched, pushed, scratched, have their hair pulled, are threatened or their property is taken or damaged.

Relational or Social bullying; The systemic diminishment of a bullied child or youth's sense of self through ignoring, isolating, excluding, shunning, or spreading rumours (Coloroso, 2002) is relational or social bullying.

Cyber-bullying; involves the use of information and communication technologies such as email, cell phone, and page

text messages, camera phones, instant messaging, defamatory personal websites, and defamatory online personal polling websites, to support deliberate, repeated and hostile behaviours by an individual or group that is intended to harm others. (Belsey, 2004)

According to Youth, Bullying Means:

Someone who pushes you around and beats you up if you are weaker. (12 year old boy CRC Beyond the Hurt)

Tormenting you and hurting you. (11 year old boy CRC Beyond the Hurt)

Someone is calling you names and tormenting you constantly. (11 year old boy CRC Beyond the Hurt)

Bullying and Harassment

For many kids, their school day is not spent thinking about education, but how they are going to get through the day. (Harnett, as cited in Jespersen, 2000)

Sticks and stones may break my bones,
But name calling,

Ostracism

And scapegoating

May injure my soul

Long past the point

That broken bones mend. (Author unknown, as cited in making the Schools Safe from Bullies, 2002)



Family Violence

About Family Violence in Canada

"Family violence" includes many different forms of abuse that adults or children may experience in their intimate, kinship or dependent relationships. Family violence also includes being mistreated or being neglected by these members.

As we gain more understanding about the kinds and amount of violence in close relationships and in dealings with other family members, the definition of family violence will continue to change.

Some common types of family violence are:

- ▶ physical abuse
- ▶ sexual abuse and exploitation (being used for a sexual purpose)
- ▶ neglect
- ▶ psychological and mental abuse
- ▶ financial abuse

Family violence can have serious—and sometimes fatal—consequences for victims and for those that see or hear the violence.

<http://canada.justice.gc.ca/eng/pi/fv-vf/about-aprop/index.html>



Criminal Harassment: Stalking -- It's NOT Love

What Is It?

Criminal harassment, more commonly known as STALKING, is a crime. Generally it consists of repeated conduct that is carried out over a period of time and which causes you to reasonably fear for your safety or the safety of someone known to you. Stalking does not have to result in physical injury in order to make it a crime. The law protects you even if the conduct of the stalker is not done with the intent to scare you. It is enough if the conduct does scare you. This may be an advance warning of the possibility of future violent acts.

ARE YOU or someone you know being STALKED?
Are you afraid for your safety

or the safety of someone known to you because of the words or actions of another person?

1) Is someone repeatedly following you or someone known to you from place to place?
Repeatedly is more than one time and does not have to be for an extended period of time. The incidents may have occurred during the same day.

2) Is someone repeatedly communicating with you, either directly or indirectly?
Directly can be by telephone, in person, leaving messages on answering machines, or sending unwanted gifts, notes, letters or e-mails.

Indirectly can be by contacting people you know and hav-

ing messages sent through them or simply by making repeated unwanted inquiries about you.

3) Is someone persistently close by or watching your home or any place where you or anyone known to you live, works, carries on business or happens to be?

4) Have you or any member of your family been threatened by this person?

If you can answer **YES** to any of these questions you or someone you know may be a victim of **CRIMINAL HARASSMENT - STALKING**.

<http://www.phac-aspc.gc.ca/ncfv-cnivf/publications>

Elder Abuse

One in five Canadians believes they know of a senior who might be experiencing some form of abuse. Seniors from all walks of life are vulnerable to elder abuse and it is happening in communities across Canada.

Elder abuse is any action by someone in a relationship of trust that results in harm or distress to an older person. Neglect is a lack of action by that person in a relationship of trust with the same result. Commonly recognized types of elder abuse include physical, psychological and financial. Often, more than one type of abuse occurs at the same time. Abuse can be a single incident or a repeated pat-

tern of behaviour. Financial abuse is the most commonly reported type of elder abuse.

What are indicators of elder abuse and neglect?

Elder abuse and neglect can be very difficult to detect. The following signs and symptoms may indicate that an older adult is being victimized or neglected: fear, anxiety, depression or passiveness in relation to a family member, friend or care provider; unexplained physical injuries; dehydration, poor nutrition or poor hygiene; improper use of medication; confusion about new legal documents, such as a

new will or a new mortgage; sudden drop in cash flow or financial holdings; and reluctance to speak about the situation.

Raising awareness among seniors about their right to live safely and securely is seen as the most important issue for governments when it comes to elder abuse, with 9 in 10 Canadians (90.5 percent) rating it as a high priority.*

* Results of a survey of 3,001 Canadians, including 718 seniors aged 65 and older, conducted between May 21 and June 6, 2008; Environics.

Red Cross Training Programs LMN has Offered:

- **Beyond The Hurt**
- **It's Not Just Puppy Love**
- **C.A.R.E**
- **Prevention In Motion**
- **Walking The Prevention Circle**



Respected

Violence & Abuse Prevention
Canadian Red Cross

Canadian Red Cross

17 Majors Path

St. John's, NL

A1A 4Z9

Phone: 709-758-8400

Fax: 709-758-8417

Website: <http://www.redcross.ca>

NL Statistics!

During 2004 and 2005, there were 1,084 admissions of women and dependent children to shelters in Newfoundland and Labrador.

Of those admitted for abuse, 100% were fleeing psychological violence, 67% physical violence, 60% threats, 33% harassment, 20% financial abuse, and 13% sexual abuse. (Statistics Canada, 2005)

Beyond The Hurt & C.A.R.E Programs

Keeping children safe is one of the most important things we do as parents, educators, or other caring adults. To do this, we must equip them with the knowledge and skills they need to avoid risky situations, and to give them an understanding of their rights to protect their own body.

In 2006-07, about 43,000 Canadian children learned—through games, activities, puppetry and age-appropriate, non-threatening lessons—that abuse is never their fault and that they have a right to say no.

The workshops and training of the Red Cross Beyond the Hurt program are part of a comprehensive planning model for prevention education. The ***Beyond the Hurt*** program works with youth organizations, schools, sports and community groups to assist in building the communities capacity to respond to bullying and harassment through a comprehensive prevention planning model.

What is c.a.r.e.?

The c.a.r.e. Kit is a personal safety program for children ages 5-9 that deals with sexual abuse prevention. Designed to be delivered in schools and other learning environments, c.a.r.e. focuses on body ownership and these simple personal safety rules:

TALK (say "No!")

WALK (get away from danger if you can)

SQUAWK (tell a helping person what happened)

The program will leave children feeling in charge of their bodies and confident in their ability to stay safe.

Putting Training into Practice



Signs of Abuse & Family Violence

Signs of Abuse and Family Violence

The effects of child abuse and family violence show up in many ways. These are just some of the signs — especially when they appear in clusters or represent a change in behaviour:

- self-blame, feelings of guilt and shame, clinging, extreme shyness, extreme and repetitive nightmares, loneliness, long bouts of sadness, social withdrawal, separation anxiety, fear of strangers, fear of others of same gender as abuser, general fearfulness, anxiety and phobias;
- feelings of being out of control,

intrusive thoughts, feelings of stigmatization, insecure attachment to parents and caregivers, loss of faith, truancy, running away, fighting with peers, criminal offending, early use of drugs and alcohol, substance abuse;

- developmental delay, headaches, stomach aches, bed wetting and soiling, eating disorders, self-mutilation or burning, thoughts of suicide, dissociation, inappropriate sexual behaviour; extremely low self-esteem, difficulty trusting others, difficulty in problem-solving, relationship problems, high levels of anger and aggression, violent when angry, a victim or perpetrator of violence in dating.

General rules for Ensuring Internet safety

- Educate yourself about the Internet.
- It's important to be knowledgeable about the Internet, because even if you don't have a computer at home, your child can access it at school, at a friend's house, or at your public library.
- Create a family agreement for Internet use, including hours of use, which sites can be accessed and which ones shouldn't be.
- Place your computer in a central, open location, like the living room, so Internet use can be supervised.

Impacts of Violence on Children

Impact of Family Violence on Children

Children who live in situations of family violence can suffer immediate and permanent physical harm, even death. They can also experience short and long-term emotional, behavioural and developmental problems, including post-traumatic stress disorder.

In 6 out of 10 cases of physical and sexual abuse, the victims have considerable problems with behaviour, negative peer involvement, depression and anxiety, violence to others, developmental delays, irregular school attendance, and inappropriate sexual behaviour. It is now known that witnessing family vio-

lence is as harmful as experiencing it directly. Often parents believe that they have shielded their children from spousal violence, but research shows that children see or hear some 40% to 80% of it.

Children who witness family violence suffer the same consequences as those who are directly abused. In other words, a child who witnesses spousal violence is experiencing a form of child abuse.

Did You Know?

Over the last decade, there has been a dramatic increase in both the reports of suspected abuse and neglect, and the number of children found to be in need of protection. However, it is clear that many cases of child abuse, even some serious ones, are not reported. (Child Abuse and Neglect Overview Paper, National Clearinghouse on Family Violence, 2008)

Women and Violence

Women experience higher rates than men of sexual assault, stalking, serious spousal assaults and spousal homicide. (Measuring Violence Against Women Statistical Trends, 2006)

Prevalence

During 2004 and 2005, there were 1,084 admissions of women and dependent children to shelters in Newfoundland and Labrador. Of those admitted for abuse, 100% were fleeing psychological violence, 67% physical violence, 60% threats, 33% harassment, 20% financial abuse, and 13% sexual abuse. (Statistics Canada, 2005)

In Newfoundland and Labrador the rate of sexual assault was reported to be 1 per 1081 people. This was the highest rate of sexual assault reported in the Atlantic Provinces. (Statistics Canada, 2004)

Economic Barriers

Families led by single mothers, unattached older individuals, persons with work-limiting disabilities, aboriginal peoples and recent immigrants are most vulnerable to long-term poverty. Those who fall into more than one of these categories are at even greater risk, further, there is also a link between poverty and vulnerability to violence for both women and their children. (Govt. of NL, 2005)

Women face more poverty, stress, violence, unpaid and underpaid work, while also carrying primary responsibility and worry for the well-being of the world's children. (SWAG, 2006)

Women living in poverty also experience isolation and feelings of powerlessness and face many challenges to maintaining good health. The similar effects of violence and poverty on women have led some to think of poverty as a form of abuse by society on some of its members. (VPI Fact Sheet, WPO, 2008)

Did You Know?
The estimated economic costs of violence against women to victims and society to health, criminal justice, social services



Information Websites / Information Sources

For more information please visit:

- <http://www.redcross.ca>
- <http://www.gov.nf.ca/vpi/>
- <http://www.seniors.gc.ca>
- <http://www.vplabrador.ca/home/>
- <http://www.labradormetis.ca>
- <http://www.kidshelpphone.ca/>
- <http://www.safekidsbc.ca>
- <http://www.phac-aspc.gc.ca>
-



Sources of Information:

<https://www.ocps.net/lc/southeast/mja/guidance/PublishingImages/SAFE.jpg>

<http://media.photobucket.com/image/violence%20prevention%20images%20red%20cross%20canada/feministing/fvpf.jpg>

http://feministing.com/imageStorage/orangeboy_sm.jpg

<http://www.nzfvc.org.nz/images/FamilyViolence.jpg>

http://www.bced.gov.bc.ca/resourcedocs/internet_safe/internet_safe.pdf

<http://1.bp.blogspot.com/e0s2g6Lng8Q/SaKHNCbYj-I/AAAAAAAAAFg/0mlfAOikgWE/s400/purpleribbon-1.jpg>

Did You Know?
Aboriginal people are three times more likely than non-Aboriginal people to experience violence.
(Measuring Violence Against Women Statistical Trends, 2006)

Important Information!!

Contact Numbers for Women and Children

The following contact information is for Libra House which provides crisis shelter for women and their children in the Labrador Metis Region. The shelter works cooperatively with agencies and organizations within Labrador communities to support and empower women to make their own decisions for themselves and their children.

Libra House (Happy Valley-Goose Bay)

Crisis Line.....896-3014

Toll Free.....1-877-896-3014

Email: librahouse@nf.aibn.com

Mokami Status of Womens Centre

The MSWC provides support and referral for women on any number of issues. They offer a safe open environment only for women to discuss and/or find information on many topics and work with Shelters and other community groups to advocate for, support and empower women on issues related to Violence, Health, and Education.

Mokami Status of Women Council/Women's Centre

Happy Valley-Goose Bay, NL
(709) 896-3484

fax: 709-896-3472

mokamiwomen@nf.aibn.com

mokamiprojects@nf.aibn.com

Should you find yourself or someone you know in a situation needing immediate help, the following are Crisis Contact numbers:

Police

Cartwright Detachment
938-7218

Forteau Detachment
931-2790

Happy Valley-Goose Bay Detachment
896-3383

Marys Harbour Detachment
921-6229

Crisis and Support

Suicide Crisis Line
1-888-737-4668

Sexual Assault Crisis Line
1-800-726-2743

Kids Help Line

1-800-668-6868

Parents Help Line
1-888-603-9100

Child Youth and Family
Services

Forteau Office
931-2450/Ext.263

Happy Valley Regional
Office
896-9170

Mary's Harbour office
921-6405

Seniors

If you are a senior and think you may be abused, there is help. Everyone has the right to dignity and respect, regardless of age.

The authority for the prevention of Violence against Older Adults in Labrador can be reached at:

Labrador Grenfell Health
709-454-0372

The Senior's Resource Centre operates a toll free information line answered by trained seniors who listen and provide support. The number is 1-800-569-5599.

Newfoundland and Labrador Sexual Assault Crisis and Prevention Centre

NLSACPC is the only sexual assault crisis centre in Newfoundland and Labrador. The Centre is managed by dedicated volunteers and staff who realize the value of providing free, immediate confidential support and information to victims of sexual violence. For over 30 years our members have worked to provide sexual assault support and prevention services to the public. We are committed to continuing to respond to the ever growing need that exists for sexual assault support and information in this province.

Services

- 24 hour Support and Information Line
- Peer Support and Referrals
- Accompaniment
- Self-Help Groups
- Educational Material
- Presentations and Information Sessions
- Informative website

Contact Information

360 Topsail Road, Suite 101
St. John's , NL A1E 2B6

www.EndSexualViolence.com

Toll Free 24 hour Support and Information Line:
1-800-726-2743

Confidential

Anonymous

Non-judgmental



**MEDICAL ASSISTANCE
AVAILABLE TO MEMBERS**

LMN members requiring emergency medical assistance are able to take advantage of several programs.

LMN President Chris Montague donates one-third of his annual salary to enable members to access needed medical care and service. For more information, please contact the LMN office at 1-709-896-0592, or toll-free at 1-877-896-0592.

The provincial government implemented the Medical Transportation Assistance Program in 1998 to assist residents who incur substantial costs when traveling via commercial air to access insured health services which are not available within their health region and/or within the province. For more information, please contact the office of the Minister Responsible for Labrador at 1-709-896-3099 or toll-free at 1-866-996-5670.

PRESIDENT'S MESSAGE

The Labrador Metis Nation strongly supports the Violence Prevention initiative. We stand together for the rights of our people. What is so important on the political level is even more important on a personal day to day level. If we strive to be respected as a people, then we must respect ourselves.

Our own people can be, and occasionally are subject to abuse from members of our own communities, even from our own families. This can often be from physical abuse, but often appears in the guise of psychological abuse. It is often an attempt by those who consider themselves strong to oppress the weak. It's root causes are deep, but the problem must be addressed at the root level.

Our competent staff and concerned members are doing many good things to address this problem. This strengthens our community and helps to unleash a potential that was once oppressed by fear. We at the LMN truly believe that if you don't protect the rights of all people in a community then you protect the rights of no one in the community.



Contact Information

Darlene Wall
370 Hamilton River Road
PO Box 460 Station C
Happy Valley - Goose Bay, NL
A0P 1C0
Email: dwall@labradormetis.ca
Tel: 709 896 0592 ext. 238
Fax: 709 896 0594

Melita Paul
PO Box 59
Charlottetown, NL
A0K 5Y0
Email: mpaul@labradormetis.ca
Tel: 709 949 0292 or 0546
Fax: 709 949 0546

Web: <http://www.labradormetis.ca>

Violence Prevention Labrador is a pan-Labrador coalition comprised of volunteers from like-minded organizations, government departments and community partners from all over Labrador.

Violence Prevention Labrador encourages an integrated approach to violence prevention leading to early identification of needs, improved communication between service providers and service recipients, greater public awareness and accountability, opportunities for information sharing on best practices, and overall improved efficiencies in service delivery. It also involves liaison with several other provincial and local community stakeholders.

VPL supports and strengthens the principal of unity in diversity as a guide to provide positive leadership to end violence and promote community capacity building in Labrador communities.

Did You Know?

Did you know that of the 217,900 women over the age of 15 residing in Newfoundland and Labrador, approximately 108,950 (1 in 2) will experience at least one incident of sexual or physical violence throughout their lifetime? Or that Aboriginal women are 3.5 times more likely

than non-Aboriginal women to be victims of violence (343/1,000 versus 96/1,000 respectively)?

Did you know that abuse and neglect can happen to any older adult. In fact, contrary to commonly held beliefs, most older adults who experience abuse or neglect are mentally competent, are not dependent on other people, and do not require constant care.

Did you know that Youth Violence is prevalent among young people with 37.2% of young people age 11 to 15 being bullied and 35.8% involved in a physical fight. In our province Youth Court hears a large number of cases for crimes against the person.

Did you know YOU can help, YOU can make a difference?

Do you want to learn more?

www.vplabrador.ca

The Violence Prevention Labrador website houses generic and Labrador Specific resources for Victims of Violence and Service Providers.

Resources for Victims

In our Resources for Victims Pages you can find important information on Violence related topics for *Youth, Seniors, Persons with Disabilities and Women*. There are also pages for you to learn *What You Can Do* and Labrador Specific *Crisis Contact information*.

Resources for Service Providers

In this section Service Providers can find information on Funding Opportunities, Programs and Links to other informative sites for publications, educational materials, and training.



Training

Violence Awareness and Action Training (VAAT) is a certificate provincial training program developed and coordinated by the provinces Violence Prevention Initiative.

VAAT is offered to local communities to assist participants in the examination of attitudes, values, and beliefs that support violence in our society.

Violence Prevention Labrador coordinates the VAAT program regionally. It is a provincial program developed by the Newfoundland and Labrador Violence Prevention Initiative.



For more information contact:

Carmen Hancock
Coordinator
Violence Prevention Labrador
phone: 709-931-2600
fax: 709-931-2601