

THINK ABOUT IT!

Are you 'In Love & In Danger'?

Unhealthy Relationship Quiz

- You can't talk to anyone else because your boy/girlfriend is so jealous.
- You are afraid to disagree with your boy/girlfriend.
- Your boy/girlfriend demands to know where you are and who you are with at all times.
- Your boy/girlfriend criticizes your friends.
- You are criticized about how you look, how you act, and what you do.
- You continually apologize for your boy/girlfriend's behaviour.
- Your boy/girlfriend frequently puts you down either when you are alone or in front of others.
- You are frightened of your boy/girlfriend's temper.
- You become secretive or ashamed of your relationship.

If you checked most of these, beware: you are most likely a victim of dating violence. **Source and Author of Quiz unknown.**

Get Out Fast When...

- He/she expresses anger through violence.
- He/she pressures you sexually through force or threats.
- He/she threatens to hurt you, your friends, your family and/or your pet(s).
- He/she hits you and says it will never happen again.
- He/she threatens to kill you or commit suicide.

While Deciding What To Do

- Stay in touch with your friends; and, make a point to spend time with people other than your boy/girlfriend.
- Stay involved in activities that you enjoy. Don't stop doing things that you enjoy or that make you feel good about yourself.
- Make new friends. Increase your support network.
- Plan for your safety. Take a self-defense course designed for women and girls.
- Consider looking into resources at your school or in the community. Think about joining a support group or calling a crisis line.

When You Are With Your Boy/Girlfriend

- Try not to be alone with him/her, or to be alone in an isolated or deserted location. Go out to public places.
- Try to double date or to go out with a group of people.
- Let other people know what your plans are and where you'll be.
- Try not to be dependent on him/her for a ride.
- Always keep change with you so you can make a phone call. Trust your instincts. If you feel you are in danger, call the police. Get help immediately. Do not brush off your fears.

Plan For Your Safety

Whether the abuse is emotional, sexual or physical, you deserve to be in a healthy, equal, and safe relationship! If you feel you may be at risk :

Let someone you trust know if you are concerned about safety in your relationship.

Who can help?

In school:

- Guidance Counsellor
- Social Worker
- Psychologist
- Staff or Teacher you trust
- Police Resource Officer

You may be able to talk to your parents or friends. For your own safety, don't keep abuse a secret — reach out!

Remember, if the person you tell makes you feel bad, tell someone else. You deserve support, and it is better to be safe than sorry.

If You Decide To Break Up With Your Abusive Boy/Girlfriend

- Make sure you are in a safe place. Do it over the phone, and make sure there are people nearby who can hear and see you.
- Have someone who can support you in your break up, and talk to about how you feel after the break up.
- If you think your parents will be supportive, let them know about the break up so they can help you with safety planning.

At School:

- Consider changing your lock or locker.
- Choose another route to school.
- Use a buddy system for going to school, classes, and after school activities.
- Consider rearranging your class schedule.
- Talk to teachers/counsellors at school about your situation so they also can look out for your safety. They can help ensure you are not placed in a working group with your ex, and allow you to sit further away from your ex if you have the same class together. Your teachers/counsellors can also ensure that your ex does not harass you during class. Go to teachers and trusted staff if harassment becomes a problem during breaks.
- Remaining "friends" with your ex can increase your level of risk. This often results in returning to the abusive relationship.

At Home:

- Try not to be alone at home. If you are alone at home, make sure the doors are locked and the windows are secure.
- Consider telling your parents or other family members about what is happening. They can help you screen telephone calls or visitors.
- Keep this list of phone numbers with you. Add to it names of supportive friends who you can call when you are upset.

Also...

- Consider keeping a journal describing the abuse or threats with dates and times. If your ex continues to harass you, or follow you (stalking), this information will help later if you want to contact the police.
- Keep your cell phone on you and charged. Make sure to carry change for a pay phone. Remember, dialing 911 is FREE!
- Give back or get rid of any items you have that belong to the abuser (e.g. cell phones, t-shirts, CD's). You may choose to do this through a friend.
- Know who you can call if you are stranded or need a ride home quickly.
- Consider applying for a restraining order.
- Think of a code word you can use with your friends if you are in trouble.
- Do not go anywhere alone or agree to meet alone with your ex, even if she/he just wants to "talk."
- If you need to go places you think your ex might be, take a friend or family member with you.

IF YOU CONTACT THE POLICE

- In an emergency, call 911! Remember it's FREE!
 - If not an emergency, call: (613) 230-6211
- If you have just been assaulted, or the assault is in progress, call 911. Police will respond and they will likely arrest the abuser, or try to find the abuser to place him/her under arrest.
- If you want to report past abuse/assault, or to report harassment or stalking, police will ask you for a witness statement. A statement is your detailed story about what happened. Your report will be given to an investigator, who will look into your report more closely.
- Find out what your case number is, and what investigator was given your case so that you can contact them later to get an update on what is going on with your report. If reasonable grounds exist, the police will lay charges.

For more information about the investigation or court process, you can call Victim/Witness Assistance at (613) 239-1229

YOU MAY WANT TO CONTACT SOMEONE

You may want to contact the closest counselling or community health centre to ask for specific services around abuse:

Crisis Lines, Counselling & Support Services:

Assaulted Women's Helpline (for ages 16 & up)	1-866-863-0511
CALACS (français)	613-789-9117
Catholic Family Services of Ottawa	613-233-8478
Family Services à la famille Ottawa	613-725-3601
Femaid (français)	1-877-336-2433
Immigrant Women Services Ottawa	613-729-3145
Jewish Family Services	613-722-2225
Kids Help Phone	1-800-668-6868
Minwasha In Lodge Aboriginal Women's Support Centre	613-741-5590
Ottawa Rape Crisis Centre	613-562-2333
Ottawa Victim Services/Services aux Victimes d'Ottawa	613-238-2762
Partner Assault Unit - Ottawa Police	613-236-1222 ext.5407
Pink Triangle for Gay/Lesbian Gay Bi Trans Youth Line	1-800-268-9688

Sexual Assault Support Centre	613-234-2266
Young Women's Emergency Shelter	613-789-8220
Lesbian Gay Bi Trans Youth Line (Distress Line)	1-800-268-9688
Youth Net	613-738-3915
Youth Services Bureau (for ages 12 - 20)	613-729-1000
YSB Crisis Line (for ages 0 - 21)	613-260-2360
Victim Crisis Unit - Ottawa Police	613-236-1222 ext.5822

Ottawa Community Health Resource Centres WEST

Carlington Community & Health Services	613-722-4000
Nepaan, Rideau & Osprey Community Resource Centre	613-596-5626
Pinecrest Queensway Health & Community Services	613-820-4922
Western Ottawa Community Resource Centre	613-591-3686

Ottawa Community Health Resource Centres CENTRAL

Centretown Community Health Centre	613-233-4697
Lowertown Community Resource Centre	613-789-9930
Sandy Hill Community Health Centre	613-789-1500
Somerset West Community Health Centre	613-238-8210

Ottawa Community Health Resource Centres EAST

Eastern Ottawa Resource Centre	613-741-6025
Overbrook-Forbes Community Resource Centre	613-745-0073
Vanier Community Service Centre	613-744-2892

Ottawa Community Health Resource Centres SOUTH

Hunt Club/Riverside Community Services Centre	613-247-1600
South-East Ottawa Centre for a Healthy Community	613-737-4809

OTHER/HEALTH:

Bethany Hope Centre (for pregnant & parenting youth)	613-725-1733
Children's Aid Society of Ottawa (Child Protection)	613-747-7800
David Smith Centre (Addictions)	613-594-8333
Elizabeth Fry Society (for women in conflict with the law)	613-237-7427
Operation Go Home	613-230-4663
Ottawa Hospital (Civic Campus) Sexual Assault & Partner Abuse Care Program	613-761-4366
Ottawa Coalition to End Violence Against Women (OCTEAW)	www.octewaw-cocvff.ca
Rideauwood Addiction & Family Services	613-724-4881
Sexual Assault Network (SAN)	www.sanottawa.com

Sexual Health Centre (for teens & adults)	613-234-4641
Adolescent Health Clinic (CHEO)	613-737-7600 ext. 3664
Tewagan Transition House (for Aboriginal women ages 16 - 29)	613-233-0672
Women's Initiatives for Safer Environments (W.I.S.E.) (women's safety workshops)	613-230-6700
Youville Centre (for young single mothers & children)	613-231-5150

If you would like a legal person to help you press charges, or have any questions about the legal system, you may also contact the University of Ottawa Legal Clinic (free) at: 613-562-5600 or Legal Aid Ontario (also free) at: 613-238-7931

Other Important Contacts You Want to Add:

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**Dating Violence:
A Safety Plan**

A project of Family Services
à la famille Ottawa

