



13th ANNUAL CRIME PREVENTION GUIDE



CHILD ABUSE AWARENESS



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FROM THE PRESIDENT



As President of the **Saskatchewan Federation of Police Officers**, I am proud to introduce our **13th Annual Crime Prevention Guide** focusing on Child Abuse Awareness, which focuses on the very serious problem of Child Abuse.

This publication is distributed free of charge each year to public facilities including local schools and libraries throughout the province, and will also be available "on line" at the SFPO's web site www.saskpolice.com, to help educate and promote the public's role in identifying and reporting this terrible crime.

I want to take this time to thank you for your contributions and support. With the generous support of individuals, businesses, and corporations throughout the province, we are able to educate the citizens of the province on Child Abuse Awareness. On behalf of the 1350 members of the SFPO, we appreciate your continued support in the province of Saskatchewan.

Thank you for continuing to work together to build safe communities throughout Saskatchewan.

A handwritten signature in black ink, appearing to read 'Casey Ward'.

Casey Ward
President
Saskatchewan Federation of Police Officers



SFPO supports Kids Help Phone

Proceeds from our 13th Annual Crime Prevention Guide project have allowed the Saskatchewan Federation of Police Officers to make a \$10,000 donation to Kids Help Phone to support Child Abuse Awareness and to help educate and promote the public's role in identifying and reporting this terrible crime.



Members of the Regina Police Service posing with a \$10,000 donation cheque for Kids Help Phone in April 2021.



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The Saskatchewan Federation of Police Officers represents over 1,300 police personnel from six municipalities in Saskatchewan: Regina, Saskatoon, Prince Albert, Moose Jaw, Weyburn and Estevan. The SFPO is comprised of 8 police associations from each of those cities including senior officer associations in Regina and Saskatoon.



FROM THE PUBLISHER



*“Providing quality,
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On behalf of the **Saskatchewan Federation of Police Officers**, I would like to take this opportunity to sincerely thank each and every contributor to our Annual Telephone Appeal, allowing this unique publication to be distributed to schools, libraries and public facilities and also available online at saskpolice.com, making it easily accessible to everyone.

The **SFPO** publishes an **Annual Crime Prevention Guide** to educate the public on important community concerns. This **13th Annual Crime Prevention Guide** targets **Child Abuse Awareness** to help educate and promote the public's role in identifying and reporting this terrible crime.

This publication is made possible as a result of financial contributions from residents and business representatives throughout the province. With their generous support for the activities of the **Saskatchewan Federation of Police Officers**, the **SFPO** is also able to give back to their communities through donations to various local charities and programs for youth, such as their recent generous donation to **KIDS HELP PHONE** to help young people who are struggling to cope.

We welcome comments or suggestions regarding these publications and always look forward to speaking with you each year during our Annual Telephone Appeal.

Respectfully,

A handwritten signature in blue ink that reads 'Mark T. Fenety'. The signature is stylized with a large, sweeping 'M' and a long, horizontal stroke at the end.

Mark T. Fenety

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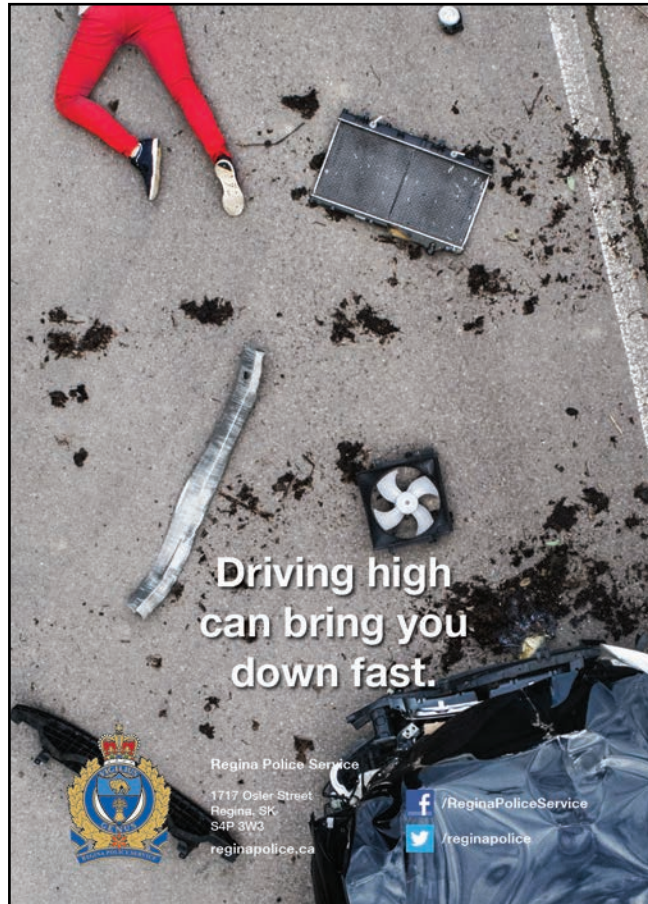
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Blast From The Past

The COVID-19 pandemic has created many challenges and restrictions on community activities and events around the world. While we have all had to maintain our distance and reduce social gatherings to help slow the spread of COVID-19, we at the Saskatchewan Federation of Police Officers look forward to seeing you again at our community events in the, hopefully, near future. We hope you're all staying safe and well!

Here are some highlights from some of our past community events. We are so proud to be part of the communities we serve!



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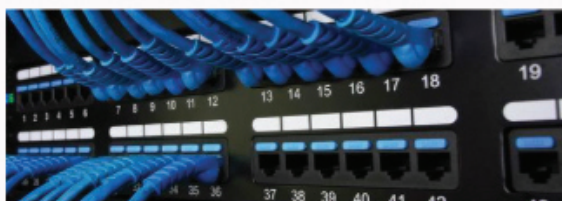


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In the Community

2020 was a challenging year for our community and for our members. While our members continued to be involved in the community through volunteering, coaching and other initiatives, COVID-19 definitely made 2020 different than any year in recent memory. The Association was still able to provide donations to our community throughout the year. Here are a couple examples of PAPA giving back to their community.



Normally, PAPA members enter a team in the KidSport event raising funds to provide financial support for children to play organized sport in Canada. In 2020, organizer Dwight Bergstrom was raising money and challenged that if he reached his goal of \$4,000 he would spend the night on a scissor lift. The PAPA donated \$500 and Mr. Bergstrom raised over \$10,000 and spent the night on the scissor lift.

Each year the PAPA take part in a 4x100 relay race to raise money for the Terry Fox Foundation. The PAPA regained the trophy in 2020.



One night in early Summer 2020, members of B Shift participated in a neighborhood basketball game with members of the community.



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WEYBURN POLICE ASSOCIATION



In August 2019, Weyburn Police Association (WPA) hosted its 3rd Annual Golf Tournament, raising \$5,000 which was donated to the Weyburn Youth Center. Left to right: Brian Hopfe accepting the donation from WPA members Alyssa Kaczmar and Darcy Cleasby.



WPA put on its annual Magic Variety Show which it has been doing for more than 30 years. With the help of the Weyburn Girl Guides, it was an amazing show and the house was packed. Pictured are Weyburn Girl Guides, WPA member Kalin Wiebe and Jonathon Kerr as well as the Acts from the 2019 Magic Variety Show.



Left to right: Chris Lopez, Charles Chesterfield and Kel at the 2019 Magic Variety Show.



WPA teamed up with Weyburn Dairy Queen and purchased all birthday cakes purchased over a few days. Customers were surprised and happy to receive their cake with a letter from WPA advising them their cake was already paid for! Left to right: Dairy Queen owner Shane Dammann and WPA member Darcy Cleasby.



Weyburn Police Association donated and installed a car seat after a referral from Victim Services.

The WPA appreciates the support from the community and the surrounding area and look forward to giving back.

Thank you for the support from your Weyburn Police Association



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What is child abuse?



Jack wrapped his fingers tighter around his granddaughter's small hand as they entered the old medical centre. It took courage to make this appointment, but Jack knew they needed the social worker's help.

Little Ella and her brother had come to stay with her grandparents for a few weeks over the summer.

They had all looked forward to the special visit, thinking it would be great for the kids to have lots of room to run and play. But the two children seemed distant and mostly played their computer games. Ella's frequent nightmares quickly became a concern. Every loud noise seemed to make the little girl jump. Jack had set about earning Ella's trust, bit by bit. When the vacation had come to an end, she had hid in the closet and refused to leave. Through Ella's tears, Jack had learned that her parents were always fighting. Her father often pushed her mother and she in turn often threw things at him. There was lots of yelling. Ella thought it was all her fault and that if she went back something bad would happen. Jack's heart ached at the thought of his daughter and his grandchildren enduring this kind of life. He didn't like the idea of interfering, but he knew the children's safety and well-being had to come first. He hoped it wasn't too late for some counselling to help. Maybe his daughter and her husband could still turn things around and make a better home for the kids.

Child abuse includes physical, sexual and emotional abuse. It also includes neglect, and any violence that children see or hear in their families. The person who abuses the child can be:

- a parent;
- another relative;
- a guardian;
- another professional or volunteer who works with children (for example, a doctor or coach);
- a brother or sister;
- a caregiver;
- a teacher; or

Abuse may take place in a child's home, or it may happen in other places, like other people's homes, schools, community centres or places of worship. Sometimes the child's parents lived abuse as a child, such as in the residential schools many Indigenous peoples were forced to attend. Abuse that someone lived as a child, whether it happened in their home or outside of it, may change the way they parent their own children as abuse is often a learned behaviour.

This booklet deals with child abuse in the family.

In Canada, there are federal, provincial and territorial laws to protect children from abuse. Some types of abuse are crimes and are listed in the Criminal Code, which is a federal law. Federal laws are laws that apply across Canada.

Even if the abuse is not a crime under the Criminal Code, provincial and territorial laws could be used to stop the abuse.

Child abuse can cause long-term health problems.

Every child deserves protection from abuse.





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Physical abuse



Rick sat alone in the hospital coffee shop. He needed some time alone to calm his nerves. He had just made the call to Child Protection Services. He couldn't believe he had taken this step. But his son Jason was waiting for an X-ray upstairs in the children's section of the hospital to see if his arm was broken. And the doctor was clearly worried about how Jason had gotten his injuries. She had asked a lot of questions about the bruises on Jason's wrists and face. Jason wouldn't say much about what had happened at his mother's place, except that his stepfather had locked him in his room for a long time. The boy's new stepfather didn't seem to like the boy very much. Rick felt his stomach clench. He knew that there was a lot at stake here. Rick's ex-wife, Cathy, had mostly ignored her son Jason the first few years after the divorce. When she had finally started to take Jason for the weekends after she re-married, it had seemed like a new start for all of them. However, before long, Jason had stopped wanting to go over to his mother's. Rick had thought it was just part of adjusting to the new family situation. He had felt sure that Cathy would never let any harm come to their son. Now that Rick knew that Cathy's husband was abusing Jason, he knew he needed to protect his son. Also, there were other children living in that home. They must have witnessed the violence – they must be afraid that this could happen to them too. Everyone deserves a chance to get some help.

What does it look like?

Physical abuse is the intentional use of force against a child. It can cause physical pain, injury, or injury that may last a lifetime. This type of abuse includes:

- pushing or shoving;
- hitting, slapping or kicking;
- strangling or choking;
- pinching or punching;
- biting;
- burning;
- throwing an object at a child; and
- excessive or violent shaking.

All of these acts are crimes in Canada.

What can I do?

Every province and territory has a law that says that any person who believes a child is being abused must report it. You will not get in trouble for making the report if you have reason to believe a child is being abused, even if it turns out you were wrong.

For more information about the child protection laws, see Child Protection Services under “Who can help?” on page 45.

If you know a child who is being physically abused, call your local police. In an emergency, call 9-1-1.

If you have harmed your child, or think you might harm your child, get help. Here are some things you can do:

- Call your local child protection services.
- Talk to a social worker, counselor or teacher.
- Call your local help line.
- Call the police.
- In an emergency, call 9-1-1.



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(continued)

What does work?

What does work is to build your child's confidence and problem-solving skills. It is important to figure out the reasons for your child's behaviour. When you understand the reason for your child's behaviour, it may be easier to handle the situation without losing your temper.

Ways to help your child behave well:

- Create a loving and respectful home.
- Be a good role model.
- Focus on prevention.
- Decide what is truly important and have a few clear and consistent rules.
- Tell your child what you expect.
- Praise your child's efforts, even if they're not perfect.
- Respect your child's need to express their emotions.
- Listen to your child's thoughts, ideas and concerns.
- Watch your child closely so you can redirect behaviour before it gets worse.
- Make sure that you both get enough sleep.
- Make sure that you both eat nutritious food regularly and exercise.
- Last but not least, try to have fun with your child.

The law on assault in the Criminal Code

The *Criminal Code* outlines most crimes in Canada. It says that assaulting someone or threatening to assault someone is a crime. Touching someone without their consent can be an assault, even if it doesn't harm them. Under the law, assault can include:

- slapping;
- pinching;
- confining;
- punching;
- kicking;
- restraining; or
- unwanted touching.

However, not every action where one person hits another person is assault. And not every threat of contact is assault. People may give their consent to contact. For example, hockey players may body check each other without it being a crime. This is because they have given their consent to physical contact within the rules of the sport.

Also, section 43 of the *Criminal Code* can give parents and caregivers a defence to a charge of assault in limited cases if they use reasonable force.

Section 43 of the *Criminal Code* says that parents and caregivers who use reasonable force to correct a child's behaviour may not be found guilty of assault. But section 43 is not a defence for every use of force against a child. Parents or caregivers may only use reasonable force to correct or protect the child. For example, a parent may use reasonable force to put a child in their room for a time out or to pull a child away from traffic. A person who has physically or sexually abused a child cannot use section 43 as a defence.

(continued)

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Child discipline



Lori quietly wept over the sink, just staring at the afternoon dishes. Her hands were still shaking. She couldn't believe how close she had just come to total disaster. She had only asked Kaila to pick up her toys! But when Kaila had thrown them all down the stairs, Lori had spun out of control. She was just so tired of the toddler's tantrums. Lori knows Kaila is still young, but why can't she learn to pick up things like her friends already do? It was seeing the cell phone in pieces among the broken toys that had made her start yelling. Where were they going to get the money to replace that? In an instant, she had slapped Kaila really hard. And the next thing she knew, Kaila had lost her balance at the top of the stairs. What was she thinking when she did that? Was she crazy? If Lori hadn't grabbed her, Kaila would have fallen all the way down, just like her dolls. Lori began to sob. She loved Kaila, but everything seemed so hard these days with Roy out of work. She always feels like she's failing, especially when it comes to Kaila. She's got to stop doing things like this before something really bad happens. Kaila could have been seriously hurt! And she supposed that hitting Kaila like that could be considered an assault. Maybe she could check the Internet to find a parenting class or support group; there must be others like her going through this.

What does it look like?

All children need their parents to teach them how to behave. Children need time to learn what they should and should not do. They learn to behave by:

- watching their parents and other people;
- getting clear instructions; and
- being praised and encouraged for their efforts.

The right kind of discipline teaches children responsibility, self-control, and right from wrong. It raises the child's self-esteem, encourages the child to do better and strengthens the parent-child bond. Parents should never discipline children until the children are old enough to understand it.

Why doesn't spanking work?

Experts say that spanking is not an effective form of discipline. Spanking can make children angry and resentful. It can cause them to lose trust in their parents. It teaches children that hitting others is okay. In the long run, spanking can make children's behaviour worse.

Babies never need discipline.



Spanking doesn't work – for you or your child.

(continued)

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The Supreme Court of Canada decision

In 2004, the Supreme Court of Canada looked at section 43. The Court decided that a parent or guardian who uses force to correct a child can only use it in the following ways:

- The person may only use force to correct a child if it will help the child learn. The person can never use force in anger.
- The child must be between two-years old and twelve-years old. (This means that section 43 is not a defence if the child is younger than two or older than twelve).
- The person can only use reasonable force and its impact can only be “transitory and trifling.” (This means that the force causes little or no pain, and does not leave marks on the child).
- The person must not use an object, such as a ruler or belt, to apply the force.
- The person must not hit or slap the child’s face or head.
- The seriousness of what happened or what the child did is not relevant to how much force is used in discipline.

It may be acceptable for a person to use reasonable force to restrain a child in some circumstances. For example, you may need to hold your child down to put them in a car seat.

It is not considered reasonable for you to hit a child in anger or to get back at the child for something the child did. It is against the law to hit a child in anger.

The use of force when managing children’s behaviour

There are times when you may have to use force to control a child and keep the child, or other children, safe. For example, you may need to touch or restrain a child to keep the child from running across the street. Or you may need to carry a screaming three-year old out of a store.

Without section 43, parents and caregivers could face criminal charges and might have to go to court to defend their actions whenever they use force to respond to a child’s behaviour.

If you are angry, however, find some way to cool down before you manage your child’s behaviour.

(continued)



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Provincial and territorial child protection laws

Even if the way you discipline your child is not a crime, it could still be abuse. The provinces and territories also have laws to protect children from abuse. These laws allow the provincial or territorial government to step in when a child needs to be protected from abuse or neglect.

What can I do?

Every province and territory has a law that says any person who believes a child is being abused must report it. You will not get in trouble for making the report if you have reason to believe a child is being abused, even if it turns out you were wrong.

Depending on where you live, this could be your local child protection office or the police.

If you have harmed your child, or think you might harm your child, get help. Here are some places you can go for help:

- your family doctor or public health nurse;
- family resource centres;
- local child protection services;
- local public health department;
- parenting programs;
- parenting resources, like booklets; or
- organizations that help immigrants and newcomers.

See page 45 for “Who can help?”

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Sexual abuse



Kate watched the kids climb the play structure in the late autumn sunshine. It was good to see Michael laughing again and joining in the games. Her heart went out to him. The last year had been so difficult. When he had first come to her pre-school daycare, she had thought of Michael as shy and quiet. However, after a while, she had started to wonder if something was going on. Little remarks he had made suggested he knew more about sex than most kids his age. When some of the children had told her that Michael was touching their private parts, she had started to worry. But when Michael also complained that it hurt to go to the bathroom, she had quickly put two and two together. Kate had known right away that she had a duty to report the situation, even if she was worried about where it might all lead. What would it mean for Michael? And for his family? Even for her business? In the end, the authorities had discovered Michael's uncle had sexually abused both Michael and his older brother. The investigation was hard for the family and for everyone involved. But the children were safe now and receiving counselling. She feels a lot of hope for Michael. She believes that he will learn to feel good about himself again and build a new sense of trust.

What does it look like?

All sexual contact with anyone without consent is a crime called sexual assault. This includes sexual touching. The *Criminal Code* contains many offences that protect children from sexual abuse, which happens when a person takes advantage of a child for sexual purposes. It does not always involve physical contact with a child. For example, it could happen when an adult invites a child to touch herself or himself sexually or attempts to lure a child over the Internet for sexual purposes.

Sexual contact between an adult and a child under 16 is a crime. In Canada, the general age of consent to sexual activity is 16 years, but there are some exceptions if the other person is close in age to the child. The age of consent is 18 years in some circumstances, for example, where the sexual activity takes place in a relationship of trust, dependency or authority or where the relationship is exploitative of the child. A person of authority or trust could be a parent, step-parent, grandparent, older sibling, teacher or coach.

What can I do?

If you know a child who is being sexually abused, report it to the police immediately. In an emergency, call 9-1-1.

Teach your children about personal safety and how they can stay safe. For more information, please see "10 places to go if you don't feel safe at home" at the back of this book.

Every province and territory has a law that says that any person who believes a child is being abused must report it. You will not get in trouble for making the report if you have reason to believe a child is being abused, even if it turns out you were wrong. If you have questions about how to recognize child sexual abuse, here are some things you can do:

- Call your local child protection services.
- Talk to a nurse, social worker, doctor or teacher.
- Call the police.



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Emotional abuse



Nora knew she had to speak to her sister, Irene, again. She could see that Irene's son Patrick was always on edge. His father, Sean, showed little interest in Patrick, except to criticize him. When it came to Patrick, the words "stupid" and "weakling" slid easily off Sean's tongue. Nothing Patrick could do would meet his father's standards. His school grades weren't high enough, his hockey game was poor, and his friends were lazy. On the other hand, their older son, Ryan, received nothing but praise. Nora wondered why her sister went along with this. Maybe Irene was too busy trying to meet her husband's expectations herself to see what was going on with her son. Patrick was either invisible or a problem. No wonder he was still wetting the bed! Nora had spoken to Irene, but her sister had quickly changed the subject. "It's not that serious," she had said. "Patrick needs to be tougher." Nora wondered how she could find the right words to break through to Irene. She had picked up some pamphlets about child abuse at the community centre. Perhaps she could use them to start a conversation about their own father's harsh behaviour. Maybe if Irene could remember the pain of that old abuse, she could find the strength to get some help for herself and for Patrick.



What does it look like?

Emotional abuse happens when a person uses words or actions to control, frighten, isolate, or take away a child's self-respect and sense of worth. Emotional abuse is sometimes called psychological abuse. It can include:

- putting a child down or humiliating a child;
- constantly criticizing a child;
- constantly yelling at a child;
- threatening to harm a child or others;
- keeping a child from seeing their family or friends without good reason; or
- threatening to move a child out of their home.

Some forms of emotional abuse are crimes in Canada, including:

- threatening to harm a child;
- threatening to harm another person;
- threatening to destroy the child's personal property;
- threatening to hurt the child's pet;
- harassing the child on the telephone;
- deliberately intimidating a child; and
- advising a child to commit suicide.

Other forms of emotional abuse are not crimes, but they are still very serious. The provinces and territories also have laws that protect children from emotional abuse. These laws protect children even if the type of abuse is not a crime.



(continued)

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Children who see or hear family violence

Children can also suffer emotional abuse from seeing or hearing violence between other family members. Even if they don't see or hear the violence, they can be affected by seeing the results of the violence. It can be very hard for children to see or hear family violence even if they are not being physically hurt themselves. They will probably feel scared and insecure.

What can I do?

Every province and territory has a law that says that any person who believes a child is being abused must report it. You will not get in trouble for making the report if you have reason to believe a child is being abused, even if it turns out you were wrong.

If you believe that a child you know is being emotionally abused, you can:

- Call your local child protection services.
- Talk to a public health nurse, doctor, social worker or teacher.
- Call your local help line.



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Neglect



Nikhita shivered as she removed her winter coat and wrapped it around little Olivia. She turned the car heater to high as she helped the seven year-old into her car and called 9-1-1 on her cell phone. Nikhita had stayed into the evening at the school to mark exams. It had been snowing for hours when she came out, so she was shocked to find her young student huddled beside her car in the parking lot. The girl's hair and sweater were glistening with snow. Her voice was barely a whisper when she told Nikhita that no one was at home and her house was locked. No, she didn't know where her parents were. Olivia had only been at the school for a month, but Nikhita had already expressed her concern about the girl to the principal. She looked tired all the time and rarely brought a lunch to school. Now that it was winter, it was clear that she didn't have a winter coat or winter boots. The other kids had sensed Olivia was unprotected and taken to teasing her. Nikhita knew the principal had tried calling the girl's parents, but hadn't got through. Clearly, the time had come for stronger measures. It would be up to the police to figure out what was going on at home. This kind of neglect was too much. Olivia and her family needed help. Nikhita put her arm around the little girl to keep them both warm as they waited for the ambulance to arrive.

What does it look like?

Neglect happens when a parent or guardian fails to meet a child's basic needs. Sometimes parents neglect their children on purpose. Sometimes parents don't mean to neglect their children, but they have so many problems themselves that they can't look after their children properly. Neglect can include:

- not giving a child proper food or warm clothing;
- not providing a child with a safe and warm place to live;
- not making sure a child washes regularly;
- not providing enough health care or medicine;
- not paying any attention to a child's emotional needs;
- not preventing physical harm; and
- not making sure a child is supervised properly.

Sometimes, neglect can hurt just as much as physical abuse. Some forms of neglect are crimes in Canada. For example, failing to provide the necessities of life and child abandonment are crimes. The provinces and territories also have laws to protect children from neglect. These laws protect children even if the type of abuse is not a crime.

What can I do?

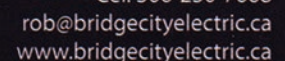
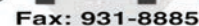
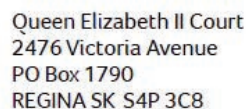
Every province and territory has a law that says that any person who believes a child is being abused must report it. You will not get in trouble for making the report if you have reason to believe a child is being abused, even if it turns out you were wrong. If you believe that a child you know is being neglected you can:

- Call your local child protection services.
- Call the police.
- Talk to a public health nurse, doctor, social worker or teacher.
- Call your local help line.
- In an emergency, call 9-1-1.

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When a parent abducts their child



Most abducted children are taken by someone the child knows. The person who takes them is most often a parent.

Parental child abduction happens when one parent takes a child without either the legal right or the permission of the other parent. Parental child abduction is a crime in Canada. An exception may apply when a parent takes the child to protect them from immediate harm.

What to do if you are afraid the other parent may abduct your child:

- Contact a lawyer.
- Contact your local police.
- Keep records of all important information about your child and store it in a safe place.
- Keep a copy of your parenting or custody order or agreement with you.
- Ask your local passport office to add your child's name to the Passport Control List.
If your children are citizens of another country, contact that embassy or consulate to ask them to refuse passports for your children.
- Talk to your child about using the phone and explain how your parenting or custody order or agreement works if you are separated or divorced.
- If it is safe to do so, try to maintain good relations with the other parent and any extended family.
- Keep photos, recordings or other proof of the family violence.

If your child is abducted:

- Contact your local police immediately.
- If you are out of the country, make sure to report the disappearance to the federal government's Consular Services at **613-996-8885**. You may call collect, where available.
- If you are inside Canada and you think your child is outside Canada, call the federal government's Consular Services at **1-800-387-3124 (TTY 613-944-1310 or 1-800-394-3472)** or go to <https://travel.gc.ca/>.
- Contact a child search organization in your province or territory and register your child as missing.

What can I do?

For more information:

- Visit the Royal Canadian Mounted Police (RCMP) site at www.rcmp-grc.gc.ca and search for "Our Missing Children."
- Visit the Global Affairs Canada website at <https://travel.gc.ca/>, and look under "Publications" for a booklet called "International Child Abduction: A Guidebook for Left Behind Parents"

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Violence based on “honour” happens when family members use violence to protect family honour. The victim is usually female. The victim has behaved in ways that the family believes will bring shame or dishonour. For example, the family might not approve of:

- dating or talking to boys;
- having sexual relationships outside of marriage;
- wearing what they believe is the wrong clothing; or
- refusing a forced marriage.

The family members believe that using violence will bring back the family’s reputation. The types of violence the family uses can include:

- beatings;
- forced confinement;
- threats;
- counselling suicide; and
- killing.

These actions are crimes.

If you know a child who is afraid for their safety because of family honour, contact the police.

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Underage and forced marriage



Marriage in Canada

Canadian requirements for a valid marriage include that:

- Both people getting married must give their free and enlightened consent to the marriage.
- Both must be at least 16 years old.
- Neither of them can be married to anyone else.

Forced marriage

A forced marriage occurs when a person does not want to marry, but is made to marry by someone else. It is not the same as an arranged marriage, where both people consent to the marriage.

Family members might believe that the marriage is the right thing for the person and for the family. Sometimes they will even use physical violence, threats of violence, abduction, forced confinement or emotional abuse to force someone to marry. But forcing someone to marry against their will is a crime in Canada. It is also a crime to take a person under 18 years of age out of Canada to force them to marry in another country. Some tactics used to force a person to marry are also crimes - for example, threats and violence.

If you or someone you know is being forced to marry, tell someone you trust or contact the police or a social worker. You may want to ask them about applying for a peace bond to prevent the marriage from taking place. You can also call the police if you suspect that you or someone you know will be taken out of Canada and forced to marry in another country. You can find more information on steps you can take to protect yourself from being forced into marriage on Global Affairs Canada's forced marriage webpage or by calling 1-800-387-3124. That webpage also has a directory of services that may include places to get help in your province or territory.

Underage marriage

Canadian law requires anyone getting married to be 16 years old or over. This minimum age also applies to anyone who is ordinarily resident in Canada where the marriage takes place outside Canada, in person or by telephone or proxy. It is a crime in Canada to celebrate, aid or participate in the marriage of a child who is under 16 years of age, even if the child agrees to be married. It is also a crime to take a child under 16 who

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ordinarily lives in Canada, to another country to be married. If you know a child under 16 who will be married in Canada or taken to another country to be married, call the police or a social worker.

Polygamy

Canadian law permits two people to marry each other. It is a crime in Canada to marry a person while you or they are married to someone else. If you are married to one person, you cannot marry another person until you take legal steps to end your marriage through divorce or are widowed. Practising polygamy, which means knowing that you are involved in a form of marriage that involves more than two persons at the same time, including a religious marriage, is a crime in Canada.



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Signs of abuse



Do you think that a child you know is being abused? Some signs to watch for include:

- unexplained bruises, cuts, burns, scars, sprains or broken bones;
- frequent “accidents” with questionable explanations;
- major changes in behaviour;
- exposure to family violence;
- running away from home and not wanting to return;
- repeatedly sick;
- sudden weight loss or weight gain;
- increased social problems at school; and
- unusual knowledge of sexual behaviour for the child’s age.

These things can have other causes, but they may be signs of child abuse. If you have reason to believe that a child is being abused, you have a duty to report it.

How do I report abuse?

Every province and territory has a law that says any person who believes a child is being abused must report it. You can call the police or your local child protection office. We all have a role to play in stopping child abuse. We need to be alert to the signs of abuse. Friends, family and professionals all need to do their part.

Call the police

You can call the police if you believe a child is being abused. The police will come and help. Many police officers are trained to deal with abuse in families or relationships. Some have special training to deal with child abuse. **Call 9-1-1 in an emergency.**

The police may arrest the person who abused the child if they believe that person has broken the law. If this happens, the abuser may stay in jail for a few hours before a bail hearing. It’s possible they may stay longer, if the judge decides that would be better. If you are afraid for your safety or a child’s safety, ask the police or victim services to let you know before the person is let go. Be sure the police know how to contact you.

For more information on what a crime victim needs to know about the criminal justice system, visit the Government of Canada’s website at <http://www.victimsmatter.gc.ca>.

Contact your local child protection office

You can call your local child protection office if you believe a child is being abused. You will not get in trouble for making the report if you have reason to believe a child is being abused, even if it turns out you were wrong.



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Who can help?



You are responsible for the safety of your children. If you or your partner is struggling to be a good parent, but you think you could do better, ask for help.

You might want to make a list of places where you can ask for help. The list below can help you find people or groups that might be able to help you with information, support or emergency assistance.

These numbers or links may change. Remember to keep them up-to-date.

Child protection services

For more information about the child protection laws in your province or territory, see *Child Protection Services in Canada* on the Department of Justice site for children and youth at <http://familyviolencehurts.gc.ca>. Your local child protection services office can also give you information about laws in your province or territory.

Global Affairs Canada

For more information about parental child abduction, visit the Global Affairs Canada website at <https://travel.gc.ca>. Look under “Publications” for a booklet called “International Child Abduction: A Guidebook for Left-Behind Parents”.

Department of Justice Canada

Provides links to information about the law in Canada:
<http://canada.justice.gc.ca/eng/index.html>.

Provides information for kids on family violence and the law in Canada:
<http://familyviolencehurts.gc.ca>.

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Effects of child abuse



12 Long and Short-Term Effects of Child Abuse

Child abuse and neglect are serious health problems that can have detrimental long-term and short-term effects on victims. Child abuse includes all types of abuse and neglect toward individuals under the age of 18 by a caregiver or adult in a mentorship role. This can include sexual abuse, physical abuse, emotional abuse, and neglect.

Unfortunately, victims of child abuse may also face a greater risk of becoming abusers themselves later in life. That's why it is important to recognize the effects of child abuse and to report signs of abuse and neglect whenever you see them.

Child Abuse and Neglect: 6 Long-Term Effects

Physical, psychological, and behavioral consequences are the three main long-term effects many child abuse victims suffer from. Even years after the abuse ends, victims can still find themselves dealing with the long-term effects of the physical, emotional, or sexual abuse they faced. This impact can even span generations if the victim is unable to seek treatment and prevent the cycle from repeating with their own children.

1. Physical Health Problems

While some long-term effects of child abuse occur instantly, such as brain damage from head trauma, others can take months or years to become detectable. Child abuse victims face a higher risk for a variety of long-term or future physical health problems, including:

- | | | |
|-----------------|-----------------------|-------------|
| • Malnutrition | • High Blood Pressure | • Arthritis |
| • Cancer | • Bowel Disease | • Diabetes |
| • Heart Disease | • Lung Problems | |



Victims of child abuse and neglect are also at risk for stunted or improper brain development. Regions of the brain, including the amygdala, which plays a large part in processing emotions, and the hippocampus, which is critical for learning and memory, are negatively affected by child abuse and neglect. However, with the help of treatment and intervention, it is possible to help these areas of the brain recover.

2. Substance Abuse

Children with parents who struggle with substance abuse face a greater risk of experiencing abuse or neglect. It also increases their risk of turning to drugs and alcohol as a coping mechanism for themselves when they grow older. One long-term study that followed child abuse victims until they reached 24 found that suffering from physical abuse during the first five years of life is strongly linked to developing substance abuse later in life.

Unfortunately, victims of child abuse and neglect are more likely to become abusive to their own children. Seeking treatment for substance abuse is imperative to breaking this cycle of abuse and neglect.

(continued)



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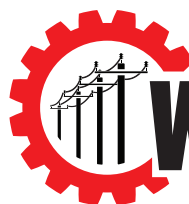
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(continued)

3. Juvenile Delinquency and Criminal Acts

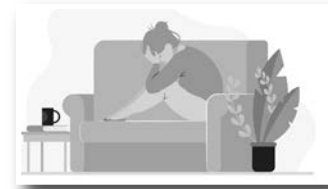
According to research funded by the (US) National Institute of Justice, victims of child abuse and neglect are more likely to develop antisocial behaviors and associate with others that display these antisocial tendencies. Several other studies also found evidence supporting the information researchers funded by the National Institute of Justice uncovered.

The study also found that child abuse and neglect affected males and females differently. Females tended to internalize their behaviors, resulting in anxiety or social withdrawal. Males, on the other hand, displayed externalizing behaviors such as bullying or aggression. This behavior followed them into adulthood.

4. Psychological and Behavioral Issues

Experiencing child abuse and neglect is also a risk factor for developing psychiatric disorders such as:

- Depression
- Post-Traumatic Stress Disorder
- Anorexia or Bulimia
- Behavioral Disorders
- Anxiety



Research on childhood trauma and its effect on the brain suggests that stunted or impaired brain development from abuse may play a part in leaving victims vulnerable to these disorders. One study also found that adults with major depression who were also victims of child abuse and neglect responded less effectively to antidepressant treatments. Some studies also found that victims of sexual abuse were more likely to become obese when they grew older.

While experiencing child abuse and neglect does increase your chances of experiencing these issues, that does not mean that you are destined to struggle with them for the rest of your life.

5. Impaired Cognitive Skills and Executive Functioning

Child abuse and neglect can disrupt brain development, resulting in an impairment of the brain's executive functions. These functions include working memory, self-awareness, planning, and problem-solving. This damage can result in:

- Learning Disabilities
- Poor Grades
- A Higher Chance of Dropping out of School



These unfortunate short-term effects can have a drastic impact on a child's future education and career prospects.

6. Direct and Indirect Costs to Society

Abuse and neglect have far-reaching consequences that do not stop at the victim. Society, as a whole, also suffers from the effects of long-term child abuse.

In 2015, the (US) Center for Disease Control found that the total lifetime economic burden of child abuse and neglect added up to \$428 billion. Direct costs, such as hospitalizations and foster care payments, and indirect costs such as long-term care, factored into this total.

(continued)



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Child Abuse and Neglect: 6 Short-Term Effects

Depending on their age, children who experience abuse and neglect can respond to it in a variety of different manners. Preschool-aged children or toddlers may start bed-wetting and displaying signs of severe anxiety. Elementary school kids might have low grades or very few friends. Some teenagers experiment with drugs and alcohol or fight with their family members.

1. Depression and Anxiety

Teenage girls have a higher chance of developing depression and anxiety from physical, emotional, or sexual abuse. However, a child of any gender or age can experience depression and anxiety as a result of abuse. Feelings of guilt and anger are also common among adolescents.

2. Altered Sleep Cycle

Child abuse victims may also suffer from an altered sleep cycle. Nightmares, sleep disturbances, and hypervigilance can contribute to their sleep problems. These symptoms typically occur in preschoolers.

3. Regressive Behavior

Regressive behavior occurs when a child regresses to an earlier developmental stage emotionally, socially, or behaviorally. Wanting a bottle or pacifier after they have already been weaned off them is one example of regressive behavior. Age regression can occur to people at any age. Children around three to four years of age may also show regressive behavior after witnessing domestic violence.

4. Separation Anxiety Disorder

Preschool-aged children may develop a separation anxiety disorder as a result of abuse and neglect. Symptoms for this disorder include constantly shadowing a caretaker around the house as well as stomach aches and dizziness in anticipation of separation.

5. Low Self-Esteem

Victims of child abuse often develop low self-worth. They may internalize the abuse and believe they caused or deserve it. These feelings of incompetence and shame can carry into adulthood and become long-term effects of child abuse.

6. Engagement in Risky Behaviors

Teenagers may start to engage in unsafe sex or start abusing drugs and alcohol as a result of abuse or neglect. They may also start fights in school or bully others, though this behavior is observed more in boys than girls.



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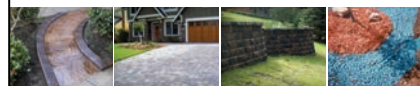
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Defining Child Abuse - A Child who may be in Need of Protection

The Child and Family Services Act provides the mandate for the Ministry of Social Services and FNCFS Agencies to investigate suspected abuse and neglect of children by their parents, guardians or other adults in the household who provide day-to-day care and supervision of the child. Section 11 of the *Act* defines the circumstances in which a child is in need of protection.

The definitions below provide a framework for child protection intervention by responsible agencies and individuals in situations of child abuse. **All** forms of abuse identified are open to intervention according to *The Child and Family Services Act*. Also sexual abuse, sexual exploitation, physical abuse and severe physical neglect are considered to be criminal offences according to *The Criminal Code of Canada*.

Physical Abuse refers to all actions resulting in non-accidental physical injury or harm. This may include non-accidental injury, cruel or excessive corporal punishment (which may or may not cause physical injury), threats of physical harm, dangerous behaviour towards a child or in immediate proximity to the child (e.g., throwing objects, use of weapons).

Sexual Abuse and Exploitation occurs when a child has been or is likely to be exposed to harmful interaction for a sexual purpose by a parent, caretaker, any person in a position of trust and/or any other person. It can include both physical and/or non-physical contact. Examples include engaging a child in sexual acts, obscene acts, taking pictures of a sexual nature, pornography, voyeurism, exhibitionism and threatening sexual assault, as well as the utilization of “grooming”² techniques. Special protections for children being sexually exploited can be accessed under the *The Emergency Protection for Victims of Child Sexual Abuse and Exploitation Act*. Appendix A provides information to explain age of consent for sexual conduct, which generally means age 16, subject to close in age and abuse of authority exceptions.

Physical Neglect refers to acts of omission on the part of the parent/caregiver. This includes failure to

provide for the child’s basic needs and appropriate level of care with respect to food, clothing, shelter, health/medical, hygiene, safety and supervision as determined by the minimum levels of care standards. Parents/caregivers exposing their children to substance abuse, criminal activity or with unaddressed mental health and/or addictions issues fall into this category. Children under 12 committing criminal offences are also considered at risk and may require child protection services.

Emotional Maltreatment refers to both emotional abuse and emotional neglect of the child. Emotional abuse includes excessive and overt rejection, criticism and excessive demands of performance for a child’s age and ability. Emotional neglect refers to the failure of the parent/caregiver to provide adequate psychological nurturance necessary for a child’s growth and development.

Exposure to Domestic or Interpersonal Violence refers to a child living in a situation where there is interpersonal violence, including children witnessing, hearing or being aware of violence perpetrated by one adult figure against another adult figure, or against another child. Such situations may put the child at risk of physical, emotional or mental health harm.

Failure to Provide Essential Medical Treatment refers to a parent or caregiver failing to provide essential medical treatment or to remedy a mental, emotional or developmental condition of a child. This includes parents/caregivers who have children with mental health and/or addictions concerns that are not being treated.

Certain unlawful practices are also considered a physical, sexual, or emotional abuse of children under Canadian law, including forced marriage³, marriage under age 16, and female genital mutilation. The reference to “forced” marriage not only acknowledges the lack of consent, but also recognizes that in such circumstances other criminal acts may be committed to “force” the person into the marriage, including threats, forcible confinement, assault, and sexual assault.

² Grooming is defined as deliberate actions taken with the aim of befriending and establishing an emotional connection with a child, in order to lower the child’s inhibitions in preparation for sexual abuse or exploitation of the child.

³ Zero Tolerance for Barbaric Cultural Practices Act. - http://laws-lois.justice.gc.ca/eng/AnnualStatutes/2015_29/page-1.html



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Duty to Report Suspected Child Abuse

The Child and Family Services Act (Section 12, Subsection 1 and 4) states that **every** person who has reasonable suspicion to believe that a child may be in need of protection shall **report** the information to a **child protection worker**, Ministry of Social Services or FNCFS Agency or a **police officer**, and that every police officer who has reasonable grounds to believe that a child may be in need of protection shall immediately report the information to a child protection worker.

The Emergency Protection of Victims of Child Sexual Abuse and Exploitation Act (Section 4, Subsection 1) makes it mandatory for every person who has reasonable suspicion to believe that a child (under the age of 18 years) has been or is likely to be subjected to sexual abuse to report the information to a child protection worker or police officer.

The duty to report **applies** in spite of any claim of confidentiality or professional privilege (e.g., priest, religious clergy, etc.) other than solicitor/client privilege or Crown privilege.

During regular business hours (Monday to Friday 8 a.m. – 5 p.m.) contact your local Ministry of Social Services or FNCFS Agency child protection intake and/or local police to report suspicions or disclosures of child abuse.

Ministry of Social Services Child Protection Lines:

Prince Albert (North)	1-866-719-6164
Saskatoon (Centre)	1-800-274-8297
Regina (South)	1-844-787-3760

Reports **after regular business** hours or on statutory holidays can be made to after hours crisis services or local police. (Contact information for local police can be found on the inside page of your local telephone directory or by conducting a web search on mysask411.com).

After Hours Crisis Services:

Prince Albert	306-764-1011
Regina	306-569-2724
Saskatoon	306-933-6200
Other Communities	Local Police/RCMP

Receiving Disclosures of Abuse from a Child

Regardless of the type of abuse a child reports, all disclosures must be treated in a similar manner. If a child makes a disclosure:

- listen openly and control your reaction;
- reassure the child that he/she is safe and this is not his/her fault;
- do not correct language and let the child report the incident in his/her own words;
- record what the child has reported and your observations; and
- avoid making promises that cannot be kept (e.g., “I won’t tell anyone. I will keep this secret.”)

Reporting Abuse, Neglect, Interpersonal Violence

Time is of the essence in ensuring the safety and well-being of children.

- Report the suspected abuse, observations of suspected abuse and/or disclosure of abuse **immediately** to the closest Ministry of Social Services intake line or FNCFS Agency and/or to police. Do not wait until you have all information before calling to report. Tell the child protection worker or police officer as much information as you know.
- Even if you believe someone else is reporting the situation, you still have a duty to report.
- You have an ongoing duty to report child abuse, even if you know a report has already been made about a child. You must make a further report if there is additional reasonable suspicion that the child is or may be at risk of abuse or neglect. All incidents must be reported.
- If you believe the child or other children must be protected from further abuse, do not contact the alleged perpetrator – this is the responsibility of police and/or the Ministry of Social Services/ FNCFS Agencies.



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What to Report?

Your report should include:

- your name, telephone number and relationship to the child (*this information is confidential and may be provided anonymously; however, if the case is presented to court for a child protection hearing or criminal proceeding, those who identify themselves may be summoned to court*);
- your immediate concerns about the child's safety;
- the child's location, the child's name, age and gender;
- information about the situation;
- information about the family, caregivers and alleged offenders;
- other children who may be affected; and
- any other relevant information.

Two provincial acts that apply to child abuse are:

1. *The Child and Family Services Act* applies to children under the age of 16 and in exceptional circumstances youth ages 16 and 17. Every person who has a reasonable suspicion to believe an individual under the age of 18 has been or is likely to be the victim of child abuse must immediately report the suspicion or disclosure to the Ministry of Social Services, FNCFS Agency or police. Following the report, the child or youth's level of risk and service need will be assessed.
2. *The Emergency Protection of Victims of Child Sexual Abuse and Exploitation Act* applies to children and youth under the age of 18.

As well, *The Criminal Code of Canada* governs situations as it relates to criminal offences perpetrated against children under the age of 18.

If you have doubt about where a report should be made based on the age of the child, a report should be made to both the Ministry of Social Services/ FNCFS Agency **and** Police. These agencies will determine which legislation and investigation procedures apply.

Investigating Child Abuse

After a report is made, child protection staff and police officers are responsible for the investigation of child abuse cases.

Child protection staff will investigate to determine if there are reasonable grounds to find the child in need of protection.

The police investigate to determine if a criminal offence has been committed and if there are reasonable grounds to lay charges under *The Criminal Code of Canada*.

Note: Other professionals play a critical role in assisting with the investigation, supporting the child during and after the investigation, and providing follow-up services.



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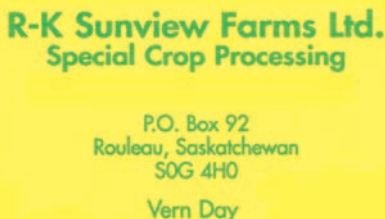
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Child Protection Services

The Child and Family Services Act establishes the mandate for the **Ministry of Social Services** and **FNCFS Agencies** to conduct the following:

- receive and investigate reports of children who may be in need of protection from abuse;
- assess a family's ability to protect the child;
- wherever it is safe to do so, provide support services to children and families which may allow for the child to remain safely in the family home;
- provide out-of-home care where support services to the family cannot maintain the child's safety in the family home;
- provide services to sexually exploited children and youth, according to *The Emergency Protection of Victims of Child Sexual Abuse and Exploitation Act*; and
- share appropriate information with police and those involved in the investigation and follow up as necessary to ensure the child's best interests are met.

A child protection worker will ensure any report received of physical or sexual abuse or severe neglect is reported to police.

Both a child protection worker and a police officer may investigate the **same** report of child abuse or neglect; however, the reasons for investigation can **differ**, and the conclusions of each investigation are independent of the other. Ministry of Social Services or FNCFS workers will investigate to determine if a child is in need of protection from his/her parent or caregiver as a result of their action or inaction; whereas, the police will investigate if a criminal offence as defined by *The Criminal Code of Canada* has occurred. Regardless of whether proceedings are initiated under *The Criminal Code of Canada*, child protection services must make an independent decision regarding the child's need for protection according to *The Child and Family Services Act*. There must be no delay in proceeding with any necessary action to ensure the child's safety.

If the concerns do not relate to actions or lack of action by a parent or caregiver to the alleged victim(s), the Ministry of Social Services/FNCFS Agency may not have a role; however, the matter may still be referred to police services to investigate independently if a criminal offence has occurred.

Police

Local police services and the RCMP are primarily responsible for public safety and have a responsibility to:

- receive reports of a child who may be in need of protection and potential offences against a child;
- provide an emergency response to children who may be in need of protection;
- investigate alleged criminal acts;
- lay criminal charges; and
- provide victim services.

Criminal investigation and public protection responsibilities rest with the police. Agencies participating under the Protocol will report cases immediately to the police to ensure evidence is protected, investigation procedures are followed, and the victim and the public are protected.

The police shall immediately inform the Ministry of Social Services/FNCFS Agency when a child may be in need of protection. This shall occur even if there is a current or ongoing criminal investigation of the perpetrator.

Police and child protection services conduct separate investigations; however, joint interviews of the child victim wherever practical may be conducted to assess/identify both criminal and child protection issues. When the police receive a report of suspected child abuse they will complete their investigation in a timely fashion and determine if criminal charges will be laid against any individual. Similarly, child protection services will complete their investigation in a timely fashion to determine if there is reason to believe that child welfare services are required.



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Victim Services

The Victim Services programs work closely with all police agencies. In cases where child abuse has been reported, Victim Services has a responsibility to:

- provide information on the status of the case to the victim;
- provide support to the victim and his/her family throughout the criminal justice process; and
- refer the victim and his/her family for assistance with other issues related to the case.

These services are provided in order to decrease the immediate and long-term effects of victimization.

Victim/Witness Co-ordinators will provide support to and prepare the child that may have to testify in court.

Crown Prosecutors

The Public Prosecution Division of the Ministry of Justice is responsible for reviewing police investigation files when requested to do so by the police. The prosecutor may also advise when criminal charges should be laid, what the appropriate charges should be, and whether any further investigation is advisable. The prosecutor will prepare witnesses for court appearances to ensure the best evidence available is presented to the court, and refer witnesses to victim/witness services.

The responsibility to assess whether the facts raise criminal law or public protection concerns is a matter for police or the Crown to determine.



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Health

The roles and responsibilities of health professionals including, but not limited to physicians, medical professionals, medical social workers, mental health professionals, addictions workers and public health nurses, are to:

- report suspected cases of child abuse in accordance with *The Child and Family Services Act*;
- report suspected cases of child abuse in accordance with *The Emergency Protection of Victims of Child Sexual Abuse and Exploitation Act*;
- share information regarding the child's needs as required through the investigation, assessment and treatment of the child and the child's family;
- gather and preserve medical and behavioural evidence;
- co-operate with child protection and police by providing information regarding the physical, psychological and behavioural indicators of the reported abuse;
- assess, diagnose and treat any condition associated with abuse or neglect, inclusive of referrals for any subsequent medical care, counseling, treatment or support;
- provide support to the abused child and family during and after the child abuse investigation;
- provide physical and mental health treatment and consultation to victims and perpetrators of child abuse and their families;
- preserve the physical and emotional well-being of the child being examined; and
- provide medical and behavioural evidence, documentation and expert opinion in court proceedings.

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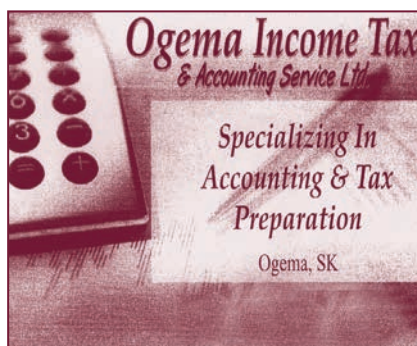
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Kids Help Phone 101

Can I contact Kids Help Phone for support?

Kids Help Phone's non-judgmental, inclusive services are available to young people across Canada. This means they're there for all kids, teens and young adults from coast to coast to coast.

If you contact Kids Help Phone's youth support services as an adult, they'll help you get the support you need. We may refer you to another service — such as Wellness Together Canada or Crisis Text Line Canada (text 741 741), etc.

What can I contact Kids Help Phone about?

You can contact Kids Help Phone for support with any issue on your mind, big or small. You can get in touch about topics like bullying and abuse, friends and family, emotional well-being and more!

Kids Help Phone is there to support your mental health and well-being. While they don't offer things like legal or medical advice, they may refer you to people who can.

What services does Kids Help Phone offer?

Kids Help Phone's e-mental health services include phone and text support. Their one-to-one services are free, available in English and French and open 24/7. Each time you reach out, you'll be interacting with a different counsellor or crisis responder.

How can Kids Help Phone support me by text message?

It can be helpful to chat with someone about what's going on for you without having to say it out loud. Young people can get support via text message 24/7 with Crisis Text Line powered by Kids Help Phone.

When you text 686868, we'll put you in touch with a trained, volunteer crisis responder who will listen to you and help you sort through your feelings. You can use a cellphone to text in at any time.

Your texting conversation with a crisis responder is confidential.

How can Kids Help Phone support me over the phone?

It can be comforting to hear a warm voice on the other end of the line when you need it. Youth can get support over the phone 24/7 by calling 1-800-668-6868. You can call using a landline, cellphone or VoIP service on a computer.

When you call, you'll connect with a professional counsellor who will listen and ask questions to help you navigate through challenges and think about next steps that work for you.

Your phone conversation with a counsellor is confidential and anonymous.

Kids Help Phone is completely confidential - you don't even have to give your name if you don't want to.

1-800-668-6868

Kids Help Phone 

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Rejected:

"They may as well have given me away."

"She must not care about me at all."

"Why didn't he try to protect me?"

Trapped:

"It feels like there's no way out."

"No matter what I do, she hits me. I can't escape."

"I have nowhere else to go - it's living like this or being homeless."

"I feel like I'm walking on eggshells all of the time."

Helpless:

"There's nothing I can do."

"No one will believe me — I'm just a kid."

"How can I stop him? He's bigger than me."

"If only I had the money, I'd run away."

Hopeless:

"It's going to go on forever - or get worse and worse."

"I have nothing to look forward to."

"All I do is try to get through each day."

Worthless:

"If I was normal, he wouldn't be doing this to me."

"I'm so stupid - I can't please anyone."

"No wonder she won't let me in the house - I'm such a mess."

"I'm ruined forever."

Betrayed:

"How can they do this to me?"

"He promised me he'd never hit me again - what a liar."

"She loves using drugs more than she loves me."

If you're feeling any of these things, or even if you just feel confused, talking to a safe adult can help.

You can also call a Kids Help Phone counsellor at

1-800-668-6868.

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Wants versus needs

Parents and caregivers are responsible for meeting their child's needs but not their wants. For example, a warm winter coat is a need, but a trendy winter coat is a want. In other words, parents and caregivers must provide their child with warm winter clothing, but they don't have to provide their child with the particular coat that they want.

Common feelings with abuse

Living with abuse can affect the way you think about yourself, your family and your future. Abuse can trick you into telling yourself stories that are untrue, which can prevent you from getting help.

Abuse can affect the way you feel, too. The emotions caused by abuse can be complicated - you may not be sure what you're feeling. Here are some examples:

Guilty:

"I know it was at least partly my fault."
 "I should've been able to stop it."
 "If only I had helped out more."
 "Why did he hurt my sibling and not me?"

Ashamed:

"It's so humiliating."
 "People will think I'm weird."
 "Everyone will think it's my fault for not stopping it."
 "Our neighbours will look down on my family."

Angry:

"Why me?"
 "Nothing ever goes right for me - this just proves it."
 "I must be being punished."
 "I hate everything."

Afraid:

"If I tell the police, he will hurt me more."
 "Child protection services is going to separate me from my sibling."
 "I'll be placed in a foster home where things will be even worse."
 "I'll never find someone to care about me again."

Confused:

"Maybe the abuse isn't really that bad."
 "Sure, he's violent, but he can also be really nice and fun."
 "I know she loves me - she just doesn't know how to show it."
 "If I don't tell, things will get better."
 "Maybe I'm remembering things wrong."

(continued)

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Abuse in the home

With physical distancing restrictions in place as a result of the COVID-19 pandemic, it's possible that your living space or home is not a safe place for you right now. If you're unable or not ready to leave the situation, it's important to create a plan for your safety, even if only for the short term. Any kind of abuse happening at your home is not your fault and you deserve a safe place to live and grow. You're not alone: if you need someone to talk to, you can contact Kids Help Phone. Emergency services and child protection services are also still available across Canada.



Visit Kids Help Phone online to create a Safety Planner. The online tool will help you make a safety plan.

Notice behaviours

If things have been challenging at home for a long time, the abuser may have specific patterns. Knowing this person's behaviours, routine and warning signs - or things that trigger them - can be important information to help keep you safe. When you notice these behaviours it may indicate to you when it's time to go to a different room, connect with support or leave home if possible.

- **Triggers and behaviours I can be aware of:**

Reduce contact

There are ways to distance yourself from someone in your home even if you can't physically leave. This may include reading, colouring, journaling, watching TV, doing your homework, listening to music or a podcast with headphones, etc. These activities can subtly let those around you know that you're busy or unavailable to engage with them.

(continued)



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(continued)

To create mental space for yourself, you can put headphones on and imagine a wall between you and the abuser. To create physical space, you can move somewhere in your home where you can be alone and close or lock the door, such as a bedroom or a bathroom.

- **Things I can do to reduce contact with someone who makes me feel unsafe:**

Keep track of safe spaces

Leaving your home for a few hours to spend time in a place where you feel comfortable may reduce stress and anxiety. Consider what places you can go to in your community to safely spend time while physically distancing. This may include a library, community centre, place of worship, mall, friend's house, youth shelter, drop-in peer support or mental health resource centre, depending on public health guidelines in your area.

- **Places where I can safely take space for myself:**

Connect with people you trust

It can be helpful to surround yourself with people that make you feel safe - at a physical distance or virtually. Even if they don't know exactly what you're going through, it's important to have people in your life that care about you and support you. If you're comfortable and feel ready, talking to a safe adult about what's happening may increase your support system and help you feel less alone.

You may also want to create a code word with the people you feel safe around to communicate when you need their immediate support. Discuss in advance what action this person will take once you use your code word. This could mean having them come pick you up or having them call emergency services for you.

- **Who I can contact when I don't feel safe:**

- **Supportive services I can contact when I don't feel safe**
(name of service, hours of operation, contact info):

You can use Kids Help Phone's [Resources Around Me database](#) to find additional support services in your area.

Document your experience

Find a private space to keep a record of any incidents of abuse to share with people who can support you. Documenting this information will allow you to more effectively share what you're experiencing and how often it happens. This is especially helpful when reaching out to emergency services or if you need medical attention.

- **What I can say when I contact 911 or emergency services:**

Identify your limit

You're the expert of your own experience. Because you have the best understanding of what your limits are, it's important to reflect on when the abuser's words or actions become too much to handle. It's important to make a plan for what to do if that limit is reached.

- **What my limits are:**

- **What I can do if my limit is reached:**

(continued)



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(continued)

Prepare if you need to leave

Creating a safety plan can reduce stress and help you feel more prepared if/when unsafe things happen. If it's an option for you, you can keep a packed bag somewhere hidden and accessible to you — this could be stored outside the home in your locker at school, at a friend's house, etc. You may want to include clothes, a water bottle, money, prescription medications you may need, phone charger etc. Think about safe places you can go and how you may get there.

- **What I'll bring:**
- **Who I'll tell:**
- **Where I'll go and how I'll get there:**
- **Important numbers:**

Practice self-care

It's understandable if you're experiencing physical and emotional responses as a result of abuse. You may be feeling anxious, angry, depressed, have low self-esteem, physical health issues or feel numb or on edge. It's important to notice how your body is reacting because everyone responds to the impacts of abuse differently. When you can, focus on creating space to connect with yourself and your needs by practising self-care. Some activities that may help include breathing exercises, grounding techniques, exercise or physical activity, practising mindfulness, lighting a candle or using essential oils etc.

- **Ideas to help me cope with my feelings:**

Living with abuse is hard and keeping yourself safe and cared for is important. While the journey is different for everyone, it takes courage to reach out for support. By taking steps to adjust your environment and prioritize your safety, you're strengthening your physical, emotional and spiritual health. Remember that you deserve support and you're not alone.

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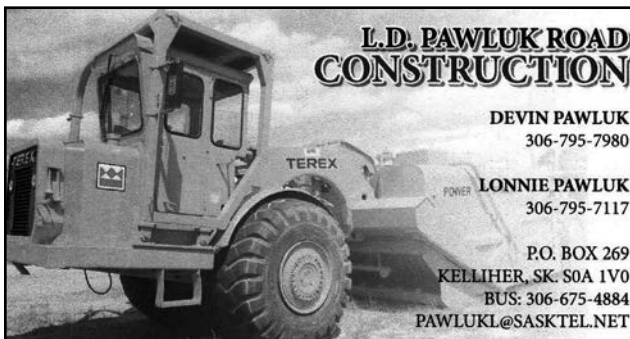
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How to identify a safe adult

Do you need someone to talk to? A safe adult is someone who is accountable, respects your boundaries and doesn't ask you to keep secrets from others. Speaking to a safe adult can help you feel listened to and decide on next steps.

There are many ways to identify a safe adult in your life. A safe adult is:

- **Thoughtful:** the person actively listens to you and believes you when you tell them something.
- **Trustworthy:** the person is dependable, a confidant and someone you feel comfortable talking to.
- **Respectful:** the person is mindful and considerate of your feelings - and your boundaries.
- **Helpful:** the person provides guidance and helps you find solutions to problems.
- **Caring:** the person does what's best for you, puts you first and cares about your mental and emotional well-being and physical safety.

Who is a safe adult in your life? A safe adult in your life may be a relative, friend, teacher, guidance counsellor or anyone else you feel comfortable with and can trust.

**If you need a safe adult to talk to,
you can always call a Kids Help Phone counsellor at
1-800-668-6868.**

kidshelpphone.ca





10 places to go if you don't feel safe at home

Feeling unsafe at home is never OK.

Here are a few places you can go if you need to get away.

Your safety is important. If home isn't a safe place right now, there are other spots in your community you can go.

Check out these places to get a break for a few hours:

- a friend's house
- a youth shelter
- a relative's house
- the mall
- the library
- a park, garden or other public green space
- a community or drop-in centre
- school
- a Friendship Centre
- a playground

If you feel unsafe at home, it's important to tell a safe adult (such as a Kids Help Phone counsellor) about what's going on.

—— If you're in immediate danger, call 911. ——



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SVPW 2020 was held from November 30 - December 6, 2020.

Thank you to everyone who participated and showed the impact that #AllofUs can have.

All of Us... are impacted by violence in some way.

Whether it is our own experience or someone we know, we all have a story. This story could be about family, friends or co-workers. It could be from an experience with strangers or online. This story could be in our home, in a public place, in the work place or on social media.

All of Us... can be part of the solution.

We all know someone who has experienced violence. We may know others who use violence. Together, All of Us can expand our awareness of the impact of violence on people in our communities.

STOPS to Violence is pleased to serve as host for Saskatchewan Violence Prevention Week and look forward to working together with you again!

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Family Violence Quiz



Questions... For ages 13 and up

1.

Jessica and Daniel are sister and brother. Daniel is always calling Jessica names and making fun of her. Every morning, he says “hello ugly” to her and makes vulgar comments about her. He thinks it’s a big joke to snap her bra strap and pull on her underpants to give her a wedgie. On the way to school, he tries to trip her and pretends to push her into the traffic. When friends come over, he points to her and says “that’s my skunky sister”. He never misses a chance to put her down.

☐ YES

☐ NO

2.

Michael was supposed to be home at 10:00 p.m. but arrives at 10:30 p.m. after missing the bus. When he walks into the house, his mother is waiting for him. While Michael believes he has a good explanation for being late, his mother is extremely upset and starts yelling at him, refusing to listen to his explanation. She tells him that he is grounded for two weeks.

☐ YES

☐ NO

3.

When Ella was a young girl, her father would dress her in the morning and touch her in places where Ella thought was wrong. Now that she is a teenager, he still wants to help her get dressed and touches her breasts when he puts on her bra. When she asks him to stop, he says he is her father and it’s just their secret little game. Ella has told her mother but her mother doesn’t seem to believe her.

☐ YES

☐ NO

4.

Robert is watching TV when he hears his mother and father getting into another argument. He doesn’t know how the argument started but hears his father yelling at his mother. This time the yelling gets worse and he sees his father punch his mother in the face. His mother runs into the bathroom and locks herself in to protect herself while his father threatens to kick her out of the house.

☐ YES

☐ NO

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5.

Jane's elderly grandmother lives in the house with her, her brother, her father and her step-mother. Jane's step-mother is always putting down the grandmother – calling her names, ignoring her and sometimes even taking money from her wallet without her grandmother knowing. The step-mother threatens Jane's grandmother that she will kick her out of the house if she gives her a tough time. Jane has told her father but he says he has not seen any problems and his mother has not complained to him.

☐

YES

☐

NO

6.

Whenever Jimmy misbehaved as a young boy, his father would spank him with his hand. Now, instead of spanking him with his hand, Jimmy's father takes a belt or ruler to hit him. It hurts. Jimmy feels powerless and miserable. He has asked his father to stop but his father tells him that this is the only way he learns to behave.

☐

YES

☐

NO

7.

On some days, Alexa has been coming home from school over the past few weeks to find her baby brother Marcus home alone in his crib with a bottle of milk. Many times Marcus' diapers are soiled and the milk has gone sour. When Alexa's mother does come home she explains that she had some errands to do and couldn't take the baby with her but made sure that the doors were locked and that Marcus had a bottle in the crib in case he got hungry.

☐

YES

☐

NO

8.

Sabrina's parents are divorced and she lives primarily with her mother but visits her father every second weekend. She loves both her parents but she has always been afraid of her dad. He used to yell at Sabrina and beat up her mom when he got drunk. Since her parents' separation he has become more aggressive and threw Sabrina down the stairs on her last visit with him. She doesn't want to be alone with him or be with him while he's drinking.

☐

YES

☐

NO

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Family Violence Quiz



Answers...

1.

Yes - this is family violence. Daniel's behaviour includes emotional and physical abuse – both are types of family violence. Although there are no visible bruises or marks, Daniel is constantly putting his sister down and finding ways to intimidate her and be mean to her. Brothers and sisters sometimes tease each other but what Daniel is doing is more than just teasing and it's not acceptable for a brother to treat his sister this way. Daniel is responsible for his behaviour and he should stop emotionally and physically abusing his sister. Jessica should talk to her parents or another adult she trusts.

2.

No - this isn't family violence, but yelling isn't a good way to solve problems. It's an expression of anger, but it's not a crime. Michael's mother could have listened to his explanation and then decided what to do. If the yelling happens repeatedly, it could be emotional abuse and a form of family violence for which child protection workers could become involved.

3.

Yes - this is family violence. It's sexual abuse and it's a crime. Since Ella's mother is not helping her, she should tell another adult what's happening. This is a serious matter involving the breach of a position of trust. Police and possibly child protection officials may become involved and Ella's father may need to seek professional help for his behaviour.

4.

Yes - this is family violence. It's spousal abuse. No one has the right to hit or threaten anyone, including their spouse. Robert's father used violence – he committed the crime of assault. Police in Canada take spousal assault very seriously. In some places programs are available to help the abuser realize the impact of their behaviour and learn how to build a healthy respectful relationship. Sometimes a judge will order someone who has been abusive to their spouse to participate in one of these programs.

Spousal abuse isn't always physical, it can include emotional abuse (like constant put downs or not allowing the other spouse to see friends and family), sexual abuse (making the other spouse do something sexual against their will), or financial (keeping control of the family income and not letting the other spouse have access to any money for things they need). All couples have arguments but when one spouse starts to bully, threaten or hurt the other it becomes abuse. Abuse can also happen without anger or violence (e.g. emotional abuse and financial abuse). Children can be emotionally harmed by seeing or hearing spousal abuse.

(continued)



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5.

Yes - this is family violence. It is older adult abuse. Although there are no visible bruises or marks on Jane's grandmother, Jane's step-mother is abusing her grandmother by calling her names, ignoring and threatening her and stealing from her. Stealing is a crime, even if you steal from a family member. Jane's step-mother must stop what she's doing. If Jane's father won't listen to her, Jane can tell someone else who can try to put a stop to the abuse.

6.

Yes - this is family violence. It's not OK for Jimmy's father to hurt him. Jimmy's father may be trying to teach his son how to behave but his use of force is not reasonable. Physical assault is a crime. Although some parents may use some light physical punishment for the purpose of discipline, such punishment cannot be used on teenagers or children under two years old.

Regardless of the child's age, physical punishment is not allowed to cause harm to the child. Parents can't use objects to hit their children with (like a strap or paddle), or slap or hit children in the head. They aren't allowed to do anything that a court might find degrading, inhuman or harmful (example locking them in their room without letting them use a toilet when they need to).

If a child is punished in a way that harms a child physically or emotionally, child protection workers may become involved.

7.

Yes - this is family violence. It's not OK for Marcus to be left alone. The mother's neglect of Marcus is a form of family violence. This kind of neglect is taken very seriously by child protection workers. Even if Marcus has a bottle to feed him, there is no one there to respond to his emotional needs, physical needs (if he gets sick or chokes) or possible dangerous situations like a fire. Leaving a child under 10 years of age alone in a situation that could cause death or permanent health problems is a crime. Also, neglecting a child under the age of 16 in ways that could cause death or permanent health problems is also a crime.

8.

Yes - this is family violence. Sabrina witnessed spousal abuse and has herself been a victim of physical and emotional abuse. Because what Sabrina's dad did in throwing her down the stairs is a criminal act, she or her mother may want to contact the police. If the police decide to lay criminal charges, the court would likely order that Sabrina not have contact with her dad until the family court had considered what would be best for Sabrina given what had happened.

Even if her dad is not charged, it's important that Sabrina let her mother and others know that she was harmed and is afraid to visit her dad alone. If Sabrina still visits her father, someone should stay with her during the visit.

Separation and divorce can be very difficult for the whole family. You may feel very confused about whether you want to see a parent who was violent towards you or your other parent. You can still love an abusive parent, even though you don't like their violent or abusive behavior. Your parent is responsible for his or her behavior, not you. It's important for you to talk about your feelings and concerns. Abuse is not OK and you have the right to be safe.



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For children and families living on-reserve, child protection services are provided by First Nations Child and Family Services Agencies.

What is child abuse and neglect?

Abuse and neglect refers to circumstances that may be harmful to a child's physical, emotional or psychological health.

- **Physical abuse** — any action, including discipline, causing injury to the child's body.
- **Sexual abuse** — any action involving a child in sexual exploitation or sexual activity including touching, exposure, using a child in the making of/or viewing pornography.
- **Emotional maltreatment** — expecting a child to be able to do things he or she cannot do, embarrassing or insulting a child, making hurtful comments about a child's appearance, intelligence, size, ability, etc.
- **Neglect** — failing to provide a child with enough food, proper clothing, shelter, health care, or supervision.
- **Domestic violence** — exposing a child to a pattern of abusive behaviour or threats of abusive behaviour by one caregiver against another (hitting, kicking, restraining, slapping, throwing objects, intimidation, stalking, etc.).

Factors that can lead to abuse and neglect

Parenting is difficult. Child abuse and neglect occurs across all socio-economic, cultural, religious and ethnic groups. Though certain factors are commonly associated with abuse and neglect, the presence of these factors will not always result in abuse and neglect. Factors may include:

- marital, personal or financial problems;
- alcohol, drug or other substance abuse;
- unaddressed mental health issues;
- lack of a support network (family or friends);
- poor or over-crowded housing;
- lack of knowledge about child development;
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- little or no experience caring for children;
- demands of caring for a child with special needs; and
- being abused or neglected as a child.



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Can abuse and neglect be prevented?

Child abuse and neglect can be prevented by supporting parents to:

- understand what is normal child development and what they can expect at certain ages;
- enhance their parenting skills, including how to use age appropriate discipline;
- learn how to resolve family conflicts;
- learn to cope with stress;
- recognize and seek assistance for drug, alcohol, gambling or other addictions; and
- recognize and seek assistance for mental health and other health related issues.

How can I help stop child abuse and neglect?

As a parent — If you feel unable to safely parent your children, call the nearest office of the Ministry of Social Services.

As a member of the community — If you believe a child may be neglected or abused, you have a **legal responsibility** to report your concerns. You may report them to your nearest Ministry of Social Services office (*north, centre or south regions listed on the back page*), First Nations Child and Family Services Agency or local police/RCMP.

A person reporting suspected neglect or abuse is not required to provide their name.

What happens when I make a report?

Reports of abuse or neglect are investigated by trained, professional staff. If a child is found to be in need of protection, the caseworker has the responsibility to ensure services are provided to both the child and family.

What are the signs a child may be abused or neglected?

There are usually signs a child is being abused or neglected. Signs may be visible, or the child's behaviour may lead to concerns about abuse or neglect. Often, one sign is not enough, but several signs or patterns indicate abuse or neglect. The following chart lists a number of physical and behavioural indicators.



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	Physical Indicators	Behavioural Indicators
Physical Abuse	<ul style="list-style-type: none"> • injuries (bruises, cuts, burns, bite marks, fractures, etc.) that are not consistent with explanation offered • the presence of several injuries over a period of time • any bruising on an infant • facial injuries in preschool children (e.g., cuts, bruises, sores, etc.) • injuries inconsistent with the child's age and development 	<ul style="list-style-type: none"> • cannot recall how injuries occurred, or offers an inconsistent explanation • reluctant to go home • frequent absences from school • fear of adults • may cringe or flinch if touched unexpectedly • may display a vacant stare or frozen watchfulness • extremely aggressive or withdrawn • extremely compliant and/or eager to please
Emotional Abuse	<ul style="list-style-type: none"> • bedwetting and/or diarrhea which is non-medical in origin • frequent psychosomatic complaints: headaches, nausea, abdominal pain • insufficient weight gain or inappropriate weight loss 	<ul style="list-style-type: none"> • extreme withdrawal or aggressive behaviour, mood swings • overly compliant; too well-mannered; too neat and clean • extreme attention-seeking behaviours • poor peer relationships • severe depression, possibly suicidal • running away from home
Sexual Abuse	<ul style="list-style-type: none"> • unusual or excessive itching in the genital or anal area • pregnancy or sexually transmitted infection • injuries to the genital or anal areas (e.g., bruising, swelling or infection) 	<ul style="list-style-type: none"> • age-inappropriate sexual play with toys, self, others (e.g., replication of explicit sexual acts) • age-inappropriate, sexually explicit drawings and/or descriptions • bizarre, sophisticated or unusual sexual knowledge • involvement in sexual exploitation • cruelty to animals • fear of home, excessive fear of adults • depression or other mental health challenges
Neglect	<ul style="list-style-type: none"> • abandonment • unattended medical or dental needs • lack of supervision • hunger, inappropriate dress, poor hygiene • persistent health conditions (e.g., scabies, head lice, diaper rash or other skin disorder) • developmental delays (e.g., language, weight) 	<ul style="list-style-type: none"> • displays fatigue or listlessness, falls asleep in class • steals food • reports that no caregiver is at home • frequently absent or late for school
Domestic Violence	<ul style="list-style-type: none"> • physical injuries (bruising, burns, fractures, etc.) • bedwetting • headaches, abdominal complaints 	<ul style="list-style-type: none"> • aggressive or antisocial behaviours • depression, including suicidal ideation • fearful and withdrawn • frequently absent or late for school • poor social relationships • low self-esteem

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How can I stop child abuse and neglect?

As a parent, if you feel unable to safely parent your child, immediately contact your nearest Ministry of Social Services office.

As a member of the community, if you believe a child may be neglected or abused, you have a legal responsibility to immediately report your concerns.

- Time is of the essence in ensuring the safety and well-being of children. Immediately report all incidents of suspected, observed or disclosed abuse.
- Do not wait until you have all information before reporting the abuse.
- You have an ongoing duty to report child abuse, even if you believe a report has already been made.
- If you believe the child or other children must be protected from further abuse, please contact the police.
- Do not contact the alleged perpetrator.

Reporting concerns of child abuse or neglect is everyone's responsibility. We have developed a short and informative online course that will take you through your duty to report and help stop child abuse and neglect in your community.

Reporting abuse, neglect, interpersonal violence

Report all incidents of suspected, observed, or disclosed abuse to your nearest Ministry of Social Services office, First Nations Child and Family Services Agency or local police/RCMP. To report all incidents of suspected, observed, or disclosed child abuse and/or neglect from anywhere in the province, please contact your nearest 24-hour provincial child protection intake line:

Prince Albert (North) **1-866-719-6164**

Saskatoon (Centre) **1-800-274-8297**

Regina (South) **1-844-787-3760**

For all after hours incidents or concerns, immediately contact your nearest After Hours Crisis Centre:

- Prince Albert – 306-764-1011
- Saskatoon – 306-933-6200
- Regina – 306-569-2724
- Local Police/RCMP in other communities
- a local First Nations Child and Family Service Agency

A person reporting suspected neglect or abuse is not required to provide their name.

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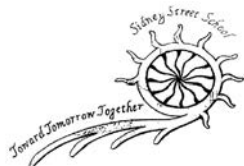
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If it is a police emergency call 911.

Child Protection Services

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Saskatoon (Centre) **1-800-274-8297**

Regina (South) **1-844-787-3760**

National Child Abuse Hotline **1-800-422-4453**

Kids Help Phone: **1-800-668-6868** or Text the word "CONNECT" to **686868**.

Canadian Human Trafficking Hotline: **1-833-900-1010**

Canadian Mental Health Association / Saskatchewan

1-1-800-461-5483

306-525-5601 (in Regina)

Saskatchewan Foster Families Association

1 (888) 276-2880

Saskatchewan HealthLine 811

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Transition Houses

The following women's shelters are funded to provide emergency accommodation and support for women and their children:

Regina Transition House - 306-569-2292

Isabel Johnson Shelter, Regina - 306-525-2141

Wichihik Iskwewak Safe House (WISH)

Regina - 306-543-0493

Moose Jaw Transition House - 306-693-6511

Southwest Safe Shelter, Swift Current

306-778-3692

Saskatoon Interval House - 306-244-0185

Shelwin House, Yorkton - 306-783-7233

Prince Albert Safe Shelter for Women Inc.

306-764-7233

Piwapan Women's Centre, La Ronge

306-425-3900; crisis line - 306-425-4090

Battlefords Interval House - 306-445-2742

Lloydminster Interval Home

780-875-0966

North East Women's Shelter, Melfort

306-752-9455

For further information, please contact:

Provincial Association of Transition Houses and Services of Saskatchewan, Inc. (PATHS)

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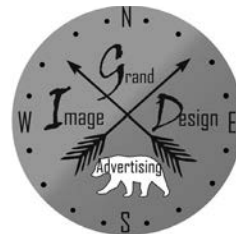


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WHERE TO GET HELP

Family Violence Outreach and Victim Services Programs

Outreach services funded through the Ministry of Justice assist women who may not use a shelter or need help in accessing a shelter or other services. Services may include support to women, children and families to assist victims of intimate partner violence with the goal of empowering victims, ending the cycle of violence and abuse, and educating on abuse.

The following community-based organizations receive funding to provide family violence outreach services.

Family Service Regina Domestic Violence Programs

200-1440 Broadway Ave.
Regina, SK S4P 1E2
Ph: 306-757-6675 Fax: 306-757-0133

Envision Counselling and Support Centre

Estevan, SK S4A 2A5
Ph: 306-637-4004
Weyburn, SK
Ph: 306-842-8821

Family Service Saskatoon Domestic Violence Programs

102, 506 - 25 Street East
Saskatoon, SK S7K 4A7
Ph: 306-244-0127 Fax: 306-244-1201
24-Hour Information Line: 1-888-338-0880

La Ronge Native Women's Council Inc.

P.O. Box 888, La Ronge, SK S0J 1L0
Ph: 306-425-3910

Hudson Bay Family & Support Centre Inc.

P.O. Box 403
Hudson Bay, SK S0E 0Y0
Ph: 306-865-3064

North West Friendship Centre Inc.

P.O. Box 1780
Meadow Lake, SK S9X 1Z2
Ph: 306-236-3766

TFHQ Safe Shelter Inc.

Qu'Appelle Haven of Hope
Box 457, Fort Qu'Appelle, SK S0G 1S0
Ph: 306-332-6881

North East Outreach & Support Services

P.O. Box 2066
Melfort, SK S0E 1A0
Ph: 306-752-9464
Toll-Free Crisis Line 1-800-611-6349

Catholic Family Services of the Battlefords

101 - 1272 101st Street
Battleford, SK S9A 0Z8
Ph: 306-445-6960

PARTNERS Family Services Inc.

P.O. Box 2741
Humboldt, SK S0K 2A0
Ph: 306-682-4135

Battlefords Domestic Violence Treatment Option Court

Battlefords Victim Services
1052 - 101st Street
North Battleford SK S9A 0Z3
Phone: (306) 446-1551 Fax: (306) 446-1638

For further information, you may also contact:

Saskatchewan Towards Offering Partnership Solutions to Violence Inc.

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PS/GE BARGAINING UNIT

Thank you for your service!



SGEU's Public Service Bargaining Unit is pleased to support the important work of the Saskatchewan Federation of Police Officers. Many of our members work as correctional officers, highway patrol officers, young offender workers, deputy sheriffs, correctional counsellors, child protection workers, wildfire fighters, radio operators, and conservation officers, and are proud to provide active support in protecting the people of our province.

