



# How To Be An Ally To Survivors Of **GENDER BASED VIOLENCE**

Gender based violence (GBV) has serious physical, emotional, social and economic consequences. It can be terrifying, dehumanizing and isolating for the person experiencing it, as well as anyone in their life who is trying to support them through it.

**While everyone regardless of age, race, class, and gender can be a victim of abuse, women and children are more likely to experience it.**

**Over one in four women and one in six men in the world experience GBV**

## **LISTEN**

Listen and learn from people with lived experience. This is not the time to tell someone what they need, or what may have worked for others. Every person's journey of leaving violence is different and completely up to them.

***Let them know you will support whatever they want to do, whenever they are ready to do it.***

Be patient! Reassure them that you are a safe, listening ear whenever they need it. Ask: "What do you want to do?" and "What do you need to be safe?"

## **BELIEVE**

Never underestimate how much it can mean to someone experiencing abuse to be heard, believed and have their feelings validated. This may be the first time they are hearing confirmation that what they are going through is not okay. Often abusers will lead victims to believe they are 'imagining it' or 'making it up' and that people won't believe them if they ask for help - this is known as 'gaslighting' and is a common form of psychological abuse.

***Let the person know you hear them, you believe them and you will support them.***

## **ADVOCATE**

If you come across content, such as images or comments, on social media platforms that are harmful or hateful, don't just scroll by, flag the content as inappropriate.

To end gender based violence, we also need systemic change in our society, education and legislature. Add your voice to the fight and help us to influence our provincial and federal decision-makers!

***There are many ways to engage in meaningful local advocacy, some examples: 16 Days of Activism Take Back the Night December 6th Vigil Consent Week***

## **INTERVENE**

Bystander Intervention is an valuable way to support those who are experiencing violence, however, it must be done safely and with the consent of the person you are trying to help. They know their situation and often they may fear for their lives, the lives of their children, or even your safety, when it comes to intervening.

***Determining when to step in, and when to seek outside support, is essential in order to protect everyone involved; a GBV advocate can help with a safety plan which will increase their ability to leave an abusive relationship more safely.***

## **ACT**

Learn about the resources that are available in the community beyond calling 9-1-1 (**kfacc.org can help with that**), and support them in accessing the resources that they are comfortable with. Offer your help in finding an advocate or counsellor. It can be hard to know where to start in the fight to end gender based violence.

***There are many organizations across Canada working every day to support victims and survivors. You can support these organizations by donating money, goods, or volunteering your time.***



**KINGSTON FRONTENAC**  
**Anti-Violence Coordinating Committee**

*working together to decrease domestic and sexual violence*

# **KFACC MEMBERS**

## **Protocol Signatories**

- **Crown Attorney's Office of Kingston & Frontenac County**
- **Family and Children's Services, Frontenac, Lennox & Addington**
- **Kingston Health Sciences Centre Sexual Assault/Domestic Violence Unit**
- **Kingston Interval House**
- **Kingston Police Force**
- **Kingston Probation & Parole Services**
- **Land O' Lakes Community Services**
- **Military Police, Canadian Forces Base Kingston**
- **Ontario Provincial Police, Frontenac Detachment**
- **Ontario Works, City of Kingston**
- **Queens University Human Rights Office**
- **Resolve Counselling Services Kingston**
- **Sexual Assault Centre Kingston**
- **The Salvation Army Supervised Access Program**
- **Victim Services of Kingston & Frontenac**
- **Victim/Witness Assistance Program**

## **KFACC Affiliated Agencies & Groups**

- **Addiction & Mental Health Services KFL&A (AMHS-KFLA)**
- **Centre for Abuse and Trauma Therapy**
- **CFB Kingston Health Services Centre**
- **City of Kingston, Social Services & Housing**
- **Elizabeth Fry Society of Kingston**
- **Integrated Care Hub (Trellis)**
- **John Howard Society of Canada**
- **Kingston Anti-Violence Advisory Council (KAVAC)**
- **Kingston Community Health Centres | Immigrant Services Kingston & Area**
- **Kingston & Frontenac Housing Corporation**
- **Kingston Military Family Resource Centre**
- **Lennox & Addington Interval House**
- **Lennox & Addington Resources for Children**
- **Limestone District School Board**
- **Maltby Centre**
- **Purple Posse**
- **Quinte United Immigrant Services**
- **Sexual Health Resource Centre (SHRC)**
- **St. Lawrence College**
- **Trellis (Formerly HARS HIV/AIDS Regional Services)**
- **Youth Diversion**

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