



**SEE IT.
NAME IT.
CHANGE IT!**

The **See It. Name It. Change It!** campaign empowers individuals to take action against Intimate Partner Violence (IPV) and Gender-Based Violence (GBV) in our communities.

By identifying, calling out, and challenging IPV, we can work together to stop it in our communities.

Think of it like the fire safety rule we all know: **Stop, Drop, and Roll**. It's simple and easy to remember.

When you see intimate partner violence and name it by calling it out, you are already taking the first step toward change.

It's simple. It's powerful.
And it's something we can all do.

Learn More:
www.kfacc.org



HEY KFL&A

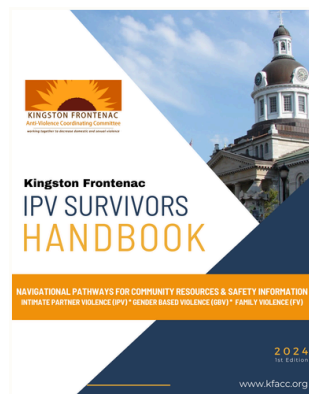


Help Is Available

**The Kingston Frontenac
IPV Survivor Handbook:**
Navigational Pathways for Community
Resources & Safety Information

The IPV Survivors Handbook helps victims/survivors, and their families, navigate the many KFL&A agencies offering services in our community. It contains contact information, important checklists, community resources, navigational paths and safety information.

Access the IPV Survivors Handbook for free from www.kfacc.org or through the QR Code below:



COMMUNITY TIPS FOR EVERYONE

Intimate Partner Violence (IPV)
Gender Based Violence (GBV)
Sexual Assault (SA)



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SEE IT.

What Does Violence Look Like?

Violence is repeated, and unwanted, actions made against someone else in an effort to have power and control over that person.

Violence Can Include:

- Controlling what someone wears and making comments about it
- Keeping the person away from their friends or loved ones
- Having to be with them or to know where the person is at all times
- Damaging personal property or throwing objects at them
- Hitting, slapping, punching, kicking, scratching, pulling hair, etc.
- Refusing medical attention or keeping medication from the victim
- Pressuring or forcing a partner to use substances
- Use of weapons, including improvised objects
- Threats, including threats of suicide
- Name calling and blame

11 Types of Abuse

1. Emotional/Psychological Abuse
2. Physical Abuse
3. Social Abuse
4. Online/Digital/Technology Abuse
5. Sexual Abuse
6. Verbal Abuse
7. Environmental Abuse
8. Religious Abuse
9. Financial Abuse
10. Ritual Abuse
11. Coercive Control

NAME IT.

How Do We Call It Out?

When faced with a situation where you witness behavior that makes you uncomfortable or scared, it's essential to consider your surroundings and your relationship with the individuals involved. Have you already reached out for help? It's crucial to name the behaviour in a way that clearly communicates that it is unacceptable. By taking these steps, you play an active role in challenging and changing harmful behaviour. When you encounter a problematic situation, decide how you are going to respond.

Ask yourself:

- *Is it safe and reasonable to intervene?
- *What actions am I comfortable taking?

CHANGE IT!

End Violence in Your Community

It may require multiple attempts, and unfortunately, it usually takes more than one incident, or one conversation, but once you Name It, the conversation about changing It becomes possible.

Choice is everywhere; know what options are available, where to find resources and information, and who is safe to turn to.

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Help is available, but often folks want to try other things before addressing the issue more formally. That's okay. Any step towards nonviolent choices is a good one.

Some Tips for Changing It!

- Get people involved – influence in numbers
- Don't rant, talk
- Know your limits.
- Practice before talking to someone if that will help
- Ask for help
- Educate others
- Don't talk alone if you don't feel safe. Go with someone else and be the "someone else" for others if necessary
- Know the local resources and be prepared to share information if it's needed
- Listening is always helpful
- Be prepared to call 911 if necessary

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The 5 D's of Bystander Intervention

1. **DISTRACT:** Redirect to de-escalate the situation
2. **DELEGATE:** Get help from someone else
3. **DOCUMENT:** Create a record
4. **DELAY:** Check in later
5. **DIRECT:** Speak directly to the issue

Learn More: www.kfacc.org

