

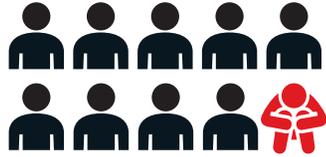
Together we can take responsibility to **KEEP FAMILIES SAFE.**

We know a second and silent wave of impact from COVID is family violence. Learn more about the signs of family violence and easy ways you can help at home, at work and in the community:
preventingcrime.ca/KeepFamiliesSafe

Right now:



1 in 3 Canadians is very concerned about family stress



1 in 10 women is very concerned about family violence



Young women, nonbinary and two-spirit **people between 15–24** are more likely to experience gender-based violence than any other age group



Every day in Waterloo Region

nearly 3 young people find the courage to say they're being abused. **Without support they are:**

30%

30% less likely to finish high school and 4x as likely to report self-harm and suicidal ideation

45x

Boys who are abused by a family member are 45x more likely to perpetrate dating violence as adolescents



seniors

Violence against seniors is also on the rise. In 2019, 1 in 5 women killed by violence was over the age of 65 — the largest victim age group



YOU CAN HELP

- ▶ **Take care** of yourself. Breathe. Go outside. Foster positive routines.
- ▶ **Reach out.** Stay connected to help deal with stress or to break the tension in a home where someone is isolated.
- ▶ **Help.** Offer a meal. Share information about community resources that can help with everything from mental health to food or financial issues.
- ▶ **Know the signs** of family violence like isolation, control, put-downs, injuries or destruction of property.
- ▶ **Ask** "Do you feel safe?" Offer support.
- ▶ **Act** if you or someone needs immediate help.
Contact:
 - ▷ Women's Crisis Services Waterloo Region
 - Kitchener-Waterloo 519-742-5894
 - Cambridge 519-653-2422
 - ▷ Police at 9-1-1 in an emergency
 - ▷ Family and Children's Services at 519-576-0540
- ▶ **Visit** PreventingCrime.ca/KeepFamiliesSafe for more ways you can help or to sign up for a virtual event.

KEEP FAMILIES SAFE
PREVENT FAMILY VIOLENCE IN WATERLOO REGION