

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

We know a silent impact of 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 people in Canada are 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](https://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

A project of the **Waterloo Region**
Crime Prevention Council

