



# Neighbours, Friends & Families

## **Everyone has a role to play in ending intimate partner violence (IPV)**

Neighbours, Friends and Families (NFF) is a public education campaign to raise awareness of the signs of intimate partner violence so that those close to someone at risk or to someone using abusive behaviours can help. It engages the power of everyday relationships to help keep people and their children safe.

You may suspect that intimate partner violence (IPV) is affecting a neighbor, friend, or family member but feel unsure about how to address it or what steps to take. It's common to worry about making things worse or not knowing how to help. The NFF campaign is here to provide the education you need on recognizing and responding to IPV.

### **Our campaign resources and free online training, "Working Together to End Abuse", offers valuable information on:**

- Warning signs
- High risk signs
- Supporting survivors
- Safety planning
- Overcoming your hesitation to help
- Talking with those using abusive behaviours
- Finding help

**Learn more and take action!**

Contact us at [nff@uwo.ca](mailto:nff@uwo.ca) to learn more or to schedule an in-person training.

Visit our website at  
[www.neighboursfriendsandfamilies.ca](http://www.neighboursfriendsandfamilies.ca)

# Warning Signs of Intimate Partner Violence

## SIGNS SOMEONE IS ACTING ABUSIVELY:

- Frequently puts their partner down
- Dominates conversations and speaks for their partner
- Constantly checks on their partner, even at work
- Claims to be the victim despite being disrespectful
- Isolates their partner from friends and family
- Treats their partner as property
- Lies or exaggerates to make themselves look good
- Acts superior to others in the household
- Uses firearms to threaten or intimidate, like playing with a gun during arguments
- Threatens to harm pets or animals to control their partner

## HIGH-RISK IN IPV SITUATIONS:

The risk may be greater if:

- The abusive partner has access to children or weapons
- There's a history of abuse with the current or previous partners
- The abuser threatens harm, saying things like "If I can't have you, no one will."
- Threats are made to harm pets, children, or property
- The abuser has threatened suicide
- Choking or head injuries have occurred
- The abuser is experiencing major life changes (e.g., job loss, depression)
- The abuser believes their partner is unfaithful or monitors their activities
- Daily substance use or disrespect for the law is present

## SIGNS SOMEONE MAY BE EXPERIENCING ABUSE:

- Defends or makes excuses for their partner's behaviour
- Appears nervous around partner
- Frequently sick or missing work
- Tries to hide bruises or injuries
- Cancels plans unexpectedly
- Avoiding friends or family
- Seems withdrawn, lonely, sad, or afraid

## INCREASED RISK FOR VICTIMS/SURVIVORS:

The danger may be greater if the person experiencing abuse:

- Has recently separated or is planning to leave
- Fears for their life or children's safety
- Cannot recognize their risk
- Is involved in custody disputes or a new relationship
- Has limited phone access or lives in an isolated area
- Faces language barriers or legal status issues
- Lacks a support system of friends or family

Access the information that provides tips for talking to a victim/survivor of IPV, safety planning, tips to consider if you feel hesitation to help, and much more.

Visit our website ([neighboursfriendsandfamilies.ca](http://neighboursfriendsandfamilies.ca)) to access resources and take our free online training, "**Working Together to End Abuse.**" This training will equip you with the knowledge and tools needed to support and take action.



## What's a rural/remote community?

A rural community is generally understood to be one with a population of less than 10,000 people. Often, rural communities are also identified by their culture and access to services.

Remote communities are isolated rural communities. Health Canada defines a remote community as one that is at least 350 kilometres from the nearest service centre with year-round road access.

Across Canada, almost **one-third** of people live in rural and remote communities.



## Safety for neighbours, friends, and families

When we work collaboratively in our communities and we see it, name it and check it, we are taking an important step not just to keeping victim/survivor's safe but to seeing, naming and changing intimate partner violence in rural communities: [See it, Name it, Change it](#)



Scan QR code for more detailed information.

## Acknowledgments

We acknowledge the work of Luke's Place in developing its resource on intimate partner violence in rural communities, [Going the Distance](#), from which much of this content is drawn and developed.



Scan the QR code to read [Going the Distance](#).

# Rural Roots:

## Seeing, Naming & Changing Intimate Partner Violence in Rural Communities



## What neighbours, friends and family need to know

Intimate partner violence (IPV) in rural and remote communities can look quite different than it does in urban settings.

**Did you know?** Rural victim/survivors are 30% more likely to be threatened by a firearm than those living in urban areas.

These rural realities must be understood, along with a number of other factors:

- Distance to services may be far
- Little to no public transportation
- Limited range of services
- Limited access to legal advice
- Lack of privacy and isolation is common
- Communication can be a challenge
- Farm animals and pets are common
- Poverty is prevalent
- Guns are an everyday presence



Scan QR code for more detailed information.

## What neighbours, friends and family can do

There are many ways neighbours, friends and family members can support a victim/survivor.

Think of it like this: [See it, Name it, Check it](#)

- [See it:](#) be aware of common warning signs of intimate partner violence so you know it when you see it:



Scan QR code to learn about the common intimate partner violence warning signs.

- [Name it:](#) for what it is, to yourself and to the person you are concerned about
- [Check it:](#) for danger, for yourself and reach out for community expertise

Once you see it, name it and check it, you can think about how you can help.

### Providing Practical Help:

- Gather information about community services for victim/survivors
- Can you provide rides to appointments?
- Can you take care of the children while the victim/survivor goes to appointments?
- Can you help with long-term transportation?
- Can you care for a pet or farm animals if the victim/survivor needs to leave home?
- Can you help store important items such as documents, financial statements and medical records?
- Can you help with finding a lawyer?

## Keeping everyone safe

Victims/survivors need to both be and feel as safe as possible when they are dealing with an abusive partner/former partner. While a safety plan can't eliminate all risks, it significantly reduces future harm.

### Support the Survivor with a Safety Plan:

- Refer them to a community shelter, for counselling and safety planning support.



Scan QR code to find a shelter in your community.

- Encourage the victim/survivor to read this safety planning resource by Luke's Place.



Scan QR code to read the safety planning resource by Luke's Place.

- Can you provide a key to one of your vehicles so they can use it in an emergency?
- Can you put a key to your house in a safe place for them to use in an emergency?
- Connect the victim/survivor with the Luke's Place virtual legal clinic so they can talk to a lawyer and a support worker.



Scan QR code to access the virtual legal clinic by Luke's Place.

- Make sure you keep yourself safe while you are helping the victim/survivor you know who is being abused.

