

## WHAT IS FAMILY VIOLENCE?

Family Violence includes physical, verbal, emotional, financial and sexual abuse, neglect, stalking or being kept from seeing other people in a family or other trusting relationships where people rely on each other.

When someone experiences family violence, their well-being, security and survival are threatened.

Source: [www.alberta.ca/recognize-family-violence.aspx](http://www.alberta.ca/recognize-family-violence.aspx)

## COVID -19 AND FAMILY VIOLENCE

↗ Rates of family violence increase during and following natural disasters, public health crisis and economic downturns. It is important to know where you can turn if you are experiencing family violence during the COVID 19 pandemic.

↗ Help is still available even if you are infected or in isolation.

↗ Isolation is a risk factor for family violence. That's why it's important to stay connected to friends and family, which can be done through phone, text, video chat or social media.

↗ Check in regularly with friends, family and neighbours.

↗ Family violence is a crime. If someone you know is experiencing family violence, reach out for help.

## WHAT YOU CAN DO HOW TO REALTALK

### Recognize

Domestic violence isn't black and white, there isn't a clear list of signs to look for. People experience abuse on a spectrum through many different forms of power and control.

### Empathize

When someone confides in or shares an experience with you, check in with your gut feeling and believe that person. Your response will affect how that person seeks help again in the future.

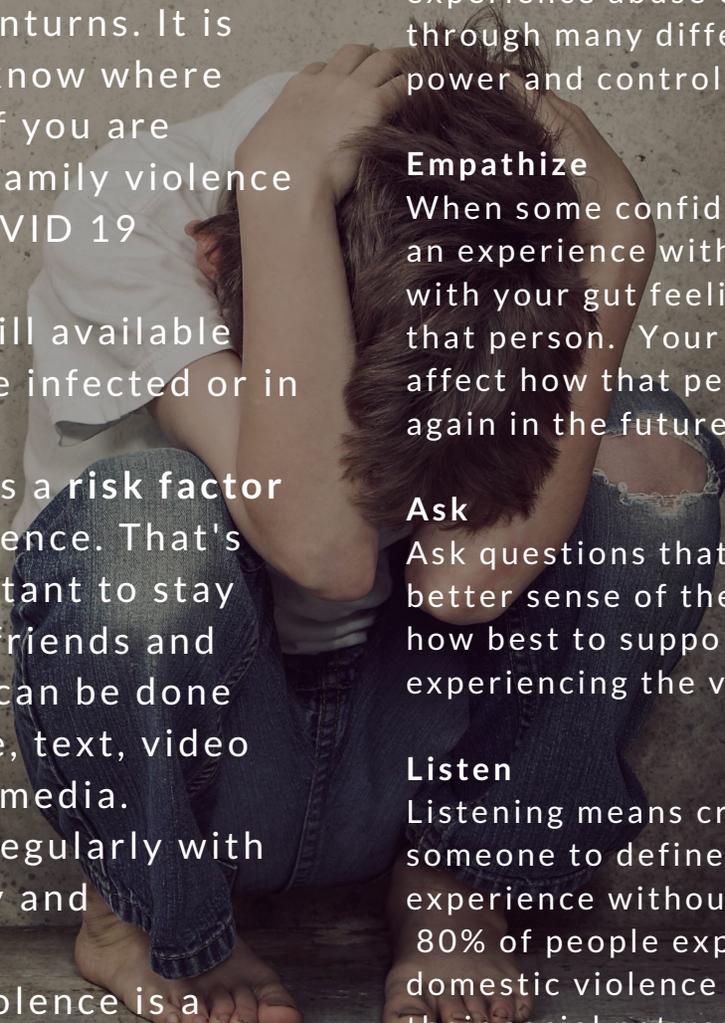
### Ask

Ask questions that give you a better sense of the situation and how best to support the person experiencing the violence.

### Listen

Listening means creating space for someone to define their own experience without judgement. 80% of people experiencing domestic violence tell someone in their social networks first.

Source: <https://realtalk.sagess.org>



## RESOURCES & SUPPORT



Call **911** if someone you know is in immediate danger. Police and emergency responders will continue to respond throughout the pandemic, even to those in quarantine.

If you believe that a child's survival, security or development is at risk, the law requires you to report it. Call the **Government of Alberta's Child Abuse Hotline**, open 24 hours a day: **1 800 387 5437 (KIDS)**

**Family Violence Information Line** offers anonymous support from trained staff in over 170 languages, available 24/7. Call **310 1818**

**Alberta's ONE LINE for Sexual Violence 1 866 403 8000** Phone, text and chat service. Responders help survivors understand where services are located, make a plan of action and provide recommendations for carrying it out.

**Alberta Council of Women's Shelters.** Helps women and children fleeing domestic violence to find a shelter. Call the confidential line at **1 866 331 3933** or visit them online at <https://acws.ca/>

## LOCAL SUPPORTS AND SERVICES

City of Leduc  
780 980 7109  
[www.leduc.ca](http://www.leduc.ca)

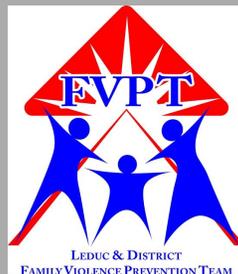
Leduc County  
780 979 2385  
[www.leduc-county.com](http://www.leduc-county.com)

Town of Devon  
780 987 8325  
[www.devon.ca](http://www.devon.ca)

City of Beaumont  
780 929 1006  
[www.beaumont.ab.ca](http://www.beaumont.ab.ca)

Camrose Womens Shelter Society  
780 672 1035  
1 877 672 1010  
[www.camrosewomenshelter.org](http://www.camrosewomenshelter.org)

Rise Up Society  
780 739 7473  
<https://riseupsociety.ca>



**FAMILY  
VIOLENCE  
PREVENTION  
DURING  
COVID-19**

