

WOMEN'S RIGHT TO
BE safe



THE NATIVE COURTWORKER AND
COUNSELLING ASSOCIATION OF BC

Minister of Justice
and Attorney General of Canada



Ministre de la Justice
et procureur général du Canada

The Honourable / L'honorable Rob Nicholson, P.C., O.C., M.P. / c.p., c.r., député
Ottawa, Canada K1A 0H8

JAN 28 2011

Ms. Darlene Shackelly
Executive Director
Native Courtworker and Counselling Association of British Columbia
207 – 1999 Marine Drive
North Vancouver, BC V7P 3J3

Dear Ms. Shackelly:

“The Right to Be Safe - Women’s Resource Guide.”

The Justice Partnership and Innovation Program aims to increase awareness of justice issues, identify innovative approaches to service delivery, and encourage a more coordinated response to emerging justice issues through partnership with organizations in support of innovative projects.


I wish you every success with this project and look forward to learning the results of your work.

Yours truly,

A handwritten signature in blue ink that reads "Rob Nicholson".

The Honourable Rob Nicholson

Canada



*The Native Courtworker and Counselling Association of
British Columbia would like to acknowledge the generous
contribution of the Department of Justice in the funding of the
“The Women’s Right to be Safe” resource guide.*



Brenda Wilson



“My challenge to the people and to the community service providers, is to think about how are we going to keep our loved ones faces off these "Missing Posters". We all need to take on this challenge, to keep everyone safe!”

Brenda J. Wilson is a sister of Ramona Wilson, Aged 16, Her remains were found April 1995, in Smithers, B.C. Every year on June 11, Ramona's birthday, the Wilson family gathers at the site for a memorial, which will continue until the case is solved.

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Carmen Moore

All women and children are vulnerable to violence regardless of their race, culture, ability, age, sexuality, ethnicity, or economic status. Women should always consider the safety of themselves, safety of their families and their communities. This resource guide will provide readers with valuable tools to address the issue of safety in an easy to read format.

Vancouver based actor Carmen Moore has worked in television and film for the past 18 years...most recently known for heading up APTN's (Aboriginal People's Television Network) 'Blackstone' as leading role 'Leona Stoney'.

A WOMENS RIGHT TO BE SAFE

Even if we know our communities are a safe place to live, women are still afraid for their personal safety. Many women avoid going out alone at night as we don't want the anxiety or the risk and many women live with this concern on a daily basis, especially if you work late at night.

Whether women feel safe is most likely determined by their past and present experiences. We may feel less safe in environments such as walking alone, being in parks, taking a bus, travelling alone, or walking alone to our cars. It's unfair. Women should not have to limit or modify their behaviours in order to be safe.

The Women's Right To Be Safe resource guide can be used to enhance your personal safety and can also be used as an opportunity to discuss the issue of violence against women. As women, we are experts in what needs to change in our environment in order to make it safer.

My sincere thanks is extended to the women and men who contributed their time in the devel-

opment of this guide to make our communities safer. Foremost, this guide is dedicated to the memory of all the missing and murdered Aboriginal women throughout Canada.

How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and strong. Because someday in your life you will have been all of these.

George Washington Carver
(1864 - 1943)



Darlene Shackelly

EXECUTIVE DIRECTOR

THE NATIVE COURTWORKER AND
COUNSELLING ASSOCIATION
OF BRITISH COLUMBIA

Please keep this resource guide in your car, in your home or office for easy reference.



Merlyn Horton



Merlyn is the founder of SOLOS, (The Safety Online Outreach Society). She has been researching, studying and investigating the incidences and dynamics of online sexual exploitation. First Nations remote communities are particularly vulnerable to online risks due to the recent rapid introduction of broadband internet access which was made available to 206 communities.

CYBER-SAFE

Cyber Safety

The Internet is the future and is fast becoming an important part of everyone's lives. It is important that you educate and protect yourself and your family on Internet Safety issues, for example:

Privacy:

Be aware of privacy online. Minimize identifying information, even on social networks like Facebook (keep your actual location vague; don't post your full date of birth, or your phone numbers). Use the privacy settings for the social network you use and pick different passwords for each different site or service you use.

Having fun on sites such as Facebook, MySpace and YouTube can also serve as a birthplace of bad and damaging rumours.

A disheartening fact is that removing images from the internet is difficult. Not every fact that appears on the Internet is destructible. If, for example, you are identified in an official court record or a newspaper article, you are out of luck.

You should also be aware that if you are applying for a job, many employ

ers use sites such as Facebook to check if you are a good candidate for their organization.

Frauds and Scams:

Be wary of strange offers online: remember the old saying "if it looks too good to be true it probably is". If you are asked via e-mail for money



Parent Awareness

- **FRAUDS AND SCAMS**

If it looks too good to be true it probably is.

- **PRIVACY**

Minimize identifying information as much as possible and vary passwords.

- **PEOPLE**

Use caution when talking to or meeting new people online.

See next page for a guide that any parent can utilize with their children and teens on internet usage »

CYBER-SAFE » CONTINUED

by someone you know, make sure you talk to them in person before sharing any banking or personal identification numbers. Look out for other banking type scams known as "phishing" (use Google or another search engine to double check anything suspicious).

People: If you agree to meet up with someone you only met online, be sure to take a friend with you and tell someone of your plans. Don't be unkind online as it can

rebound on you; likewise, if you encounter others being mean, ignore or block them instead of engaging with them. If you are a youth and you see something that disturbs you online, tell a trusted adult. Generally, be "street smart" and skeptical of people you don't already know.

Be aware of recruitment into the sex trade via online classifieds (Craigslist, Kijiji, etc). Gangs and recruiters have been known to use online tools to lure young women (and men) into dangerous situations. Don't talk about sex with anyone online.

"What may seem harmless and fun on Facebook, MySpace or YouTube can potentially hurt your reputation in the future, for example, friends uploading or tagging pictures of you in an intoxicated state, or posting malicious remarks about other people in detail and by name."





Internet Safety Tips for Parents

Listed below is a guide that any parent can utilize with their children and teens to come to an agreement on how they use the internet. This is a written tool that reinforces the promise that you really care for them.

The Promise

1. I promise to never give anyone my name, address, telephone number, alias, computer password, photograph or any other personal information such as my age, gender, school or town on the Internet, via cell phone or through a console without my parent or guardian's consent.
2. I promise to stay out of all chat rooms and websites that are not first approved by my parent or guardian. I will never enter a private chatroom with someone I don't know.
3. I promise to tell my teacher, parent or guardian if I see any bad language, pictures or anything that disturbs me, or makes me feel uncomfortable or nervous on the Internet.
4. I promise to tell my teacher, parent or guardian right away if someone I don't know sends me pictures or invitations to meet through the web, a cell phone or a console.
5. I promise to never send anyone my picture or a video of me without first getting approval from my parent or guardian.
6. I promise to never meet with anyone that I am introduced to through the Internet without first telling my parent or guardian and getting their consent.
7. I promise to only be online during the times that I have pre-arranged with my parent or guardian. If I have a webcam, I promise to keep it covered except when I am specifically allowed to use it.

SOURCE: The York Regional Police Force Child Protection Team



Thom Swan



"I would have to say that during my 26 years of service in the RCMP, the most difficult part of my work was having to notify family that their loved one was never coming home".

Retired Insp. Thom Swan

YOUNG WOMEN SAFE

It's great to unwind with friends, to celebrate a special occasion, or attend a party, but be careful, especially late at night. When alcoholic drinks are involved, things can easily become unclear and confusing. Have your game plan ready. Know where your buddies are at all times, and be aware of your surroundings.

Eat a full meal before going out. By eating a full meal, you are playing it smart especially if you plan on drinking. Try to eat 30 minutes to an hour before as food slows the absorption of alcohol. Drinking on an empty stomach is a recipe for disaster.

Please don't rely on your friends to get you home. What happens if a friend decides to leave the club or party with someone else? How will you get home?

Many women have been raped and killed after leaving a club or party because they caught a ride with the wrong person. Please don't leave yourself vulnerable. It's not worth the risk.

If you get mad at someone, do not wander off alone. You are safer inside than alone on the street.

Always have enough money for a cab, or keep phone numbers of a

close friend or family member who can pick you up.

Date Rape Drug Prevention

Never accept an open drink from someone you do not know well.

Drinks should never be left unattended, not even for a minute.

Be alert to your friend's behaviour. If someone seems extremely intoxicated after only consuming a small amount of alcohol they may be in danger. Symptoms include quick



Buddy System

“The Buddy System” is a procedure in which two people operate together as a single unit so that they are able to monitor and help each other.

The main benefit of the system is improved safety; as each may be able to prevent the other becoming a casualty or rescue the other in a crisis.

YOUNG WOMEN **SAFE**continued

intoxication, impaired judgment and co-ordination, dizziness, hot/cold flashes and memory loss.

Be a Good Samaritan, never leave or ignore your friend who appears to be severely intoxicated by themselves. Even if you see a stranger who appears this way, inform the staff of the club or someone at a party. Intoxication is a major cause of rape at clubs and parties.

Check out the club or party before you go there. Do they have a reputation for drugs, gangs or violence? Find somewhere else to go; it's not worth the risk.

Make sure the club isn't overly crowded. You should have room to

move around comfortably. Check out the sprinklers on the ceiling.

Most towns have strict rules as to how many people are allowed in the building at one time. If a fire broke out, trying to escape from an overcrowded bar would be a life threatening experience.

Does your parent or friend ever say "call me when you get home", as you head out for a date, to a club, to a party, or anywhere else alone at night? Check in with family or your "buddy system". Always make sure they know where you are and when you plan to be home. You never know if the date will turn out alright or not. You might have to



call someone to pick you up. Start this habit now so that someone will notice if you don't come home when planned.

Break away from physical attack

The key to protecting yourself is to escape any possible aggressive action. If there is no escape route, you may have to take a stand against someone who is trying to cause you physical harm. This reference is given only when you have no alternative or exit.

If you are confronted by someone who is determined to cause you harm, you have already decided you

must take action. You will feel an adrenaline rush which is normal. Don't dismiss this feeling, use it in the form of mental anger and think to yourself "how dare this person have the nerve to cause me harm."



Date Rape Drugs

"Club Drugs" is a term used to describe a wide range of drugs used at raves, concerts, clubs, bars and parties. These drugs are normally made in illegal laboratories, with the exception of Rohypnol and Ketamine. They are often made with or combined with other drugs or chemicals, making their effects unpredictable.

The most common drugs are:

- Ecstasy
- BZP
- Ketamine
- Crystal Meth
- GHB
- Rohypnol
- Cocaine

For more information visit:
<http://getuponit.ca>



WOMEN'S RIGHT TO
BE safe

Remember; present yourself as a tough target. Your primary concern must be your mind set that you can - and will - do whatever is necessary to prevent becoming a victim.

Turn your body slightly to effect your foot forward and rear foot slightly behind. This will keep your weight balanced. You now have controlled anger. This is a combination of fight AND flight response. Your objective is to push your attacker off balance or to break their grip on you, and run as fast as you can. Draw attention to

yourself by screaming and head to someplace safe.

The key to being in control of your life is to decide that you are worth it and you will do what ever is necessary to anyone who attempts to cause you personal harm.

Women have amazing intuition that warns them when they are in danger. Unfortunately, many women ignore this feeling. Remember, it's the ache or butterflies you get in your stomach when you know something is not quite right.





You Never Know Who is Behind the Wheel

Deciding whether or not to hitchhike should be simple – **Don't.** If you are still not convinced, note the following:

- Stay away from drivers who appear to be drinking, tired or on drugs.
- Never get into the rear seat of a two-door vehicle. (Do not cut off your exit.)
- Never get into a van.

- Never sit between two people. Your access to the door and window is cut off.
- Trust your instincts. If something tells you not to get into the car, don't.
- Never hitchhike at night.
- Don't wear anything revealing.
- Look and act confident - people with bad intentions tend to look for potential victims, not fighters.
- When going towards your ride, try to memorize the license plate - and use your cell phone to send it to a friend.
- Find out where they're going before you volunteer where you're headed - it gives you time to check them out and decline the ride if you don't like the look of them, because it is your right to say no.
- Make sure your doors stay unlocked.
- Never fall asleep in someone's car - always stay alert.



Intuition tells you how to flee a place or person. Listen to your inner voice.





REACHING OUR GOALS



Monica is from the Nooaitch First Nations, near Merritt, BC.

Colleen is from the Nanoose First Nations.

"I am proud of being First Nation, and I have worked really hard to carry myself in a good way and work hard at everything I do. I want to break the stereotypical misconceptions about our people."



Monica

After finishing high school, Monica went on to continue her education by completing tourism and legal assistant courses and today is employed by a law firm.

Her strong independence is very evident in that after high school, she set a goal to live and work in London for two years. This allowed her the opportunity of travelling throughout Europe. She states she wanted to live life to the fullest and discover what the world has to offer.

Her best advice for women who travel is to always be aware of their surroundings and to trust their instincts. If you must ask for directions, approach families or women with children. When walking by someone that makes you feel uncomfortable, walk like you have a purpose and a destination.

“The best defense is your own common sense”

Once she returned to Canada, she enrolled in kickboxing/karate. Encouraged by her brother, who had earned his own black belt, she made a commitment to do the same. It took seven and a half years of hard work, and it paid off.

Colleen

Colleen just turned 19 and graduated from high school in 2010. She says that she is happy and proud of herself for succeeding her goal to finish high school. Although sad of letting go of her high school days, she felt she had to “grow up now!”

Colleen works full time to save up for her dream to travel. Her decision to take a year off school is to explore the world and experience different cultures, religions and beliefs.

Having just purchased her first car has given her so much freedom and independence and is conscious of the responsibilities that go along with that ownership.

Colleen has been playing soccer for most of her life. Highly competitive, she is hoping to reach university level soccer. Her team came in second at the North American Indigenous Games at Cowichan, BC, in 2008. Colleen was sad that her team didn't bring home the gold!

Her goals are to live life to the fullest, attend university and obtain a career she would love.

Colleen loves her brothers and sister, and is proud that she carried on the family success of being the third child to graduate in her family.



SHARON'S STORY



Sharon McIvor has worked in the areas of prison reform, violence against women, disability rights, aboriginal rights and equality rights. She has played a key leadership role in the Native Women's Association of Canada, and is the plaintiff in the life changing *McIvor vs. Canada* case, successfully challenging the ongoing discrimination in the Indian Act, paving the way for amendments to the Act (the "McIvor" amendments).

WOMEN SAFE ~ WORKING ALONE

Travelling Abroad.

I travelled to Santiago, Chile to a United Nations meeting. The travel arrangements were made by someone else. I flew out of Vancouver and changed planes in Miami. I travelled alone. I arrived in Santiago early in the morning and caught a taxi to my hotel. The taxi driver (a man) and the hotel clerk didn't speak English.

My room was not ready. The luggage storage area was not secure. I went out on the street and was surprised to find armed military all along every street. I was not sure how safe the city was.

The cost of a taxi to and from my meetings was very expensive. I had to walk a long way and there were areas that did not seem that safe. When I was getting ready to leave I realized my passport had expired, and when I got to the airport I couldn't find my wallet. I thought I had dropped it in the taxi. It turned out that I had simply put my wallet in another pocket.

This trip taught me several valuable lessons. First, always be aware of your passport expiry date. Second, do research on your destination. I probably would not have gone to Santiago if I knew it was patrolled by

military 24 hours a day. Third, the hotel was advertised for international travellers. Research should have told me if there were English speakers available and showed me the size and security of the hotel. And finally, always make note of the taxi number and driver so you can contact them or report them.

Women Travelling Alone With Children

I travel frequently taking my children and grandchildren to hockey and lacrosse games and tournaments. I am usually the only adult. In the winter I travel on remote roads. It is important to make sure that the car is well maintained. Make sure you have good winter tires. Ensure there is warm clothing, boots and blankets in case you get held up by an accident or road conditions.

Arenas and parks are sometimes frequented by men who prey on women and children. It is important that you know the arena to ensure that you and your child/children are safe in the dressing and bathroom. Park near others or near the entrance and try to make sure you are not the last to leave. Always be aware of your surroundings.

WOMEN SAFE ~ WORKING ALONE

Women's solo career into the work force is nothing short of dramatic. In a relatively short period of time, women have established themselves as a formidable presence, contributing an estimated \$18 billion to the Canadian economy. As a result, in many occupations, women are required to work alone, and travel far from their home.

Professions such as the hospitality industry, legal, health and hospital workers, real estate agents and gas station attendants, are examples where the work schedule is not the typical 9 to 5, or even within their own community. It is very important for women to be well-informed of the following:

Before You Travel

- If you are travelling, don't broadcast your plans as even your neighbours may inadvertently aid strangers with information.
- Do not use social media such as Facebook to tell your friends you are leaving town. You want your house operating normally: newspapers, mail delivery, lawn cut, and snow re-

moval, drapes opened and closed daily, and so on.

- If possible, have someone maintain your home every day and have a car parked in your driveway when you are away.
- If, during your trip, you make any changes in your travel plans, notify your family back home. Place a piece of paper with your name and itinerary inside each bag to make identification easier in case your baggage ID tag is lost.

On the Road

Do your homework to reduce the risk of breaking down on an isolated road or a poorly lit street.

The following will help ensure you have a safe trip:

- Keep your cell phone fully charged. Never talk on your cell phone while driving. It's the law.
- Always start your travels with a full tank of gas. Make sure your vehicle is in top working condition, and check your spare tire.
- Keep car doors locked at all times and before entering your vehicle

be sure to look in the back seat.

- Always have your keys ready to unlock the door. Never walk across parking lots digging into your purse, have them in your hand before leaving the building.
- Park in well lit areas with moderate pedestrian traffic and always remember where you parked.
- When possible, back into parking spaces because it is easier to exit.
- If you break down or have car trouble, safely pull off the road. If possible, activate your emergency four-way flashers, and immediately call for help.

Using your cell phone, dial *222 (BC Automobile Association) or the police at 9-1-1. Remain in the car with windows up and doors locked until you are absolutely positive that it is safe to exit the vehicle, in which case you would leave your hood up and place an emergency reflector ten to fifteen feet behind your car. Get back in your car until help arrives.

- If someone offers assistance, roll the window down just enough to talk to them. If you don't have

a cell phone, ask them to call BCAA or to stop at the next service station to report you are broken down. Never get into a stranger's car.

- Keep an emergency kit in your car and make sure, at a minimum, it contains a first aid kit and essential medications, water, non-perishable food, emergency blanket, protective clothing, sturdy shoes, rainwear, flashlight with extra batteries, necessities for infants, elders, disabled and pets, personal hygiene supplies, and cell phone charger.
- Women driving alone should never stop to aid a stranger in a stalled vehicle. Proceed to a service station and report the stalled vehicle to them.
- Keep valuable items out of sight, especially maps and guidebooks.
- Never pick up hitchhikers or give strangers a ride.
- If you are visiting a customer for the first time, inform your boss or co-worker that you are about to enter their business. Once your meeting is finished, phone and inform that your meeting is complete.

WOMEN SAFE ~ WORKING ALONE

Street Smart

- Women should walk with confidence and purpose.
- Don't be fooled by trusting a clean cut, honest looking stranger. Look at any mug shots, it will prove they do not all look like monsters.
- Do not walk or run alone late at night. If you jog at night for exercise, take along a friend or your dog. Stay in well-lit areas.
- Walk midpoint between curbs and buildings, try not to use alleys or less travelled routes between buildings, and avoid bushes. Remember, if the weather is bad, there are fewer people around.
- Try and stay near people.
- Do not stop to provide strangers with directions or information, especially at night. The most common place women are abducted or attacked is grocery store parking lots, office parking lots/garages, and public restrooms.
- Do not use a personal headset, or play music so loudly that you can't hear what is going on around you. Also do not talk on a cell phone for

any length of time that prevents you from being aware of your surroundings.

- If you suspect you are being followed - be suspicious; keep looking behind you so the person knows you cannot be surprised, then cross the street and change direction. If you know you are being followed, go to a well-lit area; enter a convenient store or a building where there are people and phones. Do not confront the person(s). Report the incident to police immediately.

ATM Safety

- Robberies at ATMs are one of the fastest growing crimes and most victims are women who are alone.

Air Travel

Check the weather at your destination before leaving, and research internet sites on how safe the part of the town is that you are visiting.

- In case you lose your passport and have to prove citizenship, make two photocopies of your identification page, airline tickets, driver's license, credit cards (and contact info), medical prescriptions, and your schedule.

- Leave one photocopy with your family at home; pack the other in a place separate from where you carry the originals.
- Use covered luggage tags. Instead of your home address, use your office address.
- Stay close to your valuables and luggage when passing through airport security. It's the law.

Hotel Safety

- When choosing a hotel, smaller is smarter. Staff are more familiar with guests, and the smaller the lobby, the more noticeable the loiterers.
 - A reception or concierge desk near the entrance and elevators is more likely to deter non-guests.
 - There should be privacy when checking in. No one should overhear a name, room number, or other personal information. Room numbers should be written on the key envelope and not mentioned aloud.
 - Ensure the parking lot is well lit and secure, and check out valet service for added protection.
- Does the hotel gym have an attendant? Being alone in a gym can be risky, especially if the gym is located far from people.
 - If you are alone, request a room near the elevators. Have your key ready when you leave the elevator. Check out the emergency exits. Also, choose a room away from lower floors, catwalks or terraces.
 - Your room should have double locks – one which is a dead bolt and a peephole. Signs such as “Please Make Up Room” indicate you are not there, so it is best not to use them. As well, “Do Not Disturb” sign can make the room seem occupied, which is especially handy if you have expensive items inside.

“Travel always gives us a fresh perspective and is truly a school of life. I would encourage all women to take the daring step of discovering how interconnected we are as human beings through travel. It is a journey of discovery that enriches our mind and our soul.”

Michaëlle Jean,
Former Governor General of Canada



VIVIAN'S STORY



Nii Jiip (to vanish) **Vivian Green-Smith**, mother, grandmother, Gisgega'as Wolf Clan, Gitxsan

Definition of Elder abuse: an action taken by someone in a position of trust that causes harm. It comes in many forms including physical, psychological, financial and neglect.

ELDER SAFE

My Gitksan mother was the eldest of nine children. Both her mother (Wolf Clan) and father (Frog Clan) were hereditary chiefs from our very northern ancestral village of Gisgega'as. Not unlike the many tribes in North America, the disintegration of a way of life began when the visitors – "ghum see wa" – arrived. Definition: the white smooth wood that is washed up on shore. This marked the beginning and fulfilling of the many prophecies of the North American tribes about the demise of the indigenous people. With the death of hundreds of clan members, especially the warriors and providers, my mother and her siblings had little choice but to relocate to the Gitanmaax village, closer to medical resources and food supplies with their widowed mother Wagil'wil whose husband died while hunting on the territory. This marked the gradual integration of a way of life and the upkeep of the circle of family support.

Despite the introduction of alcohol, residential school, processed foods, the corralling of her people on small reservations, and the death of one of her children, four of her siblings and her mother, my mother survived. As a single mother, she continued to hunt, fish, food gather and teach her ten



Types of Abuse

PHYSICAL: any act of violence or rough treatment.

Signs of this type of abuse include depression, fear, and anxiety. Unexplained injuries or shows fear and edginess around a caregiver or a family member.

PSYCHOLOGICAL: if someone threatens, insults, or intimidates.

Signs: depression, agitation, withdrawn. Gives excuses for social isolation, exclusion from discussions and decisions, feelings of hopelessness or helplessness.

FINANCIAL: if someone tricks, threatens or persuades an elder out of money, property or possessions.

Signs include unexplained or sudden difficulty in paying their bills, missing possessions, signing documents without understanding them; unusual bank account activity by them or others.

NEGLECT – when a caregiver or family member withholds care, food and/or emotional support.

Signs include malnourished, missing their glasses, walking aids, etc.; poor hygiene, bed sores, over medicated or not responding to medications.

ELDER SAFE » CONTINUED

children Gitksan values, laws, and how to live off the land. Unfortunately the new ways and brokenness claimed the lives of all but four of her offspring who survived her. Fortunately, even though assimilation and survival caused her remaining children to migrate to all parts of western Turtle Island, her teachings live on and are still being passed on.

In October 1991, with two of my eldest children who were well on their way to working in the mainstream society, my youngest teenage daughter and I moved

home from Vancouver to take care of my eighty three year old mother. Previous to that I would return to check in on my mother who was still very independent and still lived mostly off the land. It was in the later years that the visitor's way of life began to take its toll on her health along with the various abuses inflicted on her by the lost. Despite being subjected to a variety of abuses, she survived. Several of her children, including myself attended residential school, yet my mother survived in a two room house purchased by her mother for fifty dollars and without any amenities. We helped maintain her gardens and trekked with pack dogs out to food gather and hunt and trap. In keeping with her teachings, she continued to clothe the needy, feed the hungry and house those that needed a place to stay for the night. She never spoke ill against her oppressors or anyone else. Despite her struggle with addictions that numbed her heartbreaks, she never gave up any of her ten surviving children and the daily reinforce-



ment of cultural teachings.

The four years before her passing saw the healing of her relationships with her surviving children. Her stories perpetuated understanding and with that came forgiveness. I am so very grateful for her teachings, for being born with Gitsanimax as my first language and for her outstretched arms each day giving me a hug as she became less mobile. And yes during her last days she was lonely for her people and the migrations back to her territory. She would quite often ask where all the people had gone so we would drive the two hundred miles to her ancestral village, to neighbouring villages and towns and point out the homes of family and friends. We would take her and her elderly brother David to the lakes and rivers for picnics. She would smile peacefully as I washed her and got her ready for bed. I know in my heart she is with all those who have gone before. She is happy and singing in Gitsgega'as her birth village. I know because I have seen her.



Prevention

Stay sociable – maintain friendships with family and friends.

Buddy System – have friends outside the home. Speak and visit often.

Have a telephone

Mail: Have a system for the elder to open and post their own mail.

Pension cheques should be deposited directly into their own bank account.

Community: Elders should stay active and participate in community activities.

Wills should be reviewed periodically with someone who is in a trusted position to ensure elder is fully aware of their rights.

Communication: Ensure elder discusses any future plans with their lawyer, physician or family members.



SHELLY JOHNSON ~ CHILDREN'S RIGHTS



Mukwa Musayett (Saulteaux/Norwegian)
Assistant Professor, Thompson Rivers University
School of Social Work & Human Service

CHILD SAFEcontinued

systems. The Canadian governments banned Indigenous languages, ceremonies, healing practices, enforced the loss of Indigenous lands, resources, economies and systems of governance. Today that means that some Indigenous children live with risks that threaten their physical, emotional, mental and spiritual well-being.

Today many Indigenous children are not safe because their mothers,

fathers, extended families and communities are not safe. Many Indigenous children live with issues of poverty (poor or unsafe housing, low family employment, low education), abuse (racism, substance misuse by parents or caregivers, violence in families, lack of parenting skills, neglect or



physical, sexual or emotional abuse of children) or disease (poor health, diet, lack of access to culturally sensitive health services or clean, safe drinking water) that create vulnerability in children and requires adults or systems to intervene on their behalf.

It is important to consider what kinds of issues can make children vulnerable to risk and to take actions to address those risks in a timely way. The safety and health of Indigenous children is the responsibility of us all.

Adults can be the “first in line” to support vulnerable children.

Learn to recognize the signs of violence, abuse (physical, sexual, emotional), neglect, depression, bullying, gang involvement, racism and suicide in children and youth. Teach other people about these signs.

Learn about child or family resources and services that can help children or families to be safe from violence, harm and abuse. Teach other people about these resources.

Use your Indigenous voice and be an advocate with others on behalf of vulnerable children and youth to have a positive Indigenous identity to learn about their culture and language.

OUR STRENGTH IN COMMUNITY

**Call it a clan, call it a network, a tribe,
or call it a family: whatever you call it,
whoever you are, you need one.**



Please Help!
Highway of Tears

For more information, call 1-800-368-6868
Or visit us online at www.400.org
Be a Part of the Solution. It's Your Turn to Help.





COMMUNITY



"I have learned that every action I take and every word I speak can directly affect those who love me. I have learned that taking a moment to think about the next right thing is precious, and can save those I care about and who care about me a lifetime of heartache. I am my responsibility, but my responsibilities are more than just about me."

Carmen Moore

BE SAFE ~ RESOURCE GUIDE

CHILD SAFE

COMMUNITY SAFE

CYBER SAFE

ELDER SAFE

WOMEN SAFE

YOUTH SAFE

*This woman is my friend, whom I love and admire.
This is my hope for her. Help her live her life to the fullest.
Please promote her and cause her to excel above her
expectations. Help her to shine in the darkest places.
Protect her at all times, lift her up when she needs you the
most, and let her know when she walks with you,
that she will always be safe.*

A lonely stretch of road near Fraser Lake on Highway 16



CHILD SAFE

Children's Help Line

http://www.mcf.gov.bc.ca/getting_help/help.htm

When it concerns abuse, anyone can call the Helpline for Children - anytime, day or night. Simply dial "310-1234" anywhere in B.C.

No area code is required.

If you are calling from a pay-phone, call the operator "0". This is a free call. You don't need a quarter. It will not show up on your phone bill.

Your call will be answered by a trained child protection worker.

First Nations Child and Family Caring Society of Canada

www.fncfcs.com/resources/agency-list

We value and promote the holistic knowledge and practices that support the sharing of national First Nations communities to love, respect and nurture First Nations children, young people, families, communities and nations.

Child Find BC

<http://www.childfindbc.com>

Helps locate children who go missing unexpectedly and re-unite them with their legal custodian.

Children's Safety Association of Canada

Toll Free Help Line: 1-888-499-4444

<http://www.safekid.org>

To provide information on children's safety to as many parents as possible in order to reduce the number of preventable accidents with children.

SOS Children's Village BC

<http://www.sosbc.org>

To engage the community in providing individual care and support for hurting and frightened children as young as newborns who live in foster care.

Victims of Violence Canadian Centre for Missing Children

Toll Free: 1.888.606.0000

www.victimsofviolence.on.ca

To provide long term support and guidance to victims of violent crime and their families and to aid families of missing children in the search for their loved ones.



COMMUNITY SAFE

Pacific Community Resources Society

<http://www.pcrs.ca>

The agency provides alternate education, employment, addiction counselling and prevention services, housing search support, and cultural enrichment for children, youth, adults and families.

BC Crime Prevention Association

Toll Free 1-888-405-2288

<http://www.bccpa.org>

Committed to community-based programs that help prevent crime. We provide ongoing province-wide education and awareness through our community partnerships.

The Native Courtworker and Counselling Association of BC**www.nccabc.ca**

Provides services to aboriginal people in conflict with the law, outpatient support services for aboriginal people with addiction issues, aboriginal elder support program and Vancouver Detox support services.

Warriors Against Violence Society**Kiwassa Neighbourhood House****<http://www.wavbc.com>**

Is committed to helping First Nations families unlearn abusive and violent behaviours and reclaim their traditional values of equality, honor and respect for themselves and others.

Legal Services Society**www.lss.bc.ca**

Provides legal aid. If you have a legal problem and can't afford a lawyer, we can help.

The Law Centre**University of Victoria****www.thelawcentre.ca**

Provides advice, assistance and representation to clients who cannot afford a lawyer.

Clicklaw**www.clicklaw.bc.ca**

This site provides legal information, education and help for British Columbians.



Indian Residential School Survivors Society

www.irsss.ca

Supports survivors: crisis counselling, court support, information, referrals assists communities to help survivors: partnerships, training & provide education workshops awareness of residential school issues

University of British Columbia First Nations Legal Clinic

www.law.ubc.ca/fnations/clinic.html

Designed to engage law students in the issues that arise in providing legal services to disadvantaged members of the First Nations community.

Aboriginal Canada Portal

www.aboriginalcanada.gc.ca

Is a single window to First Nations, Métis and Inuit online resources and government programs and services.

A Guide to Aboriginal Organizations and Services in BC

www.gov.bc.ca/arr/services/guide.html

Is a provincial resource listing of aboriginal community-based services and organizations.

Justice Education Society of BC

www.justiceeducation.ca/aboriginal

Creates innovative programs and resources that improve access to British Columbia's justice system.





CYBER SAFE

The Society for Policing the Cyberspace

<http://www.polcyb.org>

Provides public education on information protection and internet safety to raise public awareness of cybercrime, including those committed against children and youth.

Safe Online Outreach Society (SOLOS)

<http://www.safeonlineoutreach.com>

Offers workshops, presentations and safety tips for schools, parents and professional development. The mission is to increase the capacity of youth, parents and professionals to effectively respond to online exploitation, whether sexual, emotional or societal, through non-punitive, educational based approaches.

Cybertip.ca

<http://www.cybertip.ca/app/en/contact>

If you would like to contact us to ask questions or make comments about Cybertip.ca, please use the form on our website. For reporting the online sexual exploitation of children please click "Report" on our webpage. Cybertip.ca is Canada's national tip line for reporting the online sexual exploitation of children.

High Technology Crime Investigation Association (HTCIA)

<http://www.atl-htcia.org/otherchapters.html>

Is designed to promote the voluntary exchange of knowledge about techniques relating to investigations and security in advanced technologies among its membership.



ELDER SAFE

BC Elders Communication Center Society

Toll Free: 1-877-738-7288 | Phone: 250-286-9977

<http://bcelders.com>

A valuable source of information about seniors programs and other topics of interest to BC's aboriginal senior citizens.

BC Centre for Elder Advocacy Support

Toll Free: 866-437-1940

<http://site.bcceas.ca/>

A non-profit charitable organization that protects the legal rights of older adults; increases access to justice for older adults; informs the public about elder abuse; and provides supportive programs for older adults who have been abused.

Canadian Anti-Fraud Centre – Senior Busters Program

Toll Free: 1-888-495-8501

<http://www.phonebusters.com>

Telephone, internet and mail shopping scams targeting seniors.

The Canadian Centre for Elder Law

<http://www.bcli.org/ccel>

Dedicated to exploring the legal issues which affect older Canadians.



Seniors BC

Toll Free: 1-800-465-4911

<http://www.seniorsbc.ca/elder/>

Provides support and resources for seniors who may be the victims of abuse and neglect, charity or investment scams, and unethical sales practices.

Vancouver Coastal Health Authority

http://www.vchreact.ca/about_program.htm

Receives reports, provides consultation and coordinates responses to adults who are abused, neglected and self-neglected and are unable to seek support and assistance on their own due to: restraint, physical or mental limitation or illness; disease; injury; other conditions that affect their ability to make decisions about their abuse and neglect.

Seniors Gateway to Legal Information and Resources

http://seniorsgateway.vcn.bc.ca/subject_categories/aboriginal.html#3

This site was developed through a partnership with 411 Seniors Centre and the Representation Agreement Resources Centre.

Canadian Network for the Prevention of Elder Abuse.

<http://www.cnpea.ca/>

The Canadian Network for the Prevention of Elder Abuse (CNPEA) is dedicated to the prevention of the abuse of older people in Canada.

BC Coalition to Eliminate Abuse of Seniors

www.bceas.ca

We educate and raise awareness about elder abuse issues, operate a legal aid clinic for older adults, offer a broad range of services.

Public Guardian and Trustee of British Columbia

www.trustee.bc.ca

Mandate is to serve children and youth under the age of 19 by protecting their legal and financial interests; adults who require assistance in decision making through protection of their legal rights, financial interests and personal care interests; and heirs and beneficiaries of deceased persons when there is no one willing or able to administer their estates, the estates of missing persons, and the beneficiaries of personal trusts.

Victim Link BC

http://www.victimlinkbc.ca/vlbc/help/elder_abuse.page?

Phone: 1-800-563-0808 or 604-875-0885

Call collect through Telus Relay Service at 711.

Text: 604-836-6381

If you require assistance, or if you just want to talk to someone, please call us. Help for Victims of Elder Abuse and Neglect.



WOMEN SAFE

Battered Women's Support Service

Counselling Phone 604-687-1867

Phone: 604-687-1868 • Toll Free: 1-855-687-1868

<http://www.bwss.org>

Provides education, advocacy and support services to assist all battered women in its aim to work towards the elimination of violence and to work from a feminist perspective that promotes equality for all women.



Helping Spirit Lodge Society

**Tel.: (604) 872-6649, Fax: (604) 873-4402,
www.helpingspiritlodge.org**

Provides shelter, support, education and a safe environment to women, children and families to enhance their wellness, self-sufficiency and connection to community and cultural identity.

Rape Relief Society

**Vancouver Rape Relief and Women's Shelter
Phone: 604-872-8212
TDD# 604-877-0958
http://www.rapereliefshelter.bc.ca**

Vancouver Rape Relief and Women's Shelter is committed to advocating for women's equality.

Ending Violence Association of British Columbia

www.endingviolence.org

A resource for community-based services that support survivors of sexual assault, relationship violence, child abuse and criminal harassment.

RCMP Victim Services in BC

**Call VictimLINK Toll Free at 1-800-563-0808
http://www.bc.rcmp.ca**

Service Programs are located within RCMP Detachments across British Columbia. These programs are integrated into the RCMP policing service delivery model, working in partnership with police to provide critical services to victims and witnesses of crime and trauma. Please contact your local RCMP Detachment and ask for the Victim Service Unit.

Aboriginal Wellness Program

www.vch.ca/community/aboriginal_health_services.htm

This program's mission is to provide culturally safe mental wellness and addiction programs that promote health, wellness and healing.

Women Against Violence Against Women

www.wavaw.ca

The Women Against Violence Against Women Rape Crisis Centre was founded in Vancouver, British Columbia, Canada in 1982. We are a group of women working in the interests of women who have been victimized by sexual violence.



WOMEN SAFETY – TRAVEL

Police Emergency
911

BCAA 24 Hour Emergency Roadside Service
<http://bcaa.com>

The Weather Network
<http://weather.ca>

Environment Canada Weather
<http://weatheroffice.gc.ca>

Travel Directions
<http://mapquest.com>

BC Highway Conditions
1-800-550-4997

BC Ferries
<http://www.bcferries.com>

Border Wait Times
<http://www.borderlineups.com>

Crime Stoppers
1-800-222-8477

Workplace Health and Safety
<http://worksafebc.com>

BC Travellers Information Service
<http://www.drivebc.ca>



YOUTH SAFE

Aboriginal Youth Safehouse (UNYA)

Toll Free: 1-877-223-4321

Phone: 604-254-5147

www.nativeyouthcentre.ca

Is a self-referral residential program for youth without a place to sleep. We offer resources to help young people make positive changes in their lives.

Youth Co. AIDS Society

www.youthco.org

YouthCO is Canada's first youth-driven organization leading the HIV and HepC movement through peer education, support and shared leadership.

Warriors Against Violence Society – Youth Programs

<http://www.wavbc.com/>

Kiwaasa Neighbourhood House offers recreational, educational, and cultural activities for Aboriginal youth ages 13 to 19. All activities are free and include snacks. Transit tickets are available.

Urban Native Youth Association

www.unya.bc.ca

Empowers Native youth through programs including education & training, personal support, live-in programs and sports and recreation. Programs range in age from 13-29.

**Native Courtworker and Counselling Association
of BC – Youth Court**

**Email: nccabc@nccabc.net
www.nccabc.ca**

Provides services to aboriginal youth in conflict with the law.

BC Association of Aboriginal Friendship Centres

**Toll Free: 1-800-990-2432
<http://www.bcaafc.com/programs/ccay-umayc>**

To create a network of cultural connections to support Aboriginal youth aged 10-24 years, to enhance their economic, social, cultural and personal prospects.

BC Representative for Children and Youth

**Toll Free: 1-800-476-3933
<http://www.rcybc.ca>**

The Representative for Children and Youth supports children, youth and families who need help in dealing with the child welfare system, and advocates for changes to the system itself.

Society for Children and Youth of BC

<http://www.scyofbc.org/>

The Society is a unique provincial advocacy organization dedicated to improving the well-being of children and youth. SCY has a track record of creating and delivering programs that have motivated change in legislation, policy, and practice in Canada.

Youth against Violence Line

Phone: 1-800-680-4264

TTY 604-875-0885 or

Text 604-836-6381 (for deaf or hard of hearing people)

<http://www.youthagainstviolenceline.com>

The YAV line is available to help 24 hours a day, 7 days a week

The Youth Against Violence Line was designed to encourage young people to take an active role in preventing violence amongst their peers. We offer a toll-free 24/7 live help line where young people could talk one-on-one, in confidence and anonymously to a support worker.

Here To Help

<http://heretohelp.bc.ca>

Is a project of the BC Partners for Mental Health and Addictions Information. We're working together to help individuals and families better manage mental health and substance abuse problems. We're here to help.



WOMEN'S RIGHT TO
BE safe



Women's Right to be Safe ~ Resource Guide

To obtain more information or additional free copies of this guide, visit our website at www.nccabc.ca • or email nccabc@nccabc.net • or call 604-985-5355 extension 302.

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Feedback

*Your feedback is very important to us.
Please email, fax or mail us your comments to:*

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North Vancouver, BC V7P 3J3
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Fax: 604-985-8933
E-mail: nccabc@nccabc.net*

*You may also go online to www.nccabc.ca under Publications
– fill out the evaluation form.*

*Your Feedback is Greatly Appreciated
Darlene Shackelly / Executive Director*

WOMEN'S RIGHT TO BE safe



Jody Wilson-Raybould

Regional Chief, BC Assembly of First Nations



All of us have the right to be safe; whether at home, at work, when travelling, on the internet, or wherever our journey through life takes us.

However, far too often our people, and especially our women, are still subject to senseless and unnecessary violence and abuse. Credit to the Native Courtworker and Counselling Association of British Columbia for producing this important guide to help us navigate some of the safety challenges we face and to promote our individual health and well-being.

It should be required reading for all our people.



THE NATIVE COURTWORKER AND
COUNSELLING ASSOCIATION OF BC



Department of Justice
Canada

Ministère de la Justice
Canada