

# It Starts with You!

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We tell Women every day that they cannot change anyone else!!!

The only person that you can change is you!!!

## At Risk Groups

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Abuse of women and girls is not limited to any segment of Canadian society. It happens in all kinds of families, to Canadian citizens, immigrants and refugees, young and old. It happens to women with or without children, students, professionals and stay-at-home mothers. It happens to women and girls of all cultural backgrounds. It can occur in family settings and intimate relationships, with friends, acquaintances or strangers, at work or at home. It happens in Canada's largest cities as well as in rural, remote and Northern communities.

Some groups of women and girls are especially at risk.

**Aboriginal women** are almost three times as likely to report being the victim of violence

**Younger women** are more likely to report being a victim of violence. In fact, girls aged 12 to 17 years are nearly twice as likely as boys to experience family violence

**Women and girls with disabilities, Immigrant and refugee women**

**Older women** experience spousal violence at twice the rate of older men.



## Here are 8 Ways You Can Help End Violence Against Women and Girls

1. Know where to find information for victims
2. Raise boys who respect women
3. Take teen relationships seriously
4. Speak up against abusive and/or derogatory language about women
5. If you suspect a friend /family member is being abused, talk to them about it
6. Know how you would respond if you witnessed violence against a women or girl
7. Organize or attend a candle light vigil or another type of commemorative event in your community
8. Talk with men and boys about their role in advocating for ending violence against women and girls

