



VIOLENCE PREVENTION LABRADOR

Diverse Communities, Common Ground

Engaging Men in Ending Violence

Regional Workshops with Michael Kaufman



Co-founder of the *White Ribbon Campaign*, Michael Kaufman used what he calls the 7 P's of Men's violence against women to talk about societal norms and inequalities that lead to men's violence against women. This past spring, more than 40 service providers and community advocates from all over Labrador participated in the one day workshop with Michael Kaufman

to learn more about how men can become involved in ending violence against women. Public presentations were hosted in HVGB and the Labrador Straits, along with a school education session hosted at MFA in Forteau. This session focused on false societal norms of masculinity and the legal realities of sexual assault and consent when under the influence of alcohol. www.whiteribbon.ca

ISSUE 2, OCT. 2010

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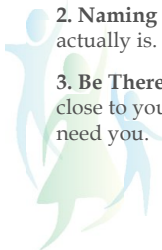
Healthy Families, Safe Communities, Together Against Violence.

10 Easy Tips for Preventing Male Violence Against Women

- 1. Educate Yourself** Take the time to educate yourself about violence. Learning about the various types of male violence experienced by women will help you recognize violence if it occurs to you or someone close to you. Learn what resources are available within your community for victims of violence.
- 2. Naming the Behaviour** Do not be afraid to call the behaviour what it actually is.
- 3. Be There for Your Friends** Pay attention to the relationships of those close to you. Let those close to you know that you are available if they need you.

- 4. Examine Yourself** Have the courage to look inward and examine your own behaviours, attitudes and biases regarding violence against women.
- 5. Teach Your Children** From an early age, teach your children how to solve problems and express anger without harming others. Teach your children that violence in ALL relationships is unacceptable.
- 6. Set an Example** Show the young people in your life, through words and actions, how to treat women with fairness, equality and respect.

You can find the rest of the 10 Easy Tips at www.respectwomen.ca



NunatuKavut Women's VPI Retreat

NunatuKavut held a Women's two day Violence Prevention Retreat in Happy Valley on March 25th & 26th, 2010. Funding was provided by Government of NL, Women's Policy Office, Violence Prevention Initiative. There were twenty five wonderful Labrador women from all ages that came together to celebrate the Violence Prevention work that has been done in Labrador. A part of this celebration was to do some self-care with the women so they know that they are important in the lives of others and valued for the work they do. It was also a time to build on the self-esteem of those wonderful women and give them additional tools to work with in their communities.



The Retreat took place at Birch Brook Chalet in Happy Valley-Goose Bay. The agenda consisted of presentations around describing various aspects of wellness and what it meant to the ladies in the group. There was time allotted for nature walks, skiing and snowshoeing in the great outdoors. We did an activity identifying ten things that had personal value to us

and then we changed our values into goals and created an action plan on how we could reach those goals. We did yoga and relaxation techniques and even made talking sticks with one of Labrador's talented women, Barb Wood. Some of our Elders even taught the younger women to knit and crochet.

wisdom exchange between the women and it was enjoyed by all in attendance. It was nice to give something back to those who volunteer for us and often assist us in carrying out our work in the communities. All the ladies walked away with a renewed outlook on future work in violence prevention.

It was two days of sharing knowledge and

First Pride Day Celebrations in Happy Valley Goose Bay!



Volunteer Committee formed from Safe Alliance group based in Goose Bay, Labrador, along with many local partners, hosted Labrador's first Gay, Lesbian, Bisexual, Transgendered, and Questioning community Pride celebrations. Event was held at Kinsmen Park in Goose Bay and was free and open to the public. A BBQ was held, entertainment, activities, information booths, door prizes, and give-aways along with a great turn out made the day very successful.

Community support was huge in the way of volunteers, donations, and attendance. In total, approximately 100 people attended the event from different backgrounds, genders, and ages. Prizes, materials, and volunteers ensured activities were held throughout the event for all ages. Door prizes were also given out and gifts (t-shirts donated) presented to performers and volunteers. Entertainment was held throughout the day as artists from all ages and sexual orientations came out to perform. A kid's table was hosted by volunteers and was a huge success with the little kids. A breast-feeding tent was also set up and utilized by nursing mothers attending. MHA Todd Russell opened the day as a guest speaker and helped create a tone of inclusiveness. The atmosphere at the event was wonderful, all contributing partners/volunteers felt really good about the turn out and support during the day.

*Families and Community Support
each other!*





World Elder Abuse Awareness Day (WEAAD) 2010

Seniors Brunch in Charlottetown, Labrador. The Peer Advocates work closely with the Seniors Resource Center NL to offer programming and service to Older Adults in their community.

June 15th of each year is an international day known as World Elder Abuse Awareness Day.

Communities across Labrador took the time to show support for older adults by participating in and hosting WEAAD events.

The activities provided information on how and where to find help in hopes of raising awareness about the different forms of violence experienced by older adults in our Labrador communities.

Lab West (Lab West Status of Women and LG Health) hosted an "Empowering Seniors" Event- Bringing awareness to Elder Abuse, Healthy Eating Choices. Activities included a Luncheon and special guest speaker from Seniors Resource Center.

Happy Valley Goose Bay (Labrador Friendship Center, LG Health, Paddon Home, NunatuKavut, Nunatsiavut Government) hosted a Walk and BBQ.

The Charlottetown Peer Advocates hosted an information sharing, activity and Luncheon for all seniors 60+. Activities included a short presentation and video on Elder Abuse, information handouts, fun activity, local entertainment and a traditional meal.

In Forteau, LG Health hosted a BBQ with seniors at the Seniors Complex with special guest presentation on Financial abuse by

the Eagle River Credit Union.

Learn more about hosting an activity in your community in 2011, visit www.inpea.net/weaad.html.

To learn more about the facts of Violence against older persons visit our website www.vplabrador.ca/home/15.

Labrador Straits Summer Respect Campaign 2010

Respect increases self-esteem, makes people feel valued and promotes positive attitudes towards diversity and differences in others. Respect is a fundamental building block that prevents attitudes and behaviours that lead to many forms of violence. When we give respect and expect it of others we create a standard that improves quality of life at all ages.

During this summer VPL and local partners in the Labrador Straits hosted a number of different activities for youth and seniors. Respect Differences was a program carried out with children ages 5 - 12 at various Kid's Camps throughout the region.

A seniors event was hosted at the Hertiage Center at Point Amour Lighthouse entitled "Celebrating Age". Snacks and tea was served while local musicians entertained. About 60 seniors came out to the event, and resource materials were distributed.

A youth event was hosted in conjunction with the Labrador Straits Bakeapple Folk Festival. Activities included beach activities, fun at the pool and a pizza party!

The summer ended with a presentation to Homecare workers about Elder abuse and respecting elders.



Makkovik... Sisters in Spirit

Community Members in Makkovik organized the second annual Sisters in Spirit Vigil!

October 4th is a day where we honour the lives of missing and murdered Aboriginal women and girls. The violence experienced by Aboriginal women and girls in Canada is a national tragedy.

Makkovik's second sisters in spirit vigil was supported by 70 people, including 50 at the walk. The event was organized primarily by Department of health and social development for nunatsiavut and community members. The event was meant to bring attention to the over 580 missing and murdered aboriginal women in 'canada'. DHSD helped out alot with organizing the feast aspect and Makkovimuit Trust donated the funds for the tshirts.

www.facebook.com/event.php?eid=141708015872569&ref=nf



Women Take Back the Night all Over Labrador



*Families and Community
Support each other!*

The third week in September of every year is kept as Sexual Violence Awareness Week in this province.

Take Back the Night is an action created to enable large numbers of women to publicly express our anger at the sexual violence that goes on and the victim blaming that accompanies it. Not every woman has been sexually assaulted, but every woman has been taught to fear it. We are told from the time we are young not to walk alone, not to go out after dark, to avoid strangers and to avoid dangerous areas of town. This advice is useless in the face of the reality that the largest number of women experience violence in their own home, at the hand of someone they know. The Take Back the Night March is a public protest organized by women, for women. It serves as a means for women to unite and voice our desire to end the fear and perceived responsibility women experience when it comes to sexual assault, harassment, and other forms of violence. (www.nlsacpc.com/Take-Back-the-Night.htm)

Mokami Status of Women and Libra House hosted the TBN march in Happy Valley Goose Bay where more than 100 people came out to participate as well as supportive men and youth who were at the Park setting up for local entertainment and a BBQ. Nunatsiavut Government Status of Women and Department of Health and Social Development held Take Back the Night Marches in Nain, Hopedale, Postville, Makkovik and Rigolet in September. Banners and posters were created, refreshments and draws for T-shirts were available in

every community. In total 128 women and children took part in the marches. Activities hosted by Hope Haven and Labrador West Status of Women in Lab West brought out more than 60 people and included a community Bbq with special guest speaker from the Royal Newfoundland Constabulary.



Annual Events... How To Become Involved!

Key Dates...

Each year Violence Prevention Labrador recognizes each of the dates listed in an effort to increase public awareness about violence related issues, and to also celebrate how far we've come in relation to equality and changing attitudes that encourage respect and diversity in our region.

Date	Activity
February	Violence Prevention Month
February	Stand Up Day
March	International Women's Day
June	World Elder Abuse Awareness Day
July	Pride Week
September	Take Back the Night
October 4 th	Sisters in Spirit
October	Family Violence Prevention Month (Nunatsiavut)
October 18 th	Persons Day
November 25 th - December 6 th	16 Days of Activism/ Dec. 6 th Vigils

VPL encourages Labrador wide participation in recognition of these dates, which can be as small as an announcement on a PA system in schools or at work, or as big as working with partners to host local community based activities.

Plan or Participate in Your Community...

Understanding public education as one of the fundamental building blocks

toward prevention, each year we fund, partner with and support numerous community lead activities throughout the Labrador region.

There are several ways to become actively involved in prevention work.

First, find out who is doing work like this in your community. Throughout the Labrador region there are many organizations dedicated to supporting and responding to the needs of victims everyday. There are often rallies, walks, community suppers, etc. planned and carried out by these groups. Participate with your family and support them, learn about the issues and find out how to become involved.

Think about activities that are already happening in your community, what is already bringing people together? Target those groups to provide information sessions, resources or campaign items.

Plan an activity together with some community partners around one core issue or campaign. I.e; Stand Up Day in Schools, International Women's Day or International Day of Older Persons. Suggested activities are available online!

Incorporate prevention work and resources into your own work/ organization. Make note of opportunities to share information on the issues, awareness of key dates, or campaign materials.

Finally, role model. Our individual actions, attitudes and behaviors are the most fundamental of building blocks for change. Community volunteers, leaders, coaches, teachers, parents and family members, impact on the lives of children. It is through our individual commitment to role model attitudes of respect and embrace differences that we can make core changes in community culture for positive change.

To learn how to help or what you can do, visit our webpage...

<http://www.vplabrador.ca/home/50>

WHAT'S NEW?



Community Outreach Grants

Violence Prevention Labrador has small funding grants available for community projects of up to \$250.00. Funding is available to organizations in the Labrador to implement anti-violence/ Violence Prevention activities in their local areas.

New Deadlines for applications:
July 15th, October 15th, January 15th, and April 15th

www.vplabrador.ca/home/77



Facebook!

Join our facebook group to learn about;

- upcoming events and activities
- network with like-minded people throughout Labrador
- highlight community activities
- SHARE ideas & knowledge

www.facebook.com/group.php?gid=121839351193842&ref=ts



On our website...

VAAT...

The Violence Awareness and Action Training (VAAT) is a free, certificate training program offered to local communities to assist participants in the examination of attitudes, values, and beliefs that support violence in our society. The VAAT training is coordinated in Labrador by Violence Prevention Labrador and provincially by the Newfoundland and Labrador Violence Prevention Initiative.

Resources for Victims...

Learn about; where to find help, defining violence, programs and services, and useful information for learning about the issues and solutions.

Resources for Service Providers...

A great tool for community based organizations, local service providers for finding information on Funding projects, resources and materials, as well as information on violence prevention programming.

Crisis Contact Information...

A list of phone numbers for use in case of emergency, but also for the purpose of finding more information on what you can do as a victim of violence, a friend or family member of a victim, or if you think you may be abusive and want to seek help.



Community Service Providers Collaborate to Respond to and Prevent Violence.

Please share success stories to highlight in our Newsletter! Standing Up together in an effort to end violence through changes in attitudes and behaviours can be accomplished through respect and equality, together we can end violence.

VIOLENCE PREVENTION LABRADOR

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Violence Prevention Labrador is a Pan-Labrador Coalition including volunteers from like-minded organizations, Government Departments and community partners from all over Labrador. Through education, awareness, and community capacity building we're working together to change attitudes and behaviors that foster violence as we work to encourage respect, dignity and equality in Labrador communities.

