

Working Together for Change

Communities, Service Providers and Organizations throughout are committed to ending Violence in Labrador. Working together is key, partnering with like-minded organizations, Labrador communities are hosting activities to make the public aware, promote personal safety and encourage respect within themselves and others.

Raising Awareness of Elder Abuse

June 15 World Elder Abuse Awareness Day (WEAAD) is a day dedicated to support of the United Nations International Plan of Action, which recognizes the significance of elder abuse as a public health and human rights issue.

The Labrador West Status of Women/Women's Center visited the Twin Cities Seniors Complex and facilitated an information session for the seniors of Labrador West.

Highlights of the session included sharing of information with seniors to empower them to recognize different types of abuse. Abuse can be physical (eg: hitting) emotional, verbal (e.g.: name calling), financial (e.g.: taking money or property), sexual, and spiritual.

Helping Youth Recognize a Healthy Relationship

Labrador Metis Nation received funding from the Violence Prevention Initiative - Women's Policy Office, Government of Newfoundland & Labrador to host a two day violence prevention workshop.

The workshop entitled, "**Not Just Puppy Love**" was designed to assist those working with youth to help recognise the serious effects of youth-relationship violence. It was to help the



Participant understand the myths that foster violence and how to respond to disclosures with a clear understanding of the law and available support services. Its objective was to proactively prevent violence at individual, organizational, and community levels and to work with youth in developing risk-management strategies. "**Prevention In Motion**" was designed to define different types of abuse and neglect, their indicators and effects on children and youth. Participants gained knowledge about the barriers and benefits to preventing abuse, and learned ways to proactively build safer relationships within organizations and communities. These two interactive workshops also examined how to handle disclosures, the legal reporting requirements, and risk management strategies.

Women and Girls Learning to Protect Themselves!

The Mokami Status of Women Council, in partnership with Libra House, Labrador Metis Nation and the United Cultures Youth Centre, has been bringing Wenlido to the Central Labrador area since February 2007 through the Women's Empowerment Project.

Wenlido is a self-defense class designed by women, for women and girls. Wenlido means 'the way of women's strength'. The main goal for the Women's Empowerment Project is to help women empower themselves. This project builds self-esteem and self-confidence for women and young girls. Providing information to women that may help them if they find themselves in a dangerous situation. Every move that is taught in Wenlido is a move that a woman used to get away from a real attack situation.

The training is not just about physical techniques; a lot of time is spent talking about violence against women and the crime of sexual assault. The goal is to provide women with different techniques and tools so that they can find what works best for them.



Violence Awareness and Action Training

The Violence Awareness and Action Training (VAAT) is a certificate training program offered to professionals, service providers and community based organizations involved in community's social health and wellbeing. Through facilitated group discussion, participants examine attitudes, values, and beliefs that support violence in our society. The VAAT training is coordinated in Labrador by Violence Prevention Labrador (VPL) and is an initiative of the Newfoundland and Labrador Violence Prevention Initiative.

For more information visit VPL's website @ www.vplabrador.ca/home/8.

What Can I DO?

We can all work together to foster healthy, safe Labrador communities. If we stand back and decide that violence happens to someone else, in someone else's community and that there are professionals in place that will solve the problem, violence will continue.

The root of violence stems from inequality, and we can all take steps to foster change. This means examining how we think, how we act and committing to making change in our everyday lives.

Educating ourselves on the forms of violence and not tolerating them in our society means examining our own attitudes, beliefs and behaviours. Learning healthy ways of dealing with our feelings of anger and not condoning violence in our own lives is first and foremost.

Becoming involved in productive ways in your community can foster healthy relationships and role model positive attitudes for youth and children.

Take a stand to lobby for initiatives that deal with violence, poverty, illiteracy, substance abuse, housing and unemployment, which are all contributing factors to violence and crime.

Learn More in the "What You Can Do" section of our website @ <http://www.vplabrador.ca/home/50>