

# We Can Help

## Taking Action Against Family Violence Requires:

### ⇒ **Ownership:**

Our problems in family violence are not for giving away. To acknowledge the problem is to do something about it. The consequences of not taking ownership is having to adopt healing and treatment from another culture, which probably has different values and traditions.

### ⇒ **Responsibility:**

Each of us is responsible for our own actions and lives. Each of us can take responsibility for stopping family violence.

### ⇒ **Respect:**

Respect for creation, respect for knowledge and wisdom, respect for the dignity and freedom of others, respect for the quality of life and spirit in all things, respect for what we do not understand.

### ⇒ **Looking Into The Future:**

Recognize the relationship between all things-see the wholeness. See how our actions will affect the generations to come.

### ⇒ **Compassion:**

Recognize the pain of those who have been abused and their feelings of shame, guilt, anger and confusion. The abused person can suffer their whole life without help and support.

### ⇒ **Choice:**

Treatment and counselling can be chosen so that understanding can be reached. Each of us chooses and, are responsible for our own actions and beliefs. Those who abuse can choose to learn a new way of expressing feelings. Choose to learn, how to be safe and protect yourself.

### ⇒ **Sharing:**

In stopping family violence, each of us has a role to play and stories to share. Through participation, support and ownership we share our valuable experiences and collective wisdom. Sharing helps others to grow and think.

## **We Can Help** continued

### ⇒ **Role Model Leadership:**

Show leadership and problem solving in your own life. Provide guidance, demonstrate good ways of thinking and acting when you are around others.

### ⇒ **Love And Commitment:**

Love and commitment is the basis for taking actions and ownership of family violence. We can never stop loving, caring, and being committed to our families. We want to commit to a brighter future.

### ⇒ **Healing Is A Journey:**

We start the process of healing with ourselves, by acknowledging and sharing. This alone will not make the violence go away. When we start with our own lives, we start the journey towards healthy family relationships. It will be hard work, but the product will be worth it.

You can begin to organize to stop abuse:

- ▶ Encourage security teams in your community
- ▶ Volunteer to be a security volunteer
- ▶ Teach your children about safety and security
- ▶ Encourage attendance at women's night
- ▶ Offer to baby-sit so she can go to women's night
- ▶ Speak-Up! Phone someone. Tell the police
- ▶ Report what you hear and see. Get help
- ▶ Get involved. Take a risk to help someone
- ▶ Learn more about family violence and share the information
- ▶ Make home visits to women who need friendship and support
- ▶ If you are a parent, be involved with your son/daughter
- ▶ Listen to their stories
- ▶ Lobby your leadership. Talk to the Chief and Council. Tell them you need their support
- ▶ Provide transportation for women to attend workshops/meetings
- ▶ Donate money or fund raise for shelters and safe houses
- ▶ If there are no services - offer women and children a bed in your home until something else can be arranged