

## 1. Prevention Strategies:

### Partner violence

- Go to another part of the city where the abuser would not think of going
- Ask for help at a shelter or day program like My Sisters' Place
- Go to a place where you feel safe, a trusted friend or relative

Safe Place	Phone #
At ^ Iohsa Native Family Healing Services	519-438-0068
Centre of Hope	519-661-0343
Crouch Neighbourhood Resource Centre	519-642-7630
London InterCommunity Health Centre	519-660-0874
London Public Library	519-661-4600
My Sisters' Place	519-679-9570
Streetscape	519-439-7700
London Coffee House	519-439-9000
Unity Project	519-433-8700
Youth Action Centre	519-434-6500
Shelters	Phone #
Women's Community House	519-642-3000
Women's Crash Beds – Mission Services	519-439-0239
Unity Project	519-433-8700
Centre of Hope	519-661-0343
Rotholme Shelter	519-673-4114
Women's Rural Resources, Strathroy	519-246-1526
St. Thomas Shelter	519-633-0155
Zhaawanong Shelter	519-432-2270

### Random Violence

- Trust your instincts
- Be alert to your surroundings
- Stand tall and keep eyes alert
- If you sense danger go to a public place and ask for help
- Sleep in a shelter or public place

### Sexual Violence

You do not owe ANYONE sex.

- Try NOT to sleep outdoors by yourself
- Call 911 if you are attacked
- For safety, carry condoms
- Get condoms at My Sisters' Place, London InterCommunity Health Centre, Middlesex-London Health Unit **519-663-5317** or Regional HIV/AIDS Connection **519-434-1601**
- Use less alcohol & drugs so you can be alert & stay safe
- Take your medication to stay well and keep strong

### Physical Health and Safety

If your health deteriorates you become more vulnerable to physical violence.

- Personal hygiene supplies are available at day programs and shelters
- Keep your hair cut short or tie it up
- Keep your meds in a safe place or with a person you trust

### Substance Abuse and Violence

- You NEVER deserve to be abused in any way
- If you are injecting drugs, carry your own needles and/or equipment and learn how to safely handle them. Clean needles are available from most street outreach workers and the Needle Exchange

### Mental Health and Violence

- You may feel depressed, anxious, or are hearing voices or seeing things. The stress of living on the streets can affect you in this way.
- Talk to an outreach worker, mental health or support worker, doctor or someone you trust. London Mental Health Crisis Services – 24 hr Crisis Support Line **519-433-2023**

### Survival Sex

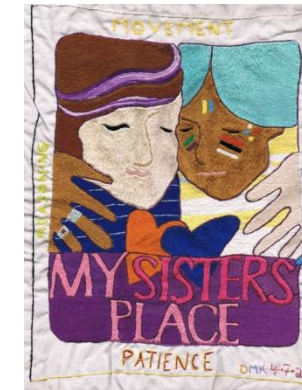
If you exchange sex for drugs, alcohol, shelter, protection, food, or money.

- Avoid wearing clothing that can be used to hurt you, such as long necklaces, chokers and scarves
- If you are working alone, pretend to be working with a partner
- Agree on a price and obtain money first to decrease the risk of violence

If you are in trouble call the London Police and ask for Lorna Bruce from “Persons at Risk” Program **519-661-5861**

### Prevent a Sexually Transmitted Infection

- Use a new condom for each sexual act and water-based lube to keep condom from breaking
- Wipe off lipstick and chapstick before oral sex (the oils in them can disintegrate a condom)
- Check your date/john for visible signs of infection before sex. Ask them if they have any STI's. Check for sores, open wounds and rashes.



Remember that you NEVER deserve to be attacked, beaten or sexually assaulted.

- Try to keep yourself away from bottles or other potential weapons that could harm you
- Call for support: Women's Community House, 24hr crisis service **519-642-3000**

## 3. Responding to Crisis:

- If you need medical attention go to the hospital or call **911**
- Make sure you are safe and physically away from your abuser
- Go to a women's abuse shelter. A support worker can help you look for a safe shelter
- Can you stop using for a few days to be in a safe place such as a shelter?

### Physical Health and Sexual Violence

At an Emergency Room you can access:

- Detection of rape drugs within 72 hrs
- HIV preventative medication within 72 hrs
- Preventative medication for other Sexually Transmitted Infections within 72hrs
- Emergency contraception – also called “Morning After Pill” prevents pregnancy from occurring (effective up to 5 days)
- Anonymous testing for HIV at Regional HIV/AIDS Connection **519-434-1601** or Options Clinic **519-673-4427**
- Confidential testing for Hep C/HIV or STI's at Middlesex-London Health Unit **519-663-5317**

- Sexual Health Drop-in Sessions at the **Central Library** on Mondays from 2:00pm-4:30pm, Public Health Nurse provides information about health and sexuality
- If you are sexually assaulted talk with a support worker at the Sexual Assault Centre of London **519-438-2272** or go to the Regional Sexual Assault & Domestic Violence Treatment Centre at St. Joseph's Hospital **519-646-6100 x64224**
- A Sexual Assault Nurse will help you in a sensitive and gentle manner and can collect the appropriate evidence
- To file a police report, it is better if you do not bathe, shower, brush your teeth or change your clothes. If you have already changed put your old clothes in a bag and bring them with you to the hospital.
- You should still be examined for injuries and preventative care

- You can get information about therapeutic abortions from - London Health Sciences Centre, Women's Health Care Clinic **519-685-8204**
- Even if you don't want to press charges you can still file a police report anonymously
- Counseling and support services are offered at London Abused Women's Centre **519-432-2204**

**Legal Issues**

The sooner you report an incident to the police, the more likely it will be to find the perpetrator.

- Call 911 during or immediately after a sexual assault, or incident of partner violence. Time allowed to file a police report for sexual assault is limitless.
- You can file a police report at the police station
- Obtain a restraining order from the Justice of the Peace. Your perpetrator will be mandated not to abuse you and to stay away from you. Also, it serves as proof of abuse for getting into subsidized housing.

- Restraining orders are only enforced when the police can see the threat of violence or danger.
- Peace bonds are no cost and are easier to enforce. You need to present proof of stalking or assault to a judge or Justice of the Peace. You can apply for one at the Court House
- As a victim of assault, you can apply to get money for your suffering through the Criminal Injuries Compensation Board **1-800-372-7463**



Revised Sept 2011

Traditionally, Native women are respected and honoured as givers of life and as keepers of traditions and customs. Native Women are at risk of violence and experience higher rates of poverty, unemployment, mental health issues, domestic violence, addiction and sexual abuse than the mainstream population.

**Healing Strategies and Resources**

- Seek healing assistance from Native Women's support groups
- Access traditional teachings and ceremonies for healing
- Ask for help from trusted family, friends, or support workers

Native Services	Phone #
At ^ Lohsa Native Family Healing Services	519-438-0068
My Sisters' Place	519-679-9570
N'Amerind London Friendship Centre	519-672-0131
Southwest Ontario Aboriginal Health Access Centre	519-672-4079
Zhaawanong Shelter	519-432-2270

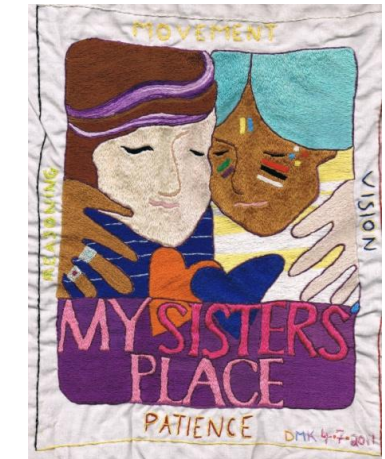
My Sisters' Place is a program of



# Safety Take Out Menu

For Women who are homeless or at risk of homelessness or street involved

Created for *you* with care from women who have *been there!*



**My Sisters' Place**

Transitional Support Centre for Women  
 566 Dundas Street  
 London, ON N6B 1W8  
 Phone: 519-679-9570