

APPENDIX

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WEB-APP POSTERS

Examples of posters for dissemination in clinics

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WITHWOMEN WEB-APP

Screening a relationship for IPV in 1 min

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PATHWAY WEB-APP

Safety planning for those in an unsafe relationship

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PROMISE WEB-APP

Staying safe during a public health emergency



WEB-APP POSTERS

Dissemination to the Public

Normalize conversations about screening and safety-planning for IPV among patients or clients (and other providers) by sharing the materials on the next few pages about the WITHWomen apps in on-site clinics and community organizations (e.g. in waiting rooms, exam rooms, X-ray rooms, washrooms).

We have included 3 posters:

1. **WITHWomen** web-app for screening for IPV and providing resources
2. **Pathways** web-app for a danger assessment, safety planning, and resources
3. **PROMiSE** web-app for assessing danger and improving safety during a public health emergency (e.g. COVID-19)

Has your relationship ever felt unsafe?

ASSESS YOUR SAFETY IN JUST 1 MINUTE

WITHWomen is a web-app that can help you:

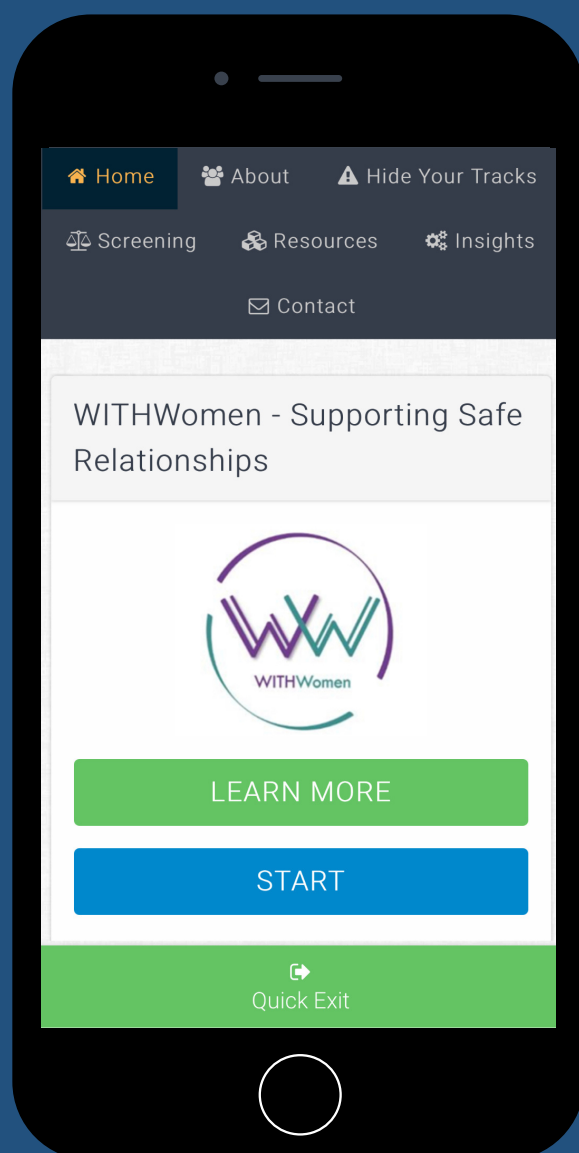
- 1 Self-assess your safety
- 2 Get support
- 3 Learn about relationships
- 4 Connect to safety planning tools

It's free, anonymous, and secure
(no download required)



TRY IT NOW

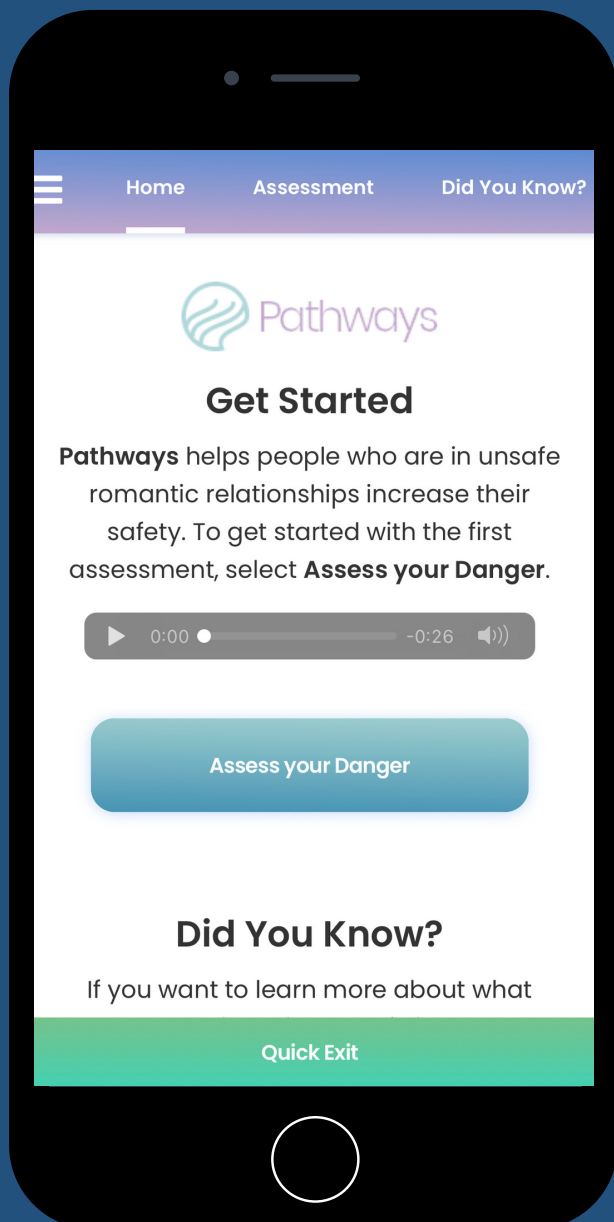
Visit withwomen.ca



Remember, you are not alone.

Do you have concerns about your relationship?

Are you looking to increase your safety?



Pathways is a web-app that can help you:

- 1 Assess your danger
- 2 Identify safety concerns
- 3 Plan for safety
- 4 Connect to local resources

It's free, anonymous, and secure
(no download required)



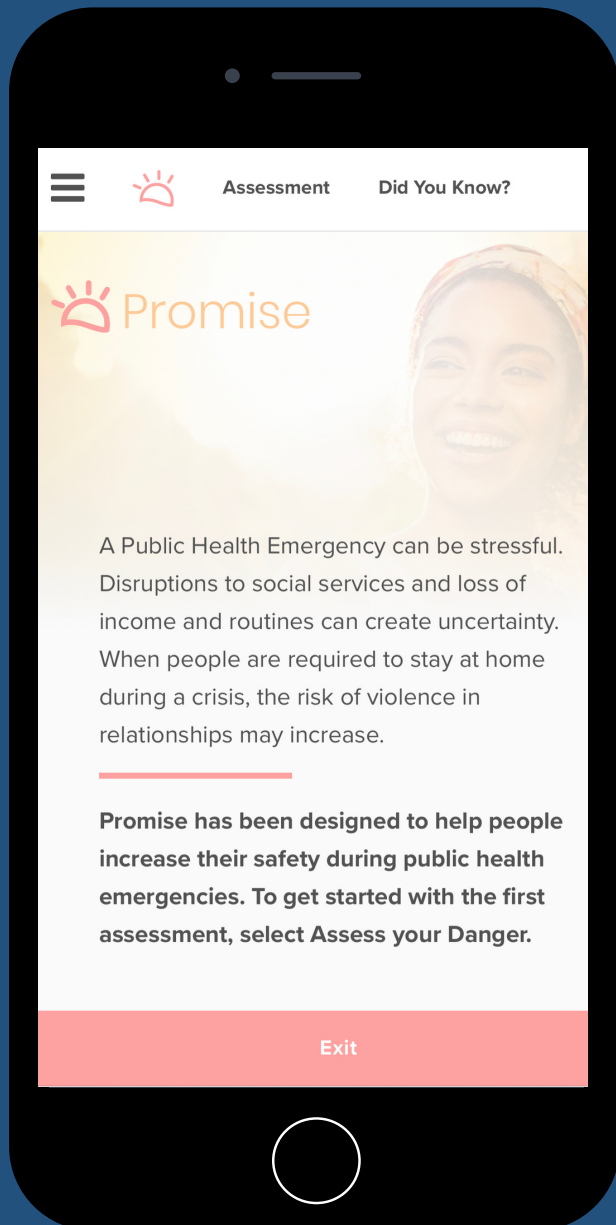
TRY IT NOW

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Remember, you are not alone.

Do you have concerns about your relationship?

Are you looking to increase your safety during a public health emergency?



PROMiSE is a web-app that can help you:

- 1 Assess for danger
- 2 Identify safety concerns
- 3 Plan for safety during a public health emergency
- 4 Connect to local resources

It's free, anonymous, and secure
(no download required)



TRY IT NOW

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Remember, you are not alone.

6

WITHWOMEN WEB-APP

Screening a relationship for IPV in 1 min

IPV SCREENING QUESTIONS

How much time is needed?

Completing 9 rapid, validated screening questions will take approximately 1 minute

What this means for your organization:

Routine screening would help women identify unsafe behaviours earlier on in their intimate relationship and ask for support

What screening questions are used?

The Hurt, Insult, Threaten, and Scream (HITS) screening tool served as the base of our app, since it is validated, used in healthcare settings, and has shown acceptable sensitivity and specificity (REF).

Our web-app contains 9 questions that were developed for their acceptability in partnership with IPV survivors and service providers. The questions focus on identifying emotional violence and controlling behaviours, sexual violence as well as physical violence. Answers are weighted based on severity to reflect the level of safety risk in a relationship.

Over the last 12 months...

1. How often did you feel uncomfortable doing or saying things around your current partner or someone you're currently dating?
2. How often did your partner, an ex-partner, or someone you dated INSULT you or talk down to you?
3. How often did your partner, an ex-partner, or someone you dated yell, shout, or curse at you?
4. How often did your partner, an ex-partner or someone you dated control who you see, where you go, what you do, or what you wear?
5. How often did your partner, an ex-partner, or someone you dated make you feel afraid or scared of them?
6. How often did your partner, an ex-partner, or someone you dated THREATEN to harm you or someone you care about?
7. How often did your partner, an ex-partner, or someone you dated physically HURT you?
8. How often did your partner, an ex-partner, or someone you dated beat, punch, kick, strangle or hurt you with a weapon?
9. How often did your partner, an ex-partner, or someone you dated force, threaten, or pressure you to participate in any sexual activity when you didn't want to?



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- ✓ Includes 'Quick Exit' bar to hide screen & tips on online safety

IPV SCREENING RESULTS

Scores for each question are summed and categorized into the following categories. The results screen displays the colour and the explanation of the result at the end of rapid screening. The app has been made available for public use but can also be implemented within a clinic setting, providing opportunities to share the screening result with clinic staff.

✓ Based on your answers, it seems that you are in a safe relationship.

Every relationship can change over time. Whenever you feel like something has changed, you can come back to this website and answer the questions again. Or you can talk to someone you trust, such as a friend or a family member.

You can use this website to learn more about, signs of safe and unsafe relationships and tips on how to stay safe as well as resources to increase your safety or that of a family member or a friend.

⚠ Based on your answers, there may be some unsafe behaviours happening in your relationship.

There are many behaviours that can make a relationship harmful. It might be physical or sexual behaviours or even words and emotions.

If you are noticing any of these behaviours, or if you feel like something is not right, remember that you are not alone. You might find it helpful to talk to someone you trust, such as a friend or a family member.

Please remember that if someone is hurting you, it is not your fault. You deserve to be treated with respect and feel safe in your relationship.

✗ Based on your answers, there are unsafe behaviours happening in your relationship.

Any physical, verbal, emotional, or sexual harm you experience in your relationship is very important and deserves attention. Usually these behaviours will happen more than once and often get worse over time. Harmful behaviours can get worse if your partner suspects you want to leave them.

If someone is hurting you, it is never your fault. You deserve to be treated with respect and feel safe in your relationship. It takes time to think about what is happening, and decide what you want to do next. It is normal to feel scared, confused or even embarrassed. If you are thinking about leaving an unsafe relationship, you can talk to someone who can help you create a plan to leave safely.



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INSIGHTS

Some women may not be aware that they are in an unsafe relationship. This section may help increase their knowledge of relationship violence and offers safety planning resources so that they are able to make informed decisions regarding their next steps.

Safe Relationships

In a safe relationship:

- Trust is an important element, including partners not doing things to cause harm.
- Both partners share decision making regarding important aspects of family life.
- Partners support and believe in each other.
- When it comes to difficult situations, the couple can count on each other for assistance and sympathy.
- The relationship supports each person's independent balanced life.

Unsafe Relationships

In an unsafe relationship, one partner:

- Unfairly makes the other feel embarrassed about themselves or their loved ones.
- Limits the other's contact with family or friends. Interferes with the other's success in work or study.
- Manipulates the other partner's thoughts, actions or decisions to benefit themselves.

Safety Planning

A safety plan is a list of things you can do to increase your safety.

Although you do not have control over your partner or ex-partner's actions, you can take some steps to increase you and your loved ones' chances of staying safe. Your safety plan will include the steps that you feel ready and able to take.

Making a safety plan can be overwhelming. You can talk to a friend or someone you trust to help you decide where to start. You can even find a trained counsellor to help you make your safety plan.

Remember you don't have to take many steps at once. You can work on the things that best fit your life and feel most doable to you.

For help with assessing your priorities and creating a safety plan, visit the Pathways web-app below on the left. For help during a public health emergency, visit the PROMiSE web-app below on the right.

Visit withwomenpathways.ca

OR

Visit withwomenpromise.com



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LOCAL IPV RESOURCES

Below is a partial list of resources within the GTA and Hamilton areas and includes community supports for minorities and people with language barriers, culturally sensitive services, and legal advice.



Help Lines

Assaulted Women's Helpline

- Tel: 1-866-863-0511
- TTY: 1-866-863-7868
- Text: #SAFE or #7233
- Website: awhl.org

Fem'aide

- Toll Free: 1-877-336-2433
- Website: femaide.ca

Talk4Healing

- Toll Free: 1-855-554-HEAL (5325)
- Website: www.talk4healing.com



Counselling

Barbra Schlifer Commemorative Clinic

- Tel: 416-323-9149 ext. 234
- TTY: 416-323-1361
- Website: schliferclinic.com

Family Service Toronto

- Tel: 416-595-9618
- Website: familyservicetoronto.org

Abrigo Centre

- Tel: 416-534-3434
- Website: www.abrigo.ca



Shelter

Shelter safe

This website lists all of the shelters in Canada that help women and their children seeking safety from violence. Use this tool to find a shelter near you.

- Website: www.sheltersafe.ca

Interval House Toronto

- Toll Free: 1-888-293-5516
- Tel: 416-924-1491
- TTY: 416-924-0899
- Website: www.intervalhouse.ca

Ernestine's Women's Shelter

- Crisis Line: 416-746-3701 press 0
- TTY: 416-746-3716
- Website: ernestines.ca

City of Toronto Central Intake Line

Call these numbers to speak to someone who can help you find shelter spaces in Toronto.

- Toll Free: 1-877-338-3398
- Tel: 416-338-4766



Legal

Family Court Support Program at the Barbra Schlifer Commemorative Clinic

- Tel: 416-323-9149 ext. 233
- Website: schliferclinic.com

Family Court Support Program at Oasis Centre des Femmes

- Tel: 416-591-6565 poste 224
- Website: www.oasisfemmes.org

Family Court Support Workers (Ontario)

- Toll Free: 1-888-579-2888 (24h/7d/wk)
- Website: www.attorneygeneral.jus.gov.on.ca

Legal Aid Ontario

- GTA: 416-979-1446
- Toll Free: 1-800-668-8258
- TTY Toronto: 416-598-8867
- TTY Toll Free: 1-866-641-8867
- Website: www.legalaid.on.ca

CLEO – Community Legal Education in Ontario
There are legal rights and protections available to you under the law. Visit the CLEO website.

- Website: www.cleo.on.ca

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PATHWAYS WEB-APP

Safety planning for those in an unsafe relationship

DANGER ASSESSMENT

Pathways is intended for women who have self-identified as currently or recently being in an unsafe relationship. A relationship could go from being unsafe to dangerous very quickly if a woman's partner or ex-partner's behaviour towards her is getting worse over time. While it can be hard to think about, in some relationships, there is a very real risk of murder by an intimate partner. That is why it is important to pay attention to the warning signs.

Each section of the app can be completed in any order that women feel most comfortable with and at any time. However, we recommend each person begins with a Danger Assessment to determine their immediate level of danger in their relationship. These questions may be upsetting to answer. It may be helpful for women to have a provider walk through the questions with them as they can offer support as needed.

1. Has the physical violence increased in severity or frequency over the past year?
2. Do they own a gun?
3. Have you left them after living together during the past year?
4. Are they unemployed?
5. Have they ever used a weapon against you or threatened you with a weapon?
6. Do they threaten to kill you?
7. Have they avoided being arrested for domestic violence?
8. Do you have a child that is not theirs?
9. Have they ever forced you to have sex when you did not wish to do so?
10. Do they ever try to choke/strangle you or cut off your breathing?
11. Do they use illegal drugs? By drugs, I mean "uppers" or amphetamines, "meth", speed, angel dust, cocaine, "crack", street drugs or mixtures.
12. Are they an alcoholic or problem drinker?
13. Do they control most or all of your daily activities? For instance: do they tell you who you can be friends with, when you can see your family, how much money you can use, or when you can take the car?
14. Are they violently and constantly jealous of you? (For instance, do they say 'If I can't have you, no one can.')
15. Have you ever been beaten by them while you were pregnant?
16. Have they ever threatened or tried to commit suicide?
17. Do they threaten to harm your children?
18. Do you believe they are capable of killing you?
19. Do they follow or spy on you, leave threatening notes or messages, destroy your property, or call you when you don't want them to?

The Danger Assessment is based on research that identified risk factors for severe or even deadly relationship violence. To learn more about the tool, visit <https://www.dangerassessment.org/>.



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DANGER ASSESSMENT RESULTS

Scores for each question are summed and categorized into the following categories. The results screen displays an explanation of the result and suggestions to increase a woman's level of safety.

Variable to Severe Danger

Your Danger Assessment score suggests you're not in immediate danger from your partner or ex-partner. While you may not be at risk for experiencing immediate danger, you can still consider ways to improve the overall health and safety in your relationship.

Since circumstances around relationships can change quickly, therefore:

- We recommend you use Pathways to learn about relationship safety and familiarize yourself with the action and safety plans provided
- Remember, you know your situation best, so trust your instincts. If you ever feel like the level of danger in your relationship has changed, you can come back and answer these questions again
- Talk to a trusted family member or friend about unsafe behaviours that you notice in your relationship
- Talk to a trained professional if you feel you need more help or want more information.

Please call 911 if you feel your life is in danger. Trust your instincts as every person's situation is unique.

Extreme Danger

Your Danger Assessment score suggests that the types of unsafe behaviours you have experienced in your relationship are extremely dangerous.

This is very concerning as you are at risk for ongoing severe harm. This will likely get worse and will not stop. This level of danger reflects a high risk of being killed by your partner or ex-partner.

You should seek help to increase your level of safety NOW:

We strongly urge you to do the following:

- Please call 911 if you feel your life, or someone else's life is in danger. Trust your instincts as every situation is unique.
- Get help from a professional. Talk to someone at the Assaulted Women's helpline (1-866-863-0511). Tell them about your high Danger Assessment score and the behaviours you are experiencing in your relationship. Call them now and let them help you make a plan to decrease the amount of danger you are in.
- This can be a dangerous time for you. Talk to someone you can trust like a friend, family member or professional advocate so they can carefully support your plans for safety.

Once you have done these things and reduced the level of danger in your relationship, you can come back to Pathways and plan your next steps.



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MY CONCERNS

Women are asked to rank 5 categories of concerns that are most important to them as they make difficult decisions about their safety.



1) FINANCES



2) SOCIAL SUPPORT



3) LEGAL



4) HEALTH



5) HOUSING

Results

Results will show how women ranked their concerns. Each concern is linked to an action plan, which suggests 3 to 6 specific actions that women can take to address each area of concern and improve their safety.

Your Action Plan

The safety plan for the woman's most highly rated priority is presented to her first but she can also use the list to navigate safety steps associated with other lower-ranked concerns. We also included links to support services that could be accessed free of charge or without the need for referrals or health insurance.

#1 SAFETY CONCERN (E.G. FINANCES)

EMERGENCY TIPS

General Safety Tips

This section allows women to explore additional safety tips to help increase their safety in other areas of their lives.

CHILDREN'S SAFETY

PET SAFETY

SAFETY AT HOME

SAFETY AT WORK

STALKING AND SAFETY ONLINE

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ACTION PLAN

Action Plan: FINANCES

Finances are at the top of your list. See below for some steps you can take to address your financial concerns. Remember, you don't need to take all of these steps at once. Go at your own pace and do what feels right for you.

Hide away some money

You might find it helpful to save money for yourself so you don't have to rely on your partner. This could be hard if your partner is very controlling about finances, but there are ways you can save very small amounts of money.

- Think of a safe place where you can hide cash. Consider sneaking money into a tampon box or some place your partner won't think to look.
- If your partner is controlling about checking receipts and the money you spend, you can purchase small items like bottles of shampoo and then return them for cash.
- Consider having someone you trust hold on to the cash that you save.
- Consider opening a bank account in your name or in the name of someone else you trust.

Sign up for social services & benefits

There are programs to help people who are in financial need. These programs can help you with child care, housing, employment, and money to pay for costs of daily living.

- Use the [Toronto Service and Benefit Finder Tool](#) to find a list of programs that might be right for you.
- Explore your list and note programs you are interested in.
- When you are ready, you can follow the instructions and fill out the applications.

Get help with financial literacy and job skills

There are places across Toronto where you can get information, training, and support to build financial skills and meet with other people who are addressing their financial concerns.

Employment and Training Programs at the YWCA:

- The [YWCA](#) provides English classes, help finding a job, skill building, and more.

Financial Empowerment Counseling

- To receive help with budgeting, banking, and managing debt book an appointment with a counsellor at [Wood Green Community Services](#) by calling 416-645-6000 ext. 1330 or emailing fe@woodgreen.org

Microlending Programs

- Microlending programs help women start their own businesses by providing training and mentoring about finances and life skills. See if there is a program near you by clicking [here](#).

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ACTION PLAN

Action Plan: SOCIAL SUPPORT

Having a social support system means having people you can turn to and resources you can access in times of need. To build your support system you can:

Talk to someone you trust

Talking to others may help us feel safer and less alone, and may provide us with support and information about how to address problems.

- Talk to someone you trust who might understand what's going on, like friends, family and members of your faith community.
- Talk to a helping professional (e.g. nurse, social worker) who may have useful information to share.

Talk to a peer or attend a support group

Meeting others who have had similar experiences may also be helpful.

- These places may have support groups you might find helpful.
 - [North York Women's Centre](#)
 - [Rexdale Women's Centre](#)
- Call or visit, to see how they can help you.

Talk to a Violence Against Women Counsellor

You can talk to a professional counsellor who will help you to identify and achieve your goals. Here are some places with counsellors who have experience supporting women in unsafe relationships:

- [Family Service Toronto](#)
- [Scarborough Women's Centre](#)
- [Barbra Schlifer Commemorative Clinic](#)
- [Abrigo Centre](#)

Check out their websites and note ones you may want to visit. Call or visit to see how they can help you.

Try out social activities in your community

People in unsafe relationships often feel alone. Going to new places and trying new things, including fun and free programs in the city (e.g. art programs, walk and talks, and cooking, sewing, and gardening groups) can help you feel less alone.

- Visit your local public library and see what programs they offer.
- Visit a community centre in your neighbourhood. There are some centres that have activities just for women like the [working women's centre](#).

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ACTION PLAN

Action Plan: LEGAL

You have selected legal concerns as your top priority. See below for some steps you can take to address your legal concerns. Remember, you don't need to take all of these steps at once. Go at your own pace, and do what feels right for you.

Sign up for the Family Court Support Worker Program

Family Court Support Workers can help you stay safer, document abuse, and acquire housing, counselling, and support for your children. Family Court Support Workers are based in communities across the province.

If you live in Toronto,

- call the program at the Barbara Schlifer Clinic (416-323-9149 ext. 233) or sign-up [online](#).
- call the [Oasis Centre des Femmes](#) (416-591-6565 ext. 224) if you prefer to speak in French. To find the Family Court Support Program in other parts of Ontario click [here](#).

Contact a Community Legal Clinic

Community legal clinics provide legal advice to low-income people living in Ontario. They may be able to connect you with free a lawyer, or help you pay for a lawyer.

- Check out their [website](#) to learn more.
- Click [here](#) to find community legal clinics near you. Explore a few websites to learn about programs that are suited to your needs.
- Call a community legal clinic OR legal aid Ontario (1-800-668-8258) and explain your situation. Tell them you are experiencing violence in your relationship and ask how they can help you.

Speak with a lawyer

Get free legal advice:

Call Legal Aid Ontario, (1-800-668-8258) and tell them about your legal concerns and your relationship. Ask how they can help.

Use the Law Society Referral Service to Hire a Lawyer:

Use [this resource](#) to get a free 30-minute consult with a lawyer. You can share your story with the lawyer and decide if you want to hire them.

Duty Counsels:

If you have a court hearing, cannot afford a lawyer, duty counsel lawyers can represent you. You can also access this service while in custody; inform the police officer that you would like to speak to a duty counsel. The officer will call the hotline for you.



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ACTION PLAN

Action Plan: LEGAL (continued)

Gather evidence

It is always a good idea to keep detailed records about your (ex-)partner's abusive behaviours. This will help you remember them, and collect evidence for the courts. Keep a record of:

- 911 calls.
- Criminal charges, bail conditions, and/or terms of probation.
- Evidence that your partner did not follow a family court restraining order in the past. Hospital reports if you went to the hospital for treatment after an assault.
- Photographs of injuries.
- Evidence your (ex-)partner stalked you after you separated. You can record this in a stalking log.
- Emails, letters, text messages, voicemails, or social media posts that show abuse, violence, control, or harassment.
- Documents from a Children's Aid Society that show how they've been involved with your family.

Start making note of people who know your situation and can stand up for you in court. This may include:

- Your family doctor, if you spoke to them about abuse
- Your friends, family, and/or neighbors, if they witnessed or heard abuse, harassment, or violence
- Your co-workers or employers, if they witnessed or heard abuse, harassments, or violence
- Your child's school teachers or day care givers, if your child ever spoke about or showed signs of abuse
- Shelter worker or therapists, if they've helped you
- Your religious leader, if you've turned to them for support

Consider a Protection Order

If you are afraid of someone, you can get a protection order that limits their contact with you.

There are two types of "protection orders":

1. A restraining order through an Ontario Family Court;
 2. A peace bond through a Justice of the Peace
- Click [here](#) to learn about Restraining Orders and how to get one.
 - Click [here](#) to learn about Peace Bonds and how to get one.



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ACTION PLAN

Action Plan: LEGAL (continued)

Address concerns about your immigration status

It is best to get legal advice about your immigration concerns.

While we cannot give you legal advice, here are some things to consider:

- If you are a Canadian citizen, your immigration status is not at risk if you leave an abusive relationship.
- If you are a permanent resident, in most cases, your status is not at risk if you leave an abusive relationship. However, there are some potential risks if you were sponsored and immigration authorities conduct an investigation that raises doubt about either the relationship or your application.
- If your permanent residency is conditional, your sponsorship application is in process, or you have temporary or no status, you need to seek legal advice.

The above information was collected from the [Neighbours, Friends & Family Campaign for Immigrant and Refugee Communities](#).

For more information, click [here](#) for a fact sheet from CLEO.



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ACTION PLAN

Action Plan: HEALTH

Health is at the top of your list. See below for some steps you can take to address your health related concerns. Remember, you don't need to take all of these steps at once. Go at your own pace and do what feels right for you.

Connect with a Community Health Center

Community Health Centres provide access to healthcare workers, and offer diverse programs to address your health and well-being. Most centres also provide services in different languages and don't require a health card

- Use this [online tool](#) to find some health centres near you.
- Check the websites of some centres and note programs or services that interest you.
- Call or visit a health centre to find out how they can help you.

Make an appointment with your family doctor

- Make an appointment with your family doctor to talk to them about your concerns.
- If you cannot access your family doctor in time, try a walk-in clinic.
- If you don't have a health card, visit a Community Health Centre.

Support your emotional health

Dealing with an (ex-)partner's unsafe behaviours can cause stress. Here are a few things you can do to promote your emotional health.

- Take some time each day to remind yourself of your strengths.
- If you're feeling overwhelmed, take a moment to notice your stress and take deep breaths to reduce feelings of panic.
- Do small things that give you peace (e.g. listening to music, reading, writing, walking). You deserve self-care.
- It's okay to feel down at times. Share your feelings with someone you trust.



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ACTION PLAN

Action Plan: HEALTH (continued)

Protect your sexual health

Sexual activity without consent is never okay. Even if you are married or in a relationship, it is against the law for your partner to coerce you into sexual activity.

- Learn about consent and coercion [here](#).
- Talk to your family doctor about different types of birth control you can use. There are some you can use without your partner knowing.
- If you don't have a health card, or don't want to go to your family doctor, you can go to a sexual health clinic.
- Find a sexual health clinic near you [here](#).

Learn who to call for health & mental health emergencies

For health and mental health emergencies you can call these numbers at any time:

- Distress Centres – Call 408-HELP, text 45645 , or chat [online](#).
- Tele Health Ontario 1-866-797-0000 (TTY 1-866-797-0007).
- During medical emergencies, call **911**.



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ACTION PLAN

Action Plan: HOUSING

See below for some steps you can take to address housing concerns. Remember, you don't need to take all of these steps at once. Go at your own pace and do what feels right for you.

Find out about Emergency Housing

There are shelters across Canada that help women and their children seek safety from violence. Shelters offer safe places to stay, hot meals, and support to find permanent housing.

Shelter Safe

- Explore this [online tool](#) and learn more about shelters in Canada.
- Note some shelters that you might stay at and their phone numbers.
- Call some shelters to find out how they can help you.

City of Toronto Central Intake Line

If you live in or near Toronto, call 1-877-338-3398 at any time if you need information about shelters and other resources.

Find a new home

There are housing options for people who cannot afford to pay rent. If your income is low enough, you can apply for rent-geared-to-income housing or a portable housing benefit to help you afford rent.

- If you live in Toronto, start on your application [here](#)
- To get help with housing in Ontario, call the Housing Help Association of Ontario (416-686-3390)

There is a special program to help people who want to leave a home they share with an abusive (ex-)partner. If you apply for this program, you will need a lot of proof about your situation and help from a professional.

- Read about the [Special Priority Program](#) and decide if it is a good fit for you
- Call the Assaulted Women's Helpline and ask them to connect you with someone who can help

The Transitional Housing Support Program at the Barbra Schlifer Commemorative Clinic supports women who have experienced abuse as they transition into their new lives.

- Read about the program [here](#)
- Talk to an intake counsellor at the clinic to see how they can help you: 416-323-9149 ext. 234

If you are looking for places to buy or rent at market rates click [here](#).



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ACTION PLAN

Action Plan: HOUSING (continued)

See below for some steps you can take to address housing concerns. Remember, you don't need to take all of these steps at once. Go at your own pace and do what feels right for you.

Learn about your housing rights

If you are renting a place in Ontario, you're covered by the Residential Tenancies Act (RTA). This law governs relations, rights, and obligations between landlords and tenants. If your landlord does not follow RTA rules, you may apply to the Landlord and Tenant Board to settle disputes.

The Ontario Human Rights Code bans discrimination in most rental situations. For example, a landlord cannot ask you questions that can be used to discriminate against you, like your marital status, religion, ethnicity, sexual orientation, or citizenship.

To learn more, check out the [Tenant's Guide to Housing](#) created by the Scarborough Women's Centre.



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GENERAL SAFETY TIPS

General Safety Tips: EMERGENCY TIPS

Emergency Escape Plan

Since relationships can become unsafe quickly, it's best to be prepared in advance. The Emergency Escape Plan focuses on the things you can do **ahead of time** to be better prepared in case you have to quickly leave a dangerous situation.

- Tell someone you trust about what's happening to you. It's important to inform someone about the harmful behaviours you are experiencing.
- Make copies of the important **documents**; and keep them in a **safe place**.
- Try to keep your wallet handy. Make sure to always carry the following things:
 - Wallet with **important cards**
 - Keep keys for your home, car, workplace, safety deposit box, etc.
 - Emergency money (in cash) hidden away.
 - Save \$20-30 for cab fare and change for a payphone
 - A Charged cell phone
- Consider packing an **emergency bag**.
- Plan your emergency exits. Think about how long it might take for you to access safe transportation (e.g., taxi, bus, Wheel-Trans, etc.).
- **Plan and rehearse the steps** you will take if you have to leave quickly, and learn them well.
 - When you leave your home, **take your children with you** if you can, as the police cannot help you remove them from their other parent unless you have a valid court order.
 - If arranged through a local police division, the police can escort you back to the home to remove additional personal belongings.

What to expect if you call 911 - This is information to make you aware of what to expect when calling 911, it is not meant to discourage a call to 911 in emergency

- Remember that there is no charge when calling 911 (including from a payphone).
 - Try to remain on the line until you are told it's okay to hang-up. If you have difficulty with English, tell the call-taker the name of the language you speak. Stay on the line while you are connected to interpreter services that can provide assistance in your language.
 - **If you are a woman without legal status** in Canada, police involvement may result in **arrest, detainment, and/or deportation**. Refer to the Legal section for more information.
 - When the police are called to respond to an incident in your home, **there is a chance that you may be charged with a crime**. This can occur if the perpetrator claims you have assaulted them, even if you acted in self-defence.
 - Police involvement can result in the involvement of a **Children's Aid Society**. The goal of this is to reduce risk to children, not to remove the children from the care of the non-offending parent.
- Be aware of this information, but don't let it stop you from calling 911 if you are in extreme danger.



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GENERAL SAFETY TIPS

General Safety Tips: EMERGENCY TIPS (continued)

During a violent incident

- **Don't panic.** Remind yourself that you have an Emergency Escape Plan and go over it in your mind.
- Try to position yourself to get out quickly or near a phone so you can call 911 if necessary. Leave the phone off the hook or turn it off after your call. If you hang up the phone, the police may call back, which can create a dangerous situation for you.
- **Try to move to a space where the risk of violence is lowest.** Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to an outside door or window.
- Once you are in a safe place, have a friend/ family member **take photographs of any injuries you sustained.** This can also be done at the hospital if you choose to seek medical care. Take photographs of any damaged property. All this can be used as evidence.
- **If relevant, collect evidence of sexual assault.** Go directly to a hospital where a trained professional will examine you, collect evidence, provide you with medical care and connect you with supports in your community. Don't bathe or shower, and bring the clothes you were wearing (don't wash them). You can save the evidence in case you decide to pursue charges.



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GENERAL SAFETY TIPS

General Safety Tips: Children's Safety

These safety plans have been adapted from the following resources:

- [Creating a safety plan by Peel Committee Against Woman Abuse](#)
- [Creating a safety plan by Mount Sinai Hospital](#)

For detailed safety plans, refer to these resources.

Child Safety Plan

Even if they never see unsafe behaviour, children can sense when something is wrong. You can take steps to comfort them and help them cope. Let them know that neither you nor they are the cause of your (ex-)partner's unsafe behaviours and that keeping you safe is not their responsibility. Emphasize how important their safety is to you. Talk to them about the situation and plan the following steps:

- Create a **safe word** that should be their cue to leave the room and go to a pre-arranged safe place.
- **Pick a safe place that you go to with your children**, preferably with a lock and a phone (landline, cell phone or an emergency phone).
- It's important to tell your children to **not use the phone in front of your (ex-)partner**; this might put them at risk.
- If you have a cell phone, teach your children how to use it to contact the police by dialing 911.
- **Rehearse what your children will say when they call for help**. The web-app includes a sample script.
- **It's important for children to leave the phone off the hook or turn it off after they are done talking**. If they hang up the phone, the police may call back, which can create a dangerous situation.
- **Practice and roleplay** this plan with your children, including what to do and where to go in case of emergency.
- The web-app includes steps you could consider taking if you don't live with your (ex-)partner and have a **protection order** in place.



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GENERAL SAFETY TIPS

General Safety Tips: Pet Safety

These safety plans have been adapted from the following resources:

- [Creating a safety plan by Peel Committee Against Woman Abuse](#)
- [Creating a safety plan by Mount Sinai Hospital](#)

For detailed safety plans, refer to these resources.

Pet Safety Plan

It's harder to leave an unsafe situation if it means leaving your pets behind. The Safe Pet Program can provide temporary housing and care for your pets. For more information on the Safe Pet program, click [here](#).

You can find out which places offer the Safe Pet Program by calling the Assaulted Women's Help Line at 1-866-863-0511 (TTY 1-866-863-7868). If you are considering local women's shelters you can call them and ask about this program.

If you are leaving an unsafe situation and taking your pet with you, remember to bring these things:

- Pet ownership record
- Pet's vaccination and health record
- Favourite blanket, toys, bowls, etc



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GENERAL SAFETY TIPS

General Safety Tips: Safety at Home

These safety plans have been adapted from the following resources:

- [Creating a safety plan by Peel Committee Against Woman Abuse](#)
- [Creating a safety plan by Mount Sinai Hospital](#)

For detailed safety plans, refer to these resources.

I live with my (ex-)partner and I want to make a plan to increase my safety in the home we share

You have already shown strength and courage to cope with the unsafe relationship behaviours you have encountered. Remember, you are neither responsible for nor can control your partner or (ex-)partner's behaviours towards you.

However, there are some actions that you can take to increase your safety:

- Confide in someone who can understand what you are going through. It's easier to cope with stressful situations when you have others looking out for you.
- Notice what triggers your (ex-)partner's violence. This can help you predict the next incident and give you a chance to prepare (e.g., make plans to have your children be sent over to friends/family in advance).
- Think about objects that could be used as weapons (e.g., knives, other heavy or sharp objects). Try to keep these out of reach. If your (ex-)partner has guns, lock them up or hide them if you can.
- If you have call display on your phone, be careful about who can access the stored numbers, such as the last number you dialled or received a call from.
- Plan ahead of time, get your Emergency Escape Plan in order, and review it often.



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GENERAL SAFETY TIPS

General Safety Tips: Safety at Home (continued)

I don't live with my (ex-)partner and I want to make a plan to increase my safety in my own home

You have shown strength and courage to cope with the unsafe behaviours you have encountered. As you rebuild certain areas of your life, it's important to be mindful of your safety. Consider taking the following steps; start with those that seem easiest:

- Instruct those who know of your whereabouts to tell your abusive (ex-)partner, that they don't know where you are or how to contact you.
- Change the locks on the doors, windows, garage, and mailbox. Install a peephole in the door that your children (if you have children) can see through as well. If possible, install an alarm system. Keep doors and windows locked at all times.
- Have a pre-recorded anonymous message on your telephone answering service rather than your own voice and don't identify yourself by name.
- Carry a charged cell phone and have important numbers on speed dial.
- Always keep a copy of your protection order near you. If your (ex-)partner violates the protection order or threatens you, immediately call the police.
- If your (ex-)partner has lived in or has been to your house before, consider moving your furniture around, as they may not anticipate this if they break into your house, causing them to bump into the furniture and giving you time to act.
- Put items that could be used as weapons (e.g., knives, heavy kitchen utensils) in cupboards where they are not easily accessible. If you have access to guns, lock them away.
- If you live in an apartment, speak to security to request increased safety measures in your building. Be cautious as you go about your day.



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GENERAL SAFETY TIPS

General Safety Tips: Safety at Work

These safety plans have been adapted from the following resources:

- [Creating a safety plan by Peel Committee Against Woman Abuse](#)
- [Creating a safety plan by Mount Sinai Hospital](#)

For detailed safety plans, refer to these resources.

Safety at Work

Unsafe relationship behaviours can spill over into the work setting. You can take advantage of workplace safety guidelines to increase your and your co-workers' safety.

When it's appropriate, consider telling a co-worker you trust about your (ex-)partner's unsafe behaviours towards you. Consider carefully which people to ask for help.

If you are comfortable, you may:

- Show a picture of your (ex-)partner and, if applicable, provide a description of their car to colleagues and security personnel.
- Tell the security supervisor and other people you trust about your situation and ask that they refrain from giving anyone personal information about you.
- Ask to have your calls screened at work or use voicemail to screen your calls. Document any unwanted calls from your (ex-)partner.
- Block unwanted emails or filter them to the Trash folder.

Domestic or sexual violence leave

- You may be entitled to domestic or sexual violence leave, which is a job-protected leave of absence. It provides anywhere between 10 days and 15 weeks' time-off in a calendar year. You can find more information [here](#).

When arriving at or leaving work

- Be alert and cautious when you are on your way to and back from work. Consider carrying your car keys in your hands or getting a remote car door opener if possible. Avoid lonely streets and parking areas; walk with someone to your car or bus, especially when there are not many people around.
- Change the patterns of when you arrive and leave work and/or the routes you take.



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GENERAL SAFETY TIPS

General Safety Tips: Stalking and Safety Online

These safety plans have been adapted from the following resources:

- [Creating a safety plan by Peel Committee Against Woman Abuse](#)
- [Creating a safety plan by Mount Sinai Hospital](#)

For detailed safety plans, refer to these resources.

Dealing with Stalking

- If you are in immediate danger, call 911 and inform the police that you are being stalked. Trust your instincts. If you feel unsafe, you probably are.
- Inform someone you trust, such as a relative or a friend.
- Develop a safety plan:
 - Change your routine if possible, have a friend or relative to go places with you
 - Keep a list of emergency numbers handy
 - Arrange a place to stay if needed
 - Decide in advance what you would do if the stalker shows up where you are
- Maintain a stalking log.
- For information on cyberbullying and stalking, click [here](#).
- Record any conversations that happen over the phone, via email, notes, or mail
- Consider getting a court against the stalker.



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DID YOU KNOW

Some women may not be aware that they are in an unsafe relationship. This interactive section allows women to explore violence-related information to increase their knowledge about relationship violence.

Unsafe relationships are not just about physical violence. All of the things listed here can be used to make a relationship unsafe.

Taking your money: This is an example of financial control. This includes things like forcing you to sign documents, sell your property, change your will and any other behaviour that makes you financially dependent on them.

Refusing to use condoms: This is an example of reproductive control. This includes things like forcing abortions, stopping you from using birth control and other behaviour to limit your reproductive rights.

Controlling who you speak with: This type of controlling behaviour can be used to socially isolate you. This includes things like questioning where you go, reading your texts and emails and monitoring your phone and social media activity. These types of behaviours limit your contact with friends, family and other people who would support you.

Blaming and causing you guilt: This is an example of emotional control or manipulation. This includes telling you that you are to blame for their actions, saying you made them angry or jealous and other behaviours to make you feel ashamed or at fault for things.

Sending constant calls, texts, or messages: This is a controlling behaviour. This includes tracking where you are, (using GPS or location settings to do this) following you around, sending unwanted gifts, and asking around about you. This can qualify as stalking or cyber-stalking. In many cases, this is a crime.

Lying, denying, minimizing, and misleading: This is an example of emotional control. These types of behaviours are called “gaslighting.” They are used to make you question reality and doubt your judgment.

Having sex with you when you are unwilling: This is an example of sexual violence. Even in marriages and committed relationships, a partner cannot force you into sexual activity. Sex without consent is against the law. Other examples of sexual violence include continued sexual contact when asked to stop and making someone commit sexual acts that humiliate them.

Pushing or grabbing you: This is an example of physical violence. Violence does not have to leave a mark or cause an injury to count. Any behavior that causes pain or fear is unacceptable. Other behaviours that can be experienced in unsafe relationships include choking/strangling, stabbing/cutting, biting, burning, locking in a room, tying down, hitting, pinching, slapping, kicking, punching, or assault with a weapon.



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DID YOU KNOW

Unsafe relationships are not just about physical violence. All of the things listed here can be used to make a relationship unsafe.

Continued...

Name calling and criticizing: This is an example of emotional control or manipulation. This includes putting you down and using words to make you doubt yourself. This can harm your self-confidence and make you become emotionally dependent on them.

Stopping you from working: These and other behaviours may make a relationship unsafe. Any one of these actions on their own might not be a problem, but together they make a relationship unsafe. Everyone deserves to be treated with kindness and respect. You are not to blame for a partner or ex-partner's unsafe behaviours. If you are noticing these behaviours, you are not alone. There are things you can do and people you can talk to who might be able to help you. Continue through this website to learn more.

These and other behaviours may make a relationship unsafe. Any one of these actions on their own might not be a problem, but together they make a relationship unsafe. Everyone deserves to be treated with kindness and respect. You are not to blame for a partner or ex-partner's unsafe behaviours.

If you are noticing these behaviours, you are not alone. There are things you can do and people you can talk to who might be able to help you.



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DID YOU KNOW

Even a nice person can bring unsafe behaviours into a relationship

Even people who seem nice to others, and who are at times nice to their partners can do things to make a relationship unsafe. Unsafe behaviours start out slowly, and don't happen all at once. It makes it hard for us in these relationships and our friends and family to notice that the relationship is not safe.

Social support makes you feel less alone and can help you make a plan to increase your safety

Having a social support system means having friends and family to turn to, and resources that you can access in times of need or crisis. Social Support includes people who won't gossip, judge or tell you what to do. For example:

- (1) Friends and family that you trust
- (2) Helping professionals who can share information and have supported other people with experiences that are similar to yours
- (3) Peers, who are people you can meet who have gone through some of the same things that you have

You are not responsible from your partner's unsafe behaviours towards you

Unsafe behaviours do not happen because of things like drinking, drugs, cultural background, anger, or poverty. There is no common reason or excuse for these behaviours. Unsafe relationships are experienced by people from all walks of life, and if you are experiencing these behaviours, it is never your fault.

Anyone experiencing unsafe relationship behaviours can take steps to increase the safety of themselves and their loved ones

Other sections of our website will suggest steps you can add to a safety plan, and people who could help you take the steps in your plan. You may even find some of these steps to be quick and simple to take. Continue through the other sections of the website to learn more.



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PROMISE WEB-APP

Staying safe during a public health emergency

DANGER ASSESSMENT

Promise is intended for women who have self-identified as currently or recently being in an unsafe relationship during a public health emergency. A relationship could go from being unsafe to dangerous very quickly if a woman's partner or ex-partner's behaviour towards her is getting worse over time. While it can be hard to think about, in some relationships, there is a very real risk of murder by an intimate partner. That is why it is important to pay attention to the warning signs.

Each section of the app can be completed in any order that women feel most comfortable with and at any time. However, we recommend each person begins with a Danger Assessment to determine their immediate level of danger in their relationship. These questions may be upsetting to answer. It may be helpful for women to have a provider walk through the questions with them as they can offer support as needed.

1. Has the physical violence increased in severity or frequency over the past year?
2. Do they own a gun?
3. Have you left them after living together during the past year?
4. Are they unemployed?
5. Have they ever used a weapon against you or threatened you with a weapon?
6. Do they threaten to kill you?
7. Have they avoided being arrested for domestic violence?
8. Do you have a child that is not theirs?
9. Have they ever forced you to have sex when you did not wish to do so?
10. Do they ever try to choke/strangle you or cut off your breathing?
11. Do they use illegal drugs? By drugs, I mean "uppers" or amphetamines, "meth", speed, angel dust, cocaine, "crack", street drugs or mixtures.
12. Are they an alcoholic or problem drinker?
13. Do they control most or all of your daily activities? For instance: do they tell you who you can be friends with, when you can see your family, how much money you can use, or when you can take the car?
14. Are they violently and constantly jealous of you? (For instance, do they say 'If I can't have you, no one can.')
15. Have you ever been beaten by them while you were pregnant?
16. Have they ever threatened or tried to commit suicide?
17. Do they threaten to harm your children?
18. Do you believe they are capable of killing you?
19. Do they follow or spy on you, leave threatening notes or messages, destroy your property, or call you when you don't want them to?

The Danger Assessment is based on research that identified risk factors for severe or even deadly relationship violence. To learn more about the tool, visit <https://www.dangerassessment.org/>.



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- ✓ New disguise feature can hide app within an HGTV Pinterest page

DANGER ASSESSMENT RESULTS

Scores for each question are summed and categorized into the following categories. The results screen displays an explanation of the result and suggestions to increase a woman's level of safety.

Variable to Severe Danger

Your Danger Assessment score suggests you are at risk of experiencing danger from your partner or ex-partner. You are at risk for ongoing harm. The unsafe behaviours in your relationship will most likely continue; this will likely get worse and will not stop.

- We recommend you use PROMiSE to familiarize yourself with the action and safety plans provided
- Remember, you know your situation best, so trust your instincts. If you ever feel like the level of danger in your relationship has changed, you can come back and answer these questions again
- Talk to a trusted family member or friend about unsafe behaviours that you notice in your relationship
- Get help from a professional. Talk to someone at the Assaulted Women's helpline (1-866-863-0511). Tell them about your high Danger Assessment score and the behaviours you are experiencing in your relationship. They can help you make a plan to decrease the amount of danger you are in

Please call 911 if you feel your life is in danger. Trust your instincts as every person's situation is unique.

Extreme Danger

Your Danger Assessment score suggests that the types of unsafe behaviours you have experienced in your relationship are extremely dangerous.

This is very concerning as you are at risk for ongoing severe harm. This will likely get worse and will not stop. This level of danger reflects a high risk of being killed by your partner or ex-partner.

You should seek help to increase your level of safety NOW:

We strongly urge you to do the following:

- Please call 911 if you feel your life, or someone else's life is in danger. Trust your instincts as every situation is unique.
- Get help from a professional. Talk to someone at the Assaulted Women's helpline (1-866-863-0511). Tell them about your high Danger Assessment score and the behaviours you are experiencing in your relationship. Call them now and let them help you make a plan to decrease the amount of danger you are in.
- This can be a dangerous time for you. Talk to someone you can trust like a friend, family member or professional advocate so they can carefully support your plans for safety.

Once you have done these things and reduced the level of danger in your relationship, you can come back to Pathways and plan your next steps.



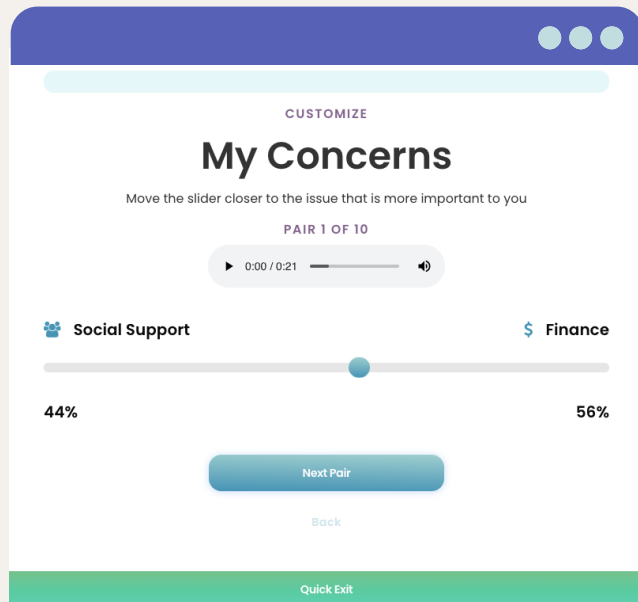
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SETTING YOUR CONCERNS

We all balance many areas of our life like housing, finances, families and our health. PROMiSE asks women to rank categories of concerns to help them figure out what's most important to them as they make difficult decisions about their safety.



1) FINANCES



2) SOCIAL SUPPORT



3) LEGAL



4) HEALTH



5) HOUSING

Results

Results will show how women ranked their concerns. Each concern is linked to an action plan, which suggests specific actions that women can take to address each area of concern and improve their safety during a public health emergency.

Your Action Plan

The safety plan for the woman's most highly rated priority is presented to her first but she can also use the list to navigate safety steps associated with other lower-ranked concerns. We also included links to support services that could be accessed free of charge or without the need for referrals or health insurance.

#1 SAFETY CONCERN (E.G. FINANCES)

EMERGENCY TIPS

General Safety Tips

This section allows women to explore additional safety tips to help increase their safety in other areas of their lives.

CHILDREN'S SAFETY

PET SAFETY

SAFETY AT HOME

SAFETY AT WORK

STALKING AND SAFETY ONLINE



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ACTION PLAN

Action Plan: FINANCES

As the COVID-19 situation continues to develop, some services may be limited, or their hours may have changed. We recommend contacting the services remotely and following government safety protocols when visiting in person.

Learn about financial aid available to you during the pandemic

The Government of Canada has released ways to receive financial aid during Covid-19 which can be found [here](#)

You can also contact the following resources to inquire more about financial aid during this time:

Government of Canada: 1-800-O-Canada (1-800-622-6232)

Canada Revenue Agency: 1-800-959-8281

[Income Security Advocacy Centre](#) further provides insights on income support programs that are made available during this time.

For more information on income support, visit [Planning Network](#) for policies related to Covid-19



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ACTION PLAN

Action Plan: SOCIAL SUPPORT

Having a social support system means having people you can turn to and resources you can access in times of need. As the COVID-19 situation continues to develop, some services may be limited, or their hours may have changed. We recommend contacting the services remotely and following government safety protocols when visiting in person. To build your support system you can:

Stay connected during the pandemic

Being in an unsafe relationship can make us feel like we are on our own. As the COVID-19 situation continues to develop, it may become possible to re-engage in social activities while still maintaining appropriate physical distancing guidelines. Check to see if any pre-existing programs have opened up again. Consider activities like going for walks, visiting the library, and visiting community centres like the [working women's community centre](#).

You can also participate in virtual communities/online groups to help you stay connected.

Check out the [COVID-19 Community Response Networks](#), which offers city-wide networks on Facebook that help to provide support within the community.

Other virtual activities that you can engage in include:

[Arts and Culture Google](#), where you can tour museums and artwork or you can explore the [Art Gallery of Ontario \(AGO\)](#)

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ACTION PLAN

Action Plan: LEGAL

As the COVID-19 situation continues to develop, some services may be limited, or their hours may have changed. We recommend contacting the services remotely and following government safety protocols when visiting in person.

Legal support during the pandemic

For updates on legal services during COVID-19, click [here](#). Or call the [Assaulted Women's helpline](#) at any time should you have any questions.



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ACTION PLAN

Action Plan: HEALTH

The shelter at home and social distancing measures during the COVID-19 pandemic have limited our social interactions and physical activities. This can have a negative effect on our physical and mental health.

See below for some steps you can consider taking to help you stay healthy during the pandemic. Remember, you don't need to take all of these steps at once. Go at your own pace and do what feels right for you.

As the COVID-19 situation continues to develop, some services may be limited, or their hours may have changed. We recommend contacting the services remotely and following government safety protocols when visiting in person.

Support your emotional health during the pandemic

Dealing with an (ex-)partner's unsafe behaviours is stressful, and this stress can affect your emotional health. Here are a few things you can do to promote your emotional health.

- Take some time each day to remind yourself of your strengths.
- If you're feeling overwhelmed, take a moment to notice your stress and take deep breaths to reduce feelings of panic.
- Do small things that give you peace (e.g., listening to music, reading, writing, walking). You deserve self-care.
- It's okay to feel down at times. Share your feelings with someone you trust.

There are many virtual sites and apps that can help support your emotional health:

- [Betterhelp](#)
- [Headspace](#)
- [Covid Coach](#)
- [Bounce Back](#)

You can also contact the Assaulted Women's Helpline: 1-866-863-0511 (Toll Free), and for general tips from managing your mental health during COVID-19 check out the tips offered by the Canadian Mental Health Association [here](#).

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ACTION PLAN

Action Plan: HEALTH (continued)

Connect with a Community Health Center

Community Health Centres provide access to healthcare workers, and offer diverse programs to address your health and well-being. Most centres also provide services in different languages and don't require a health card

- Use this [online tool](#) to find some health centres near you.
- Check the websites of some centres and note programs or services that interest you. Check the websites of some centres and note programs or services that interest you. Please note that some health settings are implementing virtual care as an important tool during COVID-19. Call the Community Health Centres prior to visiting them to find out about their model of care and hours of operation during COVID-19.

Talk to your family doctor

In Ontario's efforts to curb the spread of COVID-19, health care providers are encouraged to offer care virtually by telephone or video whenever possible. In-person visits are minimized and used only to perform physical examination, diagnostic testing and when face-to-face interaction is necessary.

- If you want to book an appointment for a virtual visit, call and check with your family doctor's office.
- You can connect with [Appletree Medical Group](#) to set up a virtual doctor's appointment

In case of emergency, please visit the nearest hospital's emergency department.

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ACTION PLAN

Action Plan: HOUSING

As the COVID-19 situation continues to develop, some services may be limited, or their hours may have changed. We recommend contacting the services remotely and following government safety protocols when visiting in person.

Learn about changes to your housing rights during the pandemic

Processes related to residential renting have changed during Covid-19 (coronavirus).

Visit the [Ontario government's web page](#) to learn about these changes and where you can go to get help.



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