



## I am a man who wants to end family violence

*As a man who wants to contribute to preventing family violence, what can I do to help?*

**Acting to prevent or address violence does not always look like one heroic act. There are actions we can choose that fit our own safety, our personal style, our relationship with the victim or abuser, and the situation we witness. Taking action to help can save a life.**

### REAL STRENGTH IS BEING PART OF THE SOLUTION TO FAMILY VIOLENCE

**Most men do not use violence in their relationships.** The majority of men do not condone family violence and want to see it end.

In addition to being non-violent themselves, men can **contribute to solutions** to prevent injuries or deaths of beloved neighbours, friends, and family.

The tips below are adapted from Mike Cameron, an Alberta man whose partner, Colleen Sillito, was murdered by her ex-partner in 2015. His open letter, "Dear Men," is available online.\*

### SPEAK UP ABOUT VIOLENCE AND ITS CAUSES

- Talk to the young men and boys in your life about what it means to be respectful
- Talk to your friends about gender equality, the unequal ways groups of people are treated as a result of their gender and gender roles
- Challenge your own attitudes and beliefs that may have been instilled in you from childhood
- Call out your friends when they treat or talk about women or sexual and gender minorities as "lesser than"

### JOIN WITH OTHER MEN

The White Ribbon Campaign asks men across Canada to pledge to never commit, condone, or remain silent about violence against women and girls. Find out more at [www.whiteribbon.ca](http://www.whiteribbon.ca). On PEI, many men wear a purple ribbon to show their commitment.

*If you witness or suspect child abuse, it is mandatory to report it to Child Protection at 1-877-341-3101. If you suspect abuse or neglect of an older person, contact Adult Protection at 902-892-4790.*

### FOR MORE INFORMATION

**Premier's Action Committee on Family Violence Prevention Prince Edward Island**  
[stopfamilyviolence.pe.ca](http://stopfamilyviolence.pe.ca)

### CHALLENGE AN UNFEELING CULTURE

The challenges of life lead to challenging emotions. People of all genders need skills, support, and experience to resolve negative emotions in healthy ways. Unresolved shame, fear, and anger can be destructive. However, as Mike Cameron says, "The challenge we run into as men is that it's generally not acceptable for us to explore our emotions... then we can't expect to fully understand them or cope with them in a healthy way." He calls on men to explore feelings:

- Allow yourself and the men in your life the space to safely explore emotions without fear of being ridiculed
- Support and encourage young men and boys in your life to feel and express their emotions
- Challenge those that mock or ridicule men for expressing emotion
- Feel more, and feel more often

**Local community resources** working to prevent violence can help. Most have services for women and men. Community-based services welcome active volunteers of all genders. Visit [fvps.ca/menandboys](http://fvps.ca/menandboys) for more local links.

### NEED HELP?

**PEI Victim Services**  
Charlottetown 902-368-4582  
Summerside 902-888-8218

**PEI Family Violence Prevention Services**  
[fvps.ca](http://fvps.ca) 1-800-240-9894

**Chief Mary Bernard Memorial Women's Shelter**  
[cmbmws.morriscode.ca](http://cmbmws.morriscode.ca) 1-855-287-2332

**PEI Rape and Sexual Assault Centre**  
[www.peirsac.org](http://www.peirsac.org) 1-866-566-1864

**Turning Point (help for people who use violence) 902-368-5311**

**IN IMMEDIATE DANGER**  
**911**

\* "Dear Men" [www.cbc.ca/news/canada/edmonton/murder-alberta-1.4871736](http://www.cbc.ca/news/canada/edmonton/murder-alberta-1.4871736)