



**MODULE 4:**

***BEING A***

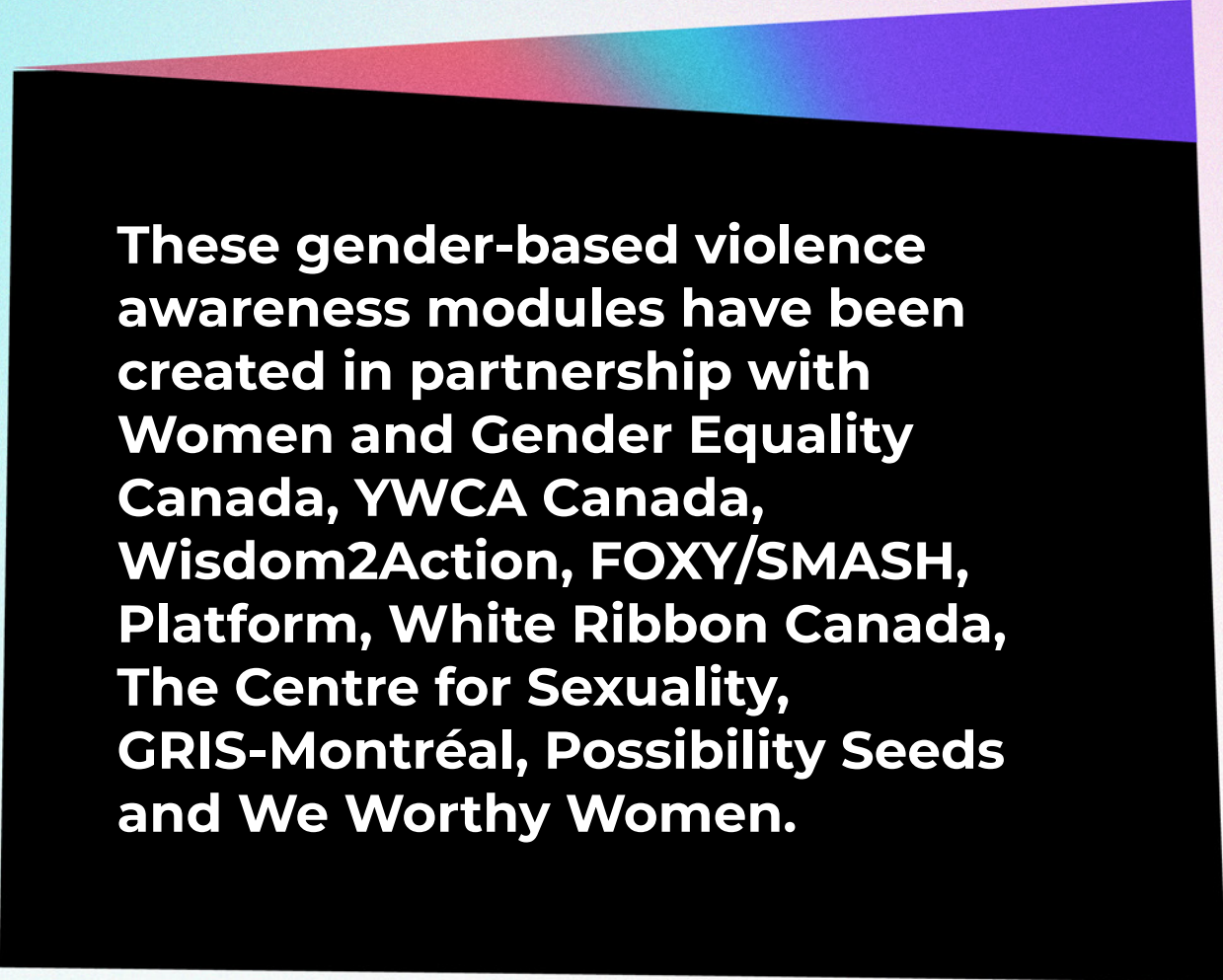
**GBV ALLY**



Government  
of Canada

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du Canada

**Canada**



**These gender-based violence awareness modules have been created in partnership with Women and Gender Equality Canada, YWCA Canada, Wisdom2Action, FOXY/SMASH, Platform, White Ribbon Canada, The Centre for Sexuality, GRIS-Montréal, Possibility Seeds and We Worthy Women.**

# INTRODUCTION

**As a young person, you may find yourself in situations where you can use your voice to take a stand on issues impacting the people around you. Because of this, you play a critical role in ending gender-based violence (GBV) and creating a safer, more equitable world for all.**

In this module, we'll provide you with tools, information, and resources to help you become a better ally to those who have faced or are facing GBV. We'll teach you how to speak up with and for people and communities experiencing harm, violence, and oppression. We'll also talk about the importance of practising self-care from an allyship perspective.

➔ **Not sure what a term means?**  
A glossary of **highlighted terms** is available on page 30.

## SECTION 1

# BECOMING A GBV ALLY



# WHAT IS ALLYSHIP?

**Allyship** is when someone uses their voice to help those who are treated unfairly. It involves unlearning the unconscious **biases** you may have towards other people and changing your perspective to become more understanding of others' struggles. Since everyone has some kind of privilege, we can all find areas in which we can be an ally.

It's more than just a label, too: allyship is a lifelong commitment. It means being dedicated to building strong, trusting relationships with people who have less power. And it's not just about words, either. To be a true ally, our actions need to speak for us and be recognized by the people we are trying to ally with.

Being an ally is an important step to challenging oppression, even though it might not always be easy. Sometimes, the people we're trying to help might feel upset or resistant towards us. But remember, it's not about us – it might be because they had bad experiences before. Trust takes time to build, and we need to know that what we offer might not always be what they need right away. It's really important to respect their limits and ask for permission or consent before stepping in to help.

**“Allyship is a journey, and you will make mistakes. Being committed to changing, growing, and providing support is what matters.”**

— Yasmin A.  
*Youth Leader*



# THE IMPORTANCE OF CONSENT

Consent in allyship means getting permission and respecting boundaries when supporting or *advocating* for the *victim or survivor* you are in contact with. In GBV allyship, consent involves:

## ASK PERMISSION AND CHECK IN.

Before taking any action or speaking on behalf of a victim or survivor, it is important to seek their meaningful consent and ensure that each person understands their role. This means actively listening and engaging in an open dialogue about the needs, concerns, and priorities of both ally and survivor. Both parties should respect what the other is comfortable with.

## RESPECTFUL ENGAGEMENT.

When having conversations about a GBV situation, it is essential to respect the boundaries of victims or survivors. You need their consent to share personal stories that can be sensitive and triggering. In your ongoing practice of allyship, be mindful of the emotional impact the words you say can have on someone.

## ONGOING ACCEPTANCE.

Consent is not a one-time thing, but an ongoing process. In our relationships and when practising allyship, we need to check in with others. Conversations about allyship will help make sure that your efforts and actions are aligned with what the other person wants and is comfortable with. Consent can change over time, and adjusting our actions or words to match is important.

## ACTIVE LISTENING.

Consent is not just about having permission; it also involves actively listening and respecting the boundaries of others.

## HANDLING REJECTION.

When faced with rejection of allyship, it's important to step back and respect the person's decision. We need to understand and honour their boundaries and needs. Though it may be challenging, staying committed to being there for someone means recognizing that they have the right to make choices about their own situations and healing. By respecting their decision, we can maintain a supportive stance while allowing space for the person to navigate their journey.

➔ **Consent age can vary from one province or territory to another.**

Read the [Important Age Chart](#) for more information.

## ACTIVITY 1

# WHAT DOES ALLYSHIP MEAN TO YOU?

Creating your personal definition of allyship allows you to express what qualities and support you value most in people who stand by your side. The following activity will allow you to reflect on what allyship means to you and share your unique perspective. Here's what to do:

- 1. Start by reflecting on your experiences. Think about times when you felt supported, understood, or empowered by someone in your life. Consider the qualities or actions related to the process of allyship.**
- 2. Write down all the qualities or actions that you believe are necessary in allyship. Consider values like empathy, respect, inclusivity, listening, and standing up for others.**
- 3. Review your brainstormed qualities and rank them in order of importance. Consider why these qualities matter to you and how they contribute to a positive allyship experience.**

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10. \_\_\_\_\_  
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**4. Create your definition. Use the prioritized qualities to create a short statement that defines what being an ally means to you. Include specific examples or experiences that influenced your definition. Aim for clarity and authenticity.**

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**5. Read your definition out loud and think about how accurately it represents your thoughts and feelings about allyship. Make any necessary revisions until it truly reflects your unique perspective.**

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If you feel comfortable, you can share your allyship definition with family, friends, or others and engage in discussions about it. This is a great way to hear different perspectives and learn from one another's definitions. Celebrate the diversity of ideas and experiences!

**Your definition empowers you to express your values and expectations. Your voice matters, and your definition can contribute to a more inclusive and supportive environment. Keep revisiting and refining your definition as you grow and learn on your ongoing allyship journey.**



# HOW TO BE A GBV ALLY

It is important to have safe, caring, and non-judgmental interactions with people who have been subjected to *gender-based violence (GBV)*. By using these strategies as a GBV ally, you can make a difference and help create a safer and more inclusive society:

## CHECK YOUR BIAS.

A bias is a preference for or against a particular thing, person, or group compared to another. Sometimes we are aware of our biases, and sometimes we struggle to recognize them.

## LISTEN AND RESPECT LIVED EXPERIENCE.

When we know better, we can do better. If you want to create a safer space for victims or survivors of GBV, listen to them and their experiences.

## BELIEVE AND SUPPORT.

Believe victims and survivors when they share their experiences of GBV and thank them for trusting you. Show empathy and avoid blaming or judging them. Allyship is not a favour that you can take back when someone responds to their oppression in a way you don't like.

## RESPECT THEIR DECISIONS.

It's up to the person subjected to GBV to decide how they want to respond. Whatever they choose, have their back. Understand the importance of informed consent. If they choose to stay in their relationship, it's their choice, but keep the channels of communication open. Tell them you are there for them no matter what they choose.

## KNOW YOUR PLACE.

Don't assume your presence or opinion is desired or necessary. You are not entitled to space in the community you mean to ally with. Show up when you are invited, and gracefully remove yourself when you are not.

## EDUCATE YOURSELF.

Learn about the signs of abuse to better recognize GBV. Look out for frequent or unexplained injuries and other indicators of physical, emotional, financial, or sexual abuse.



## HAVE A CODEWORD OR SIGNAL.

Establish a codeword or signal with the victim or survivor to indicate when immediate help is needed, such as calling the police or leaving their home.

## RESPECT DIVERSITY.

Cultural, ethnic, and faith beliefs can influence victims' and survivors' experiences and healing processes. Be sensitive to their context and lived experience while providing support.

## START CONVERSATIONS.

Discuss the dangers of GBV with your own family, friends, and community. Raise awareness about GBV and its outcomes to foster a safer environment. Teach other people how to practise better allyship.

## SHOW UP.

Create safe spaces in your community where victims and survivors can comfortably share without fear of judgment, ridicule, or their personal experiences being shared with others. Don't expect to "take breaks" from allyship. People in the group you mean to ally with don't have a choice about whether or not they're going to deal with that form of oppression today — and as an ally, neither do you.

## ACCESS AVAILABLE RESOURCES.

Familiarize yourself with community resources beyond emergency services. Help victims and survivors find programs, services, counsellors, and free legal assistance programs. You can use [Resources Around Me](#) to find what's available near your location.

## PROVIDE RESOURCES WHEN THEY'RE READY.

Nobody experiences GBV alone. Sharing our resources can help someone experiencing GBV get more help or find support. Provide information about their rights and empower them to seek justice. It's important to remember not to force them to take steps they are not ready to take.

## INTENT VS. IMPACT

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**INTENT** is the purpose, motive, or reason behind an action or behaviour.

**IMPACT** is the actual or perceived effect of an action or behaviour.

**It's important to remember that while we have the best *intentions* as an ally, the *impact* of our actions may not always be positive.**

# 5 TIPS TO BE A BETTER GBV ALLY

## 1. BELIEVE AND AFFIRM.

Validate their feelings. Let them know that you believe them, and that the violence was not their fault.

## 2. BUILD SAFETY AND TRUST.

Address their immediate safety needs and concerns of confidentiality.

## 3. LISTEN AND BE COMPASSIONATE.

Let them tell their story in their own words, at their own pace. Be comfortable staying silent and ask how they want to be supported.

## 4. RESPECT AND RESTORE CHOICES.

Only accept friend requests or follow requests from people you know and trust. Ensure the victim or survivor has control over what happens next to restore their sense of power.

## 5. BE AWARE.

Acknowledge the impacts of trauma and oppression on victims and survivors, as well as your own boundaries as a support person.



**Looking to learn more about GBV or get help for yourself or a friend?**

Visit [\*\*Women and Gender Equality Canada\*\*](#) for resources.

## ACTIVITY 2

# PRACTISING ALLYSHIP IN A GBV CONTEXT

Reflect on being a gender-based violence ally and consider how practising allyship can support victims and survivors, raise awareness, and prevent GBV. **Ask yourself:**

- WHAT COMMUNITIES DO I BELONG TO?
- WHAT COMMUNITIES AM I AN ALLY TO?
- WHAT ARE MY CONNECTIONS TO THESE COMMUNITIES?
- WHAT AM I TRYING TO ACHIEVE THROUGH ALLYSHIP?
- ARE MY EFFORTS WANTED BY THE COMMUNITY I AM HOPING TO ALIGN WITH?

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# BARRIERS TO ALLYSHIP

**Practising allyship against gender-based violence is crucial, but certain barriers can make it challenging. Some common barriers to being a GBV ally include:**

- **Lack of awareness.** Not having enough knowledge or understanding about GBV can make allyship difficult. It's important to educate ourselves about GBV and its impact on individuals and communities.
- **Fear and safety concerns.** Fear of personal safety or backlash can prevent individuals from speaking up or intervening in situations of GBV. It's essential to prioritize personal safety while finding ways to support victims and survivors.

It is important to know the difference between feeling **uncomfortable** and feeling **unsafe**.

Allyship might feel uncomfortable sometimes. This can come from making mistakes in our practise, feeling rejection, or other things. While uncomfortable feelings are valid and will exist, they should not deter you from being an ally.

**Get ready to make mistakes — because you probably will. Apologize (briefly, without asking forgiveness), fix it, and move on.**



## **SOCIAL PRESSURE AND STEREOTYPES:**

Society and peer pressure may discourage individuals from challenging harmful stereotypes or speaking out against GBV. Overcoming these pressures is key to becoming an effective ally.

## **VICTIM-BLAMING AND MISCONCEPTIONS:**

Blaming the victim or holding misconceptions about GBV can hurt allyship. Recognizing and challenging these biases is key to advocating for and supporting change.

## **LACK OF RESOURCES AND SUPPORT:**

Limited access to resources, support networks, or organizations addressing GBV can make it challenging to take action. Seeking out available resources and building support networks is crucial.



## ACTIVITY 3

# RECOGNIZING BARRIERS TO ALLYSHIP

Take a moment to reflect on the barriers on the previous page and how they may apply to your own life and allyship efforts. Consider the following questions:

**What barriers to allyship in GBV do you personally relate to the most?**

- LACK OF AWARENESS
- FEAR AND SAFETY CONCERNS
- SOCIAL PRESSURE AND STEREOTYPES
- VICTIM-BLAMING AND MISCONCEPTIONS
- LACK OF RESOURCES AND SUPPORT

- OTHER \_\_\_\_\_

**How have these barriers affected your ability to practise allyship against GBV, and what have you done to overcome them?**

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**What other steps can you take to enhance your allyship?**

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# TAKE THE GBV ALLYSHIP PLEDGE

I, \_\_\_\_\_ ,  
**pledge never to commit, condone  
or stay silent about gender-based  
violence. To show that I really  
mean it, I promise to:**

- Talk to a younger person in my life about meaningful consent.
- Share gender equity news and calls to action on social media.
- Ask my peers not to use sexist or violent language when referring to women, young women, girls, and 2SLGBTQI+ folks.
- Create safer and more supportive spaces for everyone, especially women, young women, girls, and 2SLGBTQI+ folks in my life by practising active listening.
- Encourage and support gender equity initiatives in my community and beyond.
- Talk to men and boys in my life about why gender equality is important and how they can play an active role.
- Make my own plan of action for supporting those subjected to GBV.

**Signature**

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**Date**

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## SECTION 2

# ALLYSHIP STRATEGIES AND BYSTANDER INTERVENTION



# STANDING WITH VICTIMS AND SURVIVORS OF GBV

As an ally against gender-based violence (GBV), if you witness someone being subjected to GBV, it's your job to step in and stand up. The intervention method below is a safe and positive option you can take to prevent harm when you see it.

## 5 ACTIONS TO STEP IN

1. **Notice** the event
2. **Interpret** the event as an instance of GBV
3. **Assume personal** responsibility
4. **Know** how to help
5. **Implement** an intervention



# WHAT INTERVENTIONS CAN I USE TO HELP THOSE SUBJECTED TO GBV?

## DISTRACT:

An indirect approach. Engage with the person being targeted — ask for directions, or bring up something random or unrelated.

*Goals: de-escalation, interrupting the violence or harassment*

## DELEGATE:

Can be indirect. Ask for assistance. Contact someone in a position of authority. Pull a friend in to distract while you get help.

*Goals: de-escalation, ending the violence or harassment*

## KEEP YOURSELF SAFE

Intervention is not always the right choice. In any situation with someone acting violently or aggressively, only intervene if it is safe for you to do so.

## DELAY:

After the incident, check in with the person being subjected to gender-based violence. Ask, “Are you okay? I’m sorry that happened. How can I help?”

*Goals: support the victim or survivor*

## DIRECT:

Speak out against the gender-based violence. Directly engage with the aggressor **only if it is safe for you to do so.**

*Goals: end the violence, prevent future incidents*

## DOCUMENT:

Proceed with caution. Record a video or create a written record of the event. Never post a video clip without the consent of the survivor.

*Goals: help the victim or survivor obtain evidence, hold the aggressor **accountable***

# CALLING IN VS. CALLING OUT

Creating inclusive and welcoming spaces is important for everyone to feel like they belong. This means acknowledging and dealing with situations where people with marginalized identities face unfair treatment, like prejudice or discrimination. Two terms to know are “calling out” and “calling in.”

## CALLING OUT

“Calling out” means openly addressing bias or discrimination, often directly and assertively. It holds people responsible for their actions and challenges harmful beliefs.

## CALLING IN

“Calling in” involves having a private and constructive conversation with the person who caused harm. Instead of publicly shaming them, it encourages dialogue and learning.



Both methods have value, depending on the situation. Some things need immediate public attention, while others benefit from private talks that build empathy and understanding. By understanding both tactics, we can choose the best approach when confronting bias.

## EXAMPLES OF CALLING IN

- "I'M CURIOUS. WHAT WAS YOUR INTENTION WHEN YOU SAID THAT?"
- "HOW MIGHT THE IMPACT OF YOUR WORDS OR ACTIONS DIFFER FROM YOUR INTENT?"
- "HOW MIGHT SOMEONE ELSE SEE THIS DIFFERENTLY?"
- "IS IT POSSIBLE THAT SOMEONE ELSE MIGHT MISINTERPRET YOUR WORDS/ACTIONS?"
- "WHY DO YOU THINK THAT IS THE CASE? WHY DO YOU BELIEVE THAT TO BE TRUE?"
- "WHAT MAKES YOU MOST FEARFUL, NERVOUS, UNCOMFORTABLE, OR WORRIED?"



# USING NON-VIOLENT COMMUNICATION

Non-violent communication (NVC) is a communication style that focuses on talking about your feelings, needs, observations, and requests without assigning blame or criticizing the person you're speaking to. It encourages people to communicate their own feelings and needs while also listening to the feelings and needs of others.

**Remember: While words matter, the tone and volume of your voice play an important role, too. Focus on delivering your words in a way that promotes non-violence.**

## HOW TO USE NVC

Let's say, for example, that you've noticed a classmate has been making sexist jokes about women. Here's how you can have an open and honest conversation with them without putting them on the defensive:

Instead of saying	Say
<b>Observations</b>	
Make a factual observation without assigning blame.	
"You're always making sexist jokes."	<b>"I've noticed that there are often derogatory comments made about women in our conversations."</b>
<b>Feelings</b>	
Express a feeling in response to the problem, without blaming them.	
"Your jokes are part of the problem."	<b>"I feel concerned when I hear comments that belittle women."</b>
<b>Needs</b>	
Say the specific need or value that is making you feel that way.	
"Everyone needs to be treated fairly."	<b>"I value respect, equality, and safety for everyone."</b>
<b>Requests</b>	
Make a request that is positive and collaborative.	
"You need to stop saying those things. It's offensive."	<b>"Could we find a way to ensure our conversations are respectful?"</b>



# SUPPORTING SOMEONE WHO IS CREATING A SAFETY PLAN

In Module 3, we shared information about a safety plan and how to create it. When practising allyship, someone who trusts you might ask for your support when creating their safety plan. Here are some things to do and things to avoid when supporting someone creating a safety plan.

## TO SUPPORT, YOU COULD:

- Help the person feel safe through active listening.
- Learn what the person fears about the abuser and what might happen if harmful actions or threats are carried out.
- Ask what the person wants to do and why. Learning about the motivation behind their decisions can help you understand their goals. You can suggest other options for reaching the same goal.
- Brainstorm creative options and ideas together.

## YOU MIGHT WANT TO AVOID:

- Telling the person what to do (“I think you should leave now.”)
- Simply referring the person to local agencies or organizations (“Here’s a list of agencies you can call. Let me know how it goes.”)
- Imposing your cultural, spiritual, or generational values that may impact the person’s choices. (“I think your only choice is to leave them now.”)
- Talking to the abuser on your own.
- Recommending strategies that could increase the risk for the person (such as recommending action that could harm the person or saying, “Just stand up to them.”)
- Blaming the person if they do not follow the safety plan and experience further violence.

# PROMOTING HEALTHY MASCULINITY

As we mentioned in Module 1, the traditional definition of masculinity (being tough, not showing emotion, and using violence) has led to a long history of violent acts that were mostly caused by men, and that men who strictly follow traditional gender norms are more likely to be violent.

This doesn't mean that masculinity as a whole is bad or that most men are abusive. It does, however, mean that there's room for improvement. Here are 10 ways you, as an ally against gender-based violence, can promote healthy masculinity among the boys and young men in your life:

## 1. Model healthy emotions

Openly express a full range of feelings, including sadness, loss, frustration, and happiness.

## 2. Express and identify your feelings

Give a reason for your reaction:

"I'm crying because I'm sad and upset,"

"I feel frustrated because I can't find my book," "This thunderstorm scares me."

## 3. Discuss gender stereotypes and their impacts

Explain that not sharing our feelings may make us feel depressed or lead to violence.

## 4. Differentiate between strength of character and physical strength

Explain that expressing feelings and emotions is healthy, and that being strong is as much about kindness and empathy as it is about muscles.





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## 5. Encourage and celebrate self-expression

Let boys know it's okay to take on behaviours associated with any gender, like painting their nails or hugging their friends.

## 6. Celebrate healthy masculinity

Avoid stereotypes and promote kindness, empathy, and peaceful interactions.

## 7. Consider positive discipline

Don't punish kids with physical force — focus on logical consequences, applaud desired behaviour, and promote forgiveness.

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## 8. Teach boys about consent

It's never too early to talk about consent, whether it's giving a friend a hug, borrowing a toy, or discussing boundaries within the context of a romantic relationship.

## 9. Help them understand gender and sexual diversity

Teach boys that some people are attracted to the same gender or may not identify as the sex they were assigned at birth.

## 10. Educate boys about gender equality

Teach them the definition of allyship and the importance of speaking up against gender-based violence and discrimination.



# SELF-CARE IN ALLYSHIP

To be effective in allyship, young folks need to prioritize their **wellness** as it allows them to build the strength and capacity needed to support and advocate for **marginalized communities**. Taking part in wellness practises, such as self-reflection, **mindfulness**, and stress reduction techniques helps people cultivate empathy, resilience, and compassion — crucial qualities for successful allyship.

Taking care of oneself enables people to maintain a balanced perspective, manage **burnout**, and stay committed to standing up against injustice. By prioritizing wellness in allyship, young people can ensure they are dedicated, present, and efficient advocates for a more inclusive and equitable society.

**“Taking care of yourself is just as crucial as being an ally. When the weight becomes overwhelming, stepping back is perfectly okay.”**

— Jaden M.  
*Youth Leader*



# WHAT IS WELLNESS?

**Wellness** is a state of overall well-being, encompassing the physical, mental, emotional, and social aspects of someone's life. It involves caring for oneself and promoting a healthy and balanced lifestyle. In the context of GBV advocacy, wellness is crucial because:

## IT BUILDS PERSONAL RESILIENCE:

GBV can be emotionally challenging and demanding. Practising wellness techniques helps develop personal resilience, allowing you to cope with the emotional toll of the work and prevent burnout.

## IT ENCOURAGES SELF-CARE:

While allyship is an ongoing practise, we need to also focus on self-care to support victims and survivors and effectively drive positive change. Physical and mental well-being activities, such as exercise, adequate rest, healthy eating, and stress reduction, help ensure that we have the energy and mental clarity needed to carry out our advocacy work.



# WHAT IS MINDFULNESS?

**Mindfulness is the practise of being fully present and engaged in the current moment without judgment. It involves paying attention to one's thoughts, feelings, bodily sensations, and environment. Mindfulness is important in GBV advocacy for the following reasons:**

## EMPATHY AND UNDERSTANDING:

Practising mindfulness helps allies understand and empathize with victims' and survivors' experiences. By actively listening and being present with survivors, allies can provide a safe space for them to share their stories and needs.

## EFFECTIVE COMMUNICATION:

Mindfulness boosts communication skills by promoting active listening, non-judgment, and empathy. Allies who practise mindfulness can engage in respectful, compassionate, and supportive dialogue, which is crucial when addressing GBV-related issues with victims, survivors, interested parties, and the wider community.

## SELF-REFLECTION:

Mindfulness encourages allies to reflect on their biases, assumptions, and reactions. By cultivating self-awareness, advocates can challenge their perspectives and continuously grow their understanding of GBV issues, ensuring they approach their work sensitively and are willing to learn.



Incorporating wellness and mindfulness into GBV advocacy and allyship lets you care for yourself, be more resilient, and provide compassionate support to survivors. These practises help support your allyship, promote self-care within the community, and help create a more empathetic and understanding society.

# WHAT ARE COPING STRATEGIES?

*Coping strategies* are an action, series of actions, or thought processes used to meet a stressful or unpleasant situation, or to modify someone's reaction to a negative situation. Everyone's needs are unique, and their coping strategies are unique to them. Coping skills are essential for maintaining an ally's well-being, resilience, and effectiveness in addressing GBV.

*Healthy* coping skills are productive strategies that individuals use to manage stress, emotions, and difficult situations positively and beneficially. On the other hand, *unhealthy* coping skills are ineffective or harmful methods that individuals may resort to, often providing temporary relief but causing long-term negative consequences.

It's important to recognize and develop healthy coping skills while actively working to reduce or replace unhealthy ones. Seeking professional help and support can guide you in developing healthier coping strategies and managing stress in a positive and constructive way.

By using coping strategies, allies can effectively manage their emotions, address challenges, and prioritize their well-being while engaging in GBV allyship and awareness work.



# YOUR GBV GLOSSARY

➔ **Not sure about a word or phrase found in this module?** Gain a better understanding of gender-based violence by learning the terms below.

## ACCOUNTABILITY



Taking responsibility for your actions and being honest and transparent about what you have done; owning up to your mistakes and making things right.

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## ADVOCATE



Someone who supports or promotes a particular cause, idea, or group of people; advocates work to raise awareness, fight for rights, and ensure that the voices and needs of others are heard and addressed.

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## ALLYSHIP



When someone with power or privileges works to help those who are treated unfairly.

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## BIAS



A preference for or against a particular thing, person, or group compared to another, which we may be aware (overt) or unaware (covert) of.

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## BURNOUT



A state of extreme exhaustion and emotional fatigue caused by excessive and prolonged stress, which can manifest as a lack of motivation, reduced productivity, and physical and emotional symptoms.



## **COPING STRATEGIES**



An action, series of actions, or thought processes used to meet a stressful or unpleasant situation or change one's reaction to a situation.

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## **GENDER-BASED VIOLENCE (GBV)**



Violence and harmful behaviour that happens in response to someone's gender, including physical, emotional, financial or sexual violence.

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## **MARGINALIZED COMMUNITIES**



Those who face intersecting barriers based on their ethnicity, disabilities, sexual orientation, gender, and age in Canadian society.

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## **MINDFULNESS**



The practise of being fully present and engaged in the current moment without judgment, which involves attention to one's thoughts, feelings, bodily sensations, and environment.

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## **VICTIM/SURVIVOR**



A person who has been subjected to gender-based violence.

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## **UPSTANDER**



Someone who sees bullying or injustice happening and takes action to stop it; who speaks up for what is right and supports those treated unfairly. Upstanders work to create a safer and more respectful community for everyone.

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## **WELLNESS**



A state of overall well-being, including the physical, mental, emotional, and social aspects of one's life, which involves holistically caring for oneself and promoting a healthy and balanced lifestyle.

# WHERE CAN I FIND SUPPORT?

If you are experiencing gender-based violence, you are not alone. Support is available, whether you just want someone to talk to or need help getting out of an unsafe situation.

## 24/7 SUPPORT SERVICES

[Kids Help Phone](#): Confidential chat, text and phone mental health support services for kids, teens and young adults.

1-800-668-6868

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[Hope for Wellness Help Line](#): Counselling and crisis intervention offering immediate help to Indigenous peoples across Canada.

1-855-242-3310

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[Canadian Human Trafficking Hotline](#): Chat and text support to connect human trafficking victims and survivors with support services.

1-833-900-1010

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[Trans Lifeline](#): Confidential peer support and resources for trans and gender-diverse people, not connected to the police.

1-877-330-6366



# FURTHER READING AND RESOURCES

[Let's Redefine Masculinity \(White Ribbon Canada\)](#)

[I Knew All Along \(White Ribbon Canada\)](#)

[Uncomposed \(White Ribbon Canada\)](#)

[Boys Don't Cry \(White Ribbon Canada\)](#)

[Trans and Gender Diverse Mental Health, Wellness and Suicide Prevention Toolkit \(SPECTRUM\) \(PDF\)](#)

[Resources for Gender Justice Advocates to Affirm and Support 2SLGBTQIA Gender-Based Violence](#)

[Survivors on Post-Secondary Campuses \(Courage to Act\)](#)

[Resources for Gender Justice Advocates to Challenge Anti-Asian Hate \(Courage to Act\)](#)

[Resources for Gender Justice Advocates to Challenge Anti-Black Racism \(Courage to Act\)](#)

[Upstander Intervention \(YWCA Regina\)](#)

# SOURCES

*These modules were developed using information from our partners and the following sources:*

**Canadian Women's Foundation**

**The Centre for Addiction and Mental Health**

**Center For Disease Control and Prevention**

<https://www.cdc.gov/ncbddd/developmentaldisabilities/facts.html#:~:text=Developmental%20disabilities%20are%20a%20group,last%20throughout%20a%20person%27s%20lifetime>

**The Center for Nonviolent Communication**

**Equally Safe at School**

<https://www.equallysafeatschool.org.uk/about-esas/>

**Government of Newfoundland and Labrador**

<https://www.gov.nl.ca/vpi/information-about-violence/warning-signs-of-violence-and-abuse/>

**Harvard University: Diversity, Inclusion and Belonging**

**Kansas State University**

**Kids Help Phone**

<https://kidshelpphone.ca/get-info/how-overcome-obstacles-when-reaching-out/>

<https://kidshelpphone.ca/get-info/trauma-what-it-is-and-how-to-cope>

<https://kidshelpphone.ca/get-info/my-fill-in-the-blanks-safety-plan-for-any-time/>

**Metropolitan Action Committee on Violence Against Women and Children**

<https://metrac.org/resources/are-you-cool-brochure/>

**Planned Parenthood**

**Right to Be**

**Statistics Canada**

<https://www23.statcan.gc.ca/imdb/p3Var.pl?Function=DEC&id=85010>

<https://www23.statcan.gc.ca/imdb/p3Var.pl?Function=DEC&id=103339>

**United Way for Southeastern Michigan**

<https://unitedwaysem.org/wp-content/uploads/2021-21-Day-Equity-Challenge-Social-Identity-Wheel-FINAL.pdf>

**U.S Department of Health and Human Services: Office on Women's Health**

<https://www.womenshealth.gov/relationships-and-safety/get-help/how-help-friend>

**Women's Centre of Calgary**

**YWCA Edmonton**

**YWCA Regina**

**YWCA St. Thomas-Elgin**

**YWCA Vancouver**