

# THE BEST GIFT IDEA WHEN YOU HAVE NO IDEA

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## NEWS



1. Palm to camera and tuck thumb

2. Trap thumb

Metroland illustration

The social isolation measures necessitated by the COVID-19 pandemic are making it more difficult for those who are at risk of abuse or violence to safely reach out for help. "Signal for Help" is a simple one-handed sign someone can use on a video call. It can help a person silently show they need help and want someone to check in with them in a safe way.  
<https://canadianwomen.org/signal-for-help/>

# WHAT TO DO IF SOMEONE YOU KNOW IS EXPERIENCING GENDER-BASED VIOLENCE

This week (Dec. 6) marked the National Day of Action and Remembrance on Violence Against Women, a day to remember the 14 young women killed at Polytechnique Montréal on Dec. 6, 1989 and to take action against gender-based violence.

Data from Statistics Canada in 2018 shows 44 per cent of women reported experiencing some form of psychological, physical or sexual violence by an intimate partner in their lifetime.

Do you know what to do if someone you know is experiencing violence?

A survey by the Canadian Women's Foundation shows only one in six people in Canada are very confident that they would know what to say or do to support someone experiencing sexual or emotional abuse, and one in five are very confident that they would know what to say or do to support someone experiencing physical abuse.

Anyone can be abused — but women, girls and gender-diverse people face a higher risk of gender-based violence.

The risk is even higher for Indigenous and racial-

ized women, trans and non-binary people, and women who are experiencing homelessness or are underhoused.

In 2020, the Canadian Women's Foundation and its partners launched the Signal for Help hand signal in response to an increased risk of gender-based violence during the pandemic. The one-handed signal can be used silently and discreetly, made by tucking the thumb into the palm, then covering the thumb with four fingers.

Signal for Help signifies "reach out to me safely"; it is not necessarily a request to call police.

Here are some tips from the Canadian Women's Foundation on what to do if someone you know is experiencing abuse and how to respond if you see someone use the Signal for Help.

### SUPPORTING SOMEONE WHO IS EXPERIENCING ABUSE

- Believe what they are telling you, be supportive and listen
- Ask what you can do to help
- Be non-judgmental and let them make their own decisions

- Offer to provide child care while they seek help
- Offer your home or another location as a safe space

- Support them to create a safety plan, which could include packing a small bag of essentials or opening a personal bank account

### IF YOU SEE SOMEONE USE THE SIGNAL FOR HELP SIGN

- Check in with them safely to find out what they need you to do
- Send a text, WhatsApp message or email and ask general questions like "how are you doing?" or "get in touch when you can." Keep in mind that people in violent relationships may be closely monitored by their partner.
- If you call, ask questions that can be answered with a "yes" or "no" such as "are you safe?" or "should I look for services that might help and call you back?"
- If the person experiencing violence needs to be connected to services, visit [canadianwomen.org/support-services](http://canadianwomen.org/support-services) for national and provincial services including crisis lines and shelters.



Bundle up and head to Main Street for all your holiday needs. Featuring handmade crafts, locally grown produce and freshly made foods, the market has all you need to get your holiday season going. Your perfect holiday gifts can also be found inside our amazing BIA businesses too! This event is family-friendly and includes some exciting entertainment and activities for all ages.

All aboard!! On December 10th at the Holiday Market, catch the holiday train to take you all around Downtown Georgetown! Find Santa and his team at the Church Street Parking Lot and take some family photos. On December 3rd, shoot for the goal with Top Shot Hockey, and their amazing hockey themed games in the Church Street Parking Lot. More surprises, family fun and holiday magic to come!

For updates on this event including an upcoming list of vendors, make sure to check out the Georgetown Farmers Market Instagram and Georgetown Holiday Market Facebook Event Page!



Your Treasure Awaits