MENTAL HEALTH SUPPORTS FOR RACIALIZED WOMEN AT RISK OF GENDER-BASED VIOLENCE

A TOOLKIT FOR SERVICE PROVIDERS AND ADVOCATES

ABOUT THE TOOLKIT

This Toolkit was developed as part of our project titled *Covid-19 Pandemic Guidelines for Mental Health Support of Racialized Women at Risk of Gender-Based Violence*. The toolkit provides information to service providers, advocacy groups and activists serving gender-based violence survivors. We hope information in the Toolkit is of help in support of the efforts of community members and service providers to better address the needs of racialized women.

Disclaimer

This toolkit was developed as a public service resource for service providers and community advocates who support gender-based violence survivors. It is based on resources found through our review of literature, website searches, and input from community partners. The resource materials provided in this toolkit are for general information purposes only. The information in this toolkit is not meant to be used as health or mental health advice.

Funding

This knowledge synthesis was funded by the Canadian Institutes of Health Research (CIHR) Operating Grant: Knowledge Synthesis: COVID-19 in Mental Health & Substance Use.

Contact

Nazilla Khanlou, RN, PhD
Associate Professor, School of Nursing
Women's Health Research Chair in Mental Health, Faculty of Health
York University, HNES 3rd floor
4700 Keele Street
Toronto, ON, Canada, M3J 1P3
Website: https://nkhanlou.info.yorku.ca/
Twitter: https://twitter.com/YorkUOWHC
           https://twitter.com/NazillaKhanlou

CONTENT

WHAT IS THE PROBLEM?

Statistics around the globe show a drastic increase in incidences of violence against women during the COVID-19 pandemic. Violence against women is rooted in gender inequities that harm women from girlhood to old age. Gender-based violence (GBV) is violence against people based on their gender identity, gender expression, or perceived gender.[1] The United Nations has referred to this social issue as the "shadow pandemic."[2] Violence against women has profound effects on the survivors. It has life-long impacts which, at times, span generations.[3] Related mental health and psychological distress include anxiety disorder, depression, and substance use disorders.[4,5] Violence against women also contributes to high levels of morbidity and mortality.[6] Women who have experienced violence have higher rates of past suicide attempts,[6] and experience increased isolation and social exclusion.[5]

In this toolkit we present findings from the project titled *COVID-19 pandemic guidelines for mental health support of racialized women at risk of gender-based violence*. The goal of this toolkit is to advance trauma-informed mental health care for racialized women at risk of GBV during the COVID-19 pandemic's response and recovery phases. Growing evidence indicates that racialized women at risk of GBV are a priority group to focus on for immediate mental health support and care during the pandemic.[7,8,9]

Multidisciplinary Team: Nazilla Khanlou (PI) and Andrew Ssawe (Principal Knowledge User) with Co-Investigators: Yvonne Bohr, Jennifer A. Connolly, Iris Epstein, Thumeka Mgwigwi, Soheila Pashang, and Collaborators: Farah Ahmad, Negar Alamdar and Sajedeh Zahraei

Project Coordinator: Luz Maria Vazquez

Funded by: Canadian Institutes of Health Research (CIHR) Operating Grant: Knowledge Synthesis: COVID-19 in Mental Health & Substance Use

Year: 2020 (May-November)

WHAT IS GENDER-BASED VIOLENCE (GBV)?

GBV IS VIOLENCE THAT IS PERPETRATED AGAINST INDIVIDUALS BASED ON THEIR GENDER IDENTITY, GENDER EXPRESSION, OR PERCEIVED GENDER[10]

Women across the lifespan and around the world are experiencing violence. There is urgency in addressing gender-based violence because:

In the world	**1 in 3** women have experienced physical or sexual violence at some point in their lives[11]
	Almost **6 out of every 10 women** who have been intentionally killed worldwide were murdered by an intimate partner or other family[11]

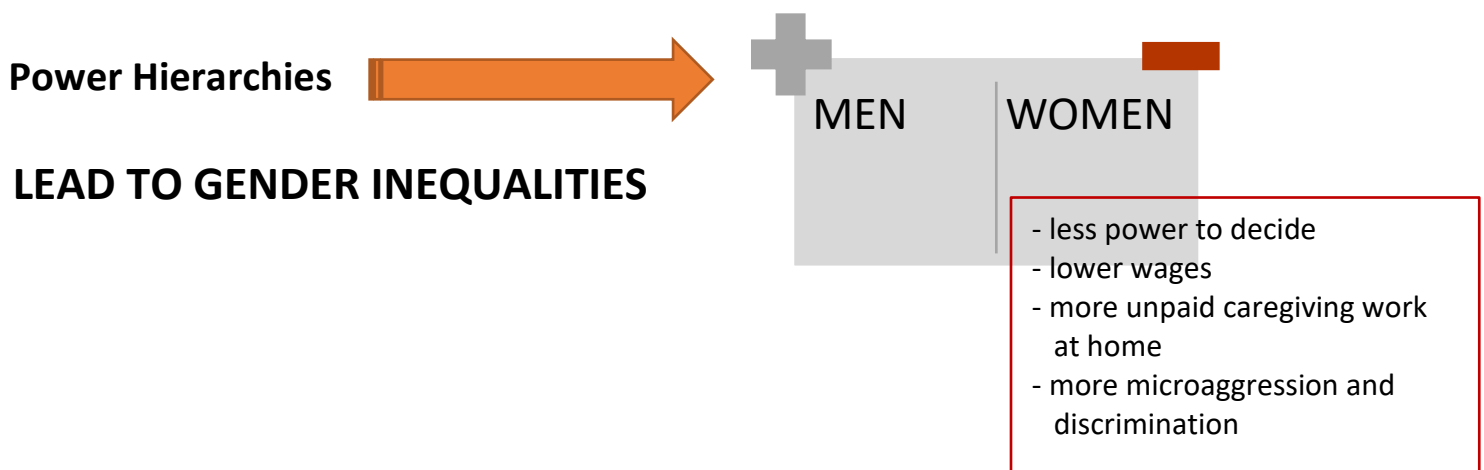| In Canada	Every six days, approximately, **a woman is killed** by her intimate partner[12]
	8 in 10 victims of intimate partner violence are women[13]
	Women with disabilities, Indigenous women, girls and young women, lesbian and bisexual women, and gay and bisexual men **are more at risk** of experiencing violence[14]
	Indigenous women are killed at **6 times** the rate of non-Indigenous women[12]

WHY DO WOMEN OF ALL AGES FACE VIOLENCE?

Gender Inequalities

In most societies **inequalities** between women and men exist in the type of responsibilities assigned to them, the activities undertaken, and in access to and control over allocation of resources (e.g. financial, land), as well as in relation to decision-making opportunities. Power imbalances between men and women lead to inequalities that negatively impact on the health, mental health and wellbeing of women.

Power Hierarchies

LEAD TO GENDER INEQUALITIES

MEN   WOMEN

- less power to decide
- lower wages
- more unpaid caregiving work at home
- more microaggression and discrimination

Patterns to violence against women are associated with gender inequalities as stated in the following quote:

> "patterns of violence are shaped by **gender roles**, **behaviours**, and **norms** that contribute to patterns wherein men are significantly more likely to be physically violent toward women than the reverse"[15]

Factors contributing to violence against women include:[16]

- Social acceptance of violence as a way to resolve conflicts
- The production and reproduction of the concept of manhood linked to violence and aggression (e.g. toxic masculinity)
- Gender roles that promote male dominance

There are systemic roots of violence that PRODUCE and REPRODUCE norms and stereotypes, and practices that are harmful for WOMEN and put them at a DISADVANTAGE

Colonialism- political control and economic and cultural domination over peoples

➡️ Since colonial times, Indigenous women and gender diverse Indigenous people "have been devalued not only because they are Indigenous people, but also because they are women or gender diverse"[17]

Harmful stereotypical norms and behaviours based on patriarchal ideas have a direct link with violence against women, some examples include notions of masculinity:

⬅️ **Patriarchy**- power system that is organized around male authority and male privilege[15]

- ✓ Men as "invulnerable"
- ✓ Men being seen masculine, aggressive and violent
- ✓ Men as only strong

Sexism- attitudes, statements, acts… that lead to the discrimination, marginalization, or oppression of individuals or groups based on their sex [18]

➡️ Misogyny, for example, is a form of sexism against women, it implies the notion that women are inferior to men

"Black, Indigenous and racialized women and LGBTQIA people are often seen as more 'deserving' of violence and less deserving of support"[20]

⬅️ **Racism**- the hostile or negative feelings of one group toward another and the actions resulting from such attitudes.[19] It is expressed through stereotypes, unfair treatment, and discrimination.

WHO IS MOST VULNERABLE TO GENDER-BASED VIOLENCE?

There are certain populations who experience **HIGHER LEVELS OF VIOLENCE** including:

- Women
- Young women and teenage girls
- Indigenous women and girls
- LGBTQ2 (Lesbian, Gay, Bisexual, Transgender, Queer, Two-Spirit, and non-binary peoples)
- Women living in Northern, rural, and remote communities
- Women living with disabilities (including physical, developmental/intellectual)
- Refugees and Immigrants

GBV is universal and is not limited to specific cultures or ethnic groups. There are certain risk factors or societal and structural conditions of oppression that create more vulnerabilities for some groups. Intersectionality is an approach to understanding GBV; it allows us to see how a woman's experience is influenced by social identities that are impacted by power/lessness, marginalization, and structural inequities:

- Race- Black, non- White…
- Ethnicity- Latino, Asian…
- Class – income…
- Age – youth, elder
- Sexual orientation – LGBTQ+…
- (dis)ability – physical…
- Faith- Muslim, Catholic, Protestant…
- Geographic location- rural, urban…
- Migration status – permanent residents, without legal status, refugee…

How women cope with violence, the **resources they have**, the **barriers** they face to access the services they need, the **resiliency** they have to cope with adversity, all of this and more is based on this set of factors

These are overlapping and interdependent systems of discrimination, oppression, or disadvantage for certain groups within our society (e.g., Indigenous women, Black women, racialized women)

GENDER-BASED VIOLENCE DURING THE COVID-19 PANDEMIC: "THE SHADOW PANDEMIC"

There has been a drastic increase in violence against women during the COVID-19 pandemic. Researchers and advocates attribute this to multiple structural and systemic factors such as:[21]

1. **Household stress** related to poverty, precarious work, and [under]unemployment, financial uncertainty and constraints, and increased burdens, are directly connected to higher levels of violence against women and children, as well as high rates of exploitative and transactional sex among girls.

2. **Social isolation** has been identified as a key driver of violence during social distancing and lockdown as a public health measure to mitigate the spread of the virus. However, staying at home in close proximity with an abuser can risk the safety of women and girls. Furthermore, other measures related to movement restrictions, or the lack of supports and services for victims of violence, further impact on women and girls who want to escape violence. Women and girls may have limited access to networks of family and friends (due to social distancing measures) who might otherwise provide them with support and protection from violence.

3. **Reduced or closure of services** for women victims of violence are important risk factors during the COVID-19 pandemic. As in the case of previous emergencies around the world, there have been diversion and reduction of funding for gender-based violence services. Reduced availability and access to services for survivors – legal, social, mental health supports – have a negative impact on the wellbeing of women facing violence. The following figure illustrate risk factors associated to violence against women during the pandemic:

Source: N Khanlou, A Ssawe, S Zahraei, JA Connolly, S Pashang, Y Bohr, and LM Vazquez (2020). Gender-Based Violence and the COVID-19 Pandemic: Risk Factors and Systemic Challenges. CIHR Knowledge Synthesis Project. https://cihr-irsc.gc.ca/e/documents/KHANLOU-information-sheet-2020-07-22.pdf

RECOMMENDATIONS: Inclusion and Individualized Support

Include the voices of women and girls in programs that aim to address their needs

It is recommended that programs that serve women promote the meaningful participation of women and girls in program design, implementation, and monitoring to address the increase in violence during COVID-19.[22] It is recommended:

- ✓ That the *inclusion* of the diversity of voices and lived experiences from the communities and groups that your organization serves be promoted, in the process of designing interventions to address women and girls' needs
- ✓ That organizations and agencies serving marginalized and racialized communities *trust and value* the expertise of the members of these communities, so that they might contribute and develop ownership over strategies to address violence
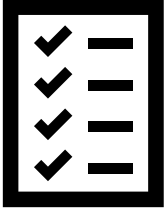
One-size-DOES NOT-fit-all

It is recommended that programs that serve women:

- ✓ Recognize that Indigenous women, Black women, racialized women and members of diverse ethnic communities, refugees and immigrants with precarious status, 2SLGBTQ+, women with disabilities, and teenagers, face a range of specific risks and have *unique needs*. Therefore, GBV COVID-19 related programming needs to consider the intersections of violence with other dimensions related to race, ethnicity, sexual identities, socioeconomic status, migration status, among others, to better address the survivors' needs
- ✓ Adopt long term strategies to address gender-based violence that take into consideration *individuals' skills and key roles* that they and their communities may have to contribute to the crisis response

RECOMMENDATION: Prioritize Protection and Safety

Apply guiding principles for data collection[23]

It is recommended that:

✓ The *protection and support of women and girls who experience violence should be the priority* in crisis situations. DO NOT proceed with data collection if women and girls' safety are at risk of violence and distress

✓ Inclusive data collection strategies be promoted to include adolescent girls, older women, women and girls with disabilities, refugee women, female migrant workers, and racial and ethnic minorities

United Nations' Guiding Principles for Data Collection[23]

〉〉〉 **"Doing no harm should be the highest priority"**[23]

Protect and Support Women and Girls	• Data gathering is important, however the priority during emergencies like COVID-19, should be focused on channeling resources and supports for survivors
Apply existing data to inform covid-19 responses	• Use secondary sources to collect data, during emergencies the use of this type of data should be maximized and used effectively to inform interventions
Apply ethical and safety principles	• Ethics refers to "a system or code of moral values that provides rules and standards of conduct" to data collection[24]

RECOMMENDATIONS: Trauma & Violence Informed Approach

Trauma and violence informed approach to data gathering

In the process of gathering data researchers and service providers should promote the **mental health of racialized women by:**

- ✓ RECOGNIZING **the profound impact** that trauma and violence have on women's lives[25]

- ✓ UNDERSTANDING the multiple ways in which trauma may **affect women's lives, their capacities, their abilities, and the coping strategies**[26]

- ✓ APPLYING the set of **principles that guide a trauma and violence informed approach** including respect, dignity, inclusiveness, empowerment and hope[26]

Online and Mobile Phone Data Collection and Assessing RISKS[23]

During the COVID-19 pandemic, with social distancing restrictions, mobile phone or web platforms have become important tools to facilitate data gathering on GBV. However, preventive measures should be in place when collecting GBV related data. Failure to do so may result in:

- Increased violence against women and girls
- Violation of women's and girls' rights related to privacy, security, and confidentiality [23]

RECOMMENDATIONS: Media Safeguards and Advocacy

Media Safeguards

Recommendations for service providers when they provide online GBV services include safety mechanisms to protect survivors. For example, survivors should be able to access services and their electronic communications so they do not leave a trace that can be accessed by their abusers.[23] Other measures include:
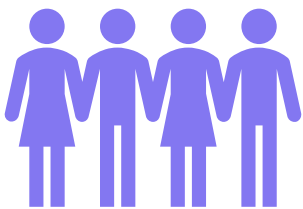
- ✓ Implementing and communicating technology safeguards to protect survivor's security (e.g. browser history clearance)
- ✓ Providing tips and information on safe ways to use technology
- ✓ Providing support to create a personalized technology safety plan for survivors
- ✓ Providing guidance to deal with technology abuse

Strengthen Awareness, Sensitization and Advocacy

- ✓ Awareness-raising campaigns are suggested to prevent and address violence against women, girls and children. These campaigns should focus on questioning negative and pervasive gender stereotypes.[22]

Community Engagement

Social networks, including neighbours, families, coworkers, and friends are identified as key actors to address GBV. Efforts should include engagement with:

- ✓ Community "gatekeepers"[27] (e.g. postal service workers, pharmacists, neighbours) who may play an active role looking out for women and girls who may be at risk of experiencing violence with the permission from potential victims
- ✓ Community members may also be a medium to offer support and information on available resources
- ✓ Important allies in community engagement may be religious, faith-based and indigenous spiritual leaders, local women and youth leaders

KEY RESOURCES TO SUPPORT GBV SURVIVORS

WOMEN

AWARNESS AND EDUCATION				
Organization	**Resource Type**	**Title**	**Description**	**URL link to resource**
World Health Organization	Booklet	Caring for women subjected to violence: A WHO curriculum for training health-care providers	Provides health-care providers a knowledge and information for responding to domestic/ intimate partner violence and sexual violence against women. Seeks to build skills on how to provide women-centred clinical care, including identifying women experiencing violence, and providing first-line support.	https://www.who.int/reproductivehealth/publications/caring-for-women-subject-to-violence/en/
World Health Organization	Brief	Violence against women. Intimate partner and sexual violence against women	Presents key facts about violence against women, analysis on the scope of the problem and impacts.	https://apps.who.int/iris/bitstream/handle/10665/329889/WHO-RHR-19.16-eng.pdf?ua=1
Women and Gender Equality Canada	Report	2018-2019 It's Time: Canada's Strategy to Prevent and Address Gender-based Violence	Reports about initiatives and investments, to prevent and address GBV.	https://cfc-swc.gc.ca/violence/strategy-strategie/report-rapport2019-en.pdf
Western University - Center for Research & Education on Violence Against Women & Children- Learning Network	Infographic	Sexual Violence & COVID-19	Highlights the precipitating factors that lead to the increase in sexual violence during the COVID-19 pandemic. Being mindful of these factors will help in deterring such occurrences and identifying those who may be experiencing sexual violence.	http://www.vawlearningnetwork.ca/our-work/infographics/covidsexualviolence/Sexual-Violence-COVID-19-PDF1.pdf
Western University - Center for Research & Education on Violence Against Women & Children- Learning Network	Infographic	Intimate Partner Violence in a Pandemic: COVID-19-Related Controlling Behaviours	Outlines methods perpetrators may implement during the COVID-19 pandemic to manipulate and further abuse their partners.	http://www.vawlearningnetwork.ca/our-work/infographics/covid19controllingbehaviours/LN-COVID-19-Related-Controlling-Behaviours-PDF-1.pdf

Calgary Women's Emergency Shelter	Infographic	Supporting Victims of Family Violence and Abuse during COVID-19	Outlines how create a supportive environment, staying connected and responding to someone who discloses violence and abuse.	https://www.calgarywomensshelter.com/images/CWES_COVIDsupport_Final_April_2020.pdf
Government of Alberta	Website	Workplace harassment and violence	Provides education and key resources to understand and address harassment and violence as workplace hazards.	https://www.alberta.ca/workplace-harassment-violence.aspx#toc-4
Center for Disease Control and Prevention	Video	What is Intimate Partner Violence?	Provides information and strategies to address intimate partner violence.	https://www.cdc.gov/violenceprevention/videos/IPV-definition-low.mp4
Canadian Women's Foundation	Fact sheet	Fact Sheet About Sexual Assault and Harassment	Presents data about sexual assault and harassment.	https://canadianwomen.org/wp-content/uploads/2017/09/Facts-About-Sexual-Assault-and-Harassment.pdf
Victim Services and Crime Prevention Division Ministry of Public Safety and Solicitor General, British Columbia.	Framework	Domestic Violence Response A Community Framework for Maximizing Women's Safety	Presents eight principles and key questions to help communities develop or enhance their coordinated response to domestic violence	https://www2.gov.bc.ca/assets/gov/law-crime-and-justice/criminal-justice/victims-of-crime/vs-info-for-professionals/info-resources/domestic-violence-response.pdf

EARLY WARNINGS ASSESSEMENT TOOLS				
Organization	**Resource Type**	**Title**	**Description**	**URL link to resource**
Family Service Toronto	Quiz/ infographic	Early Warning Signs	Provides a quiz to help in determining if one is in an abusive relationship. It also includes further information on the different types of abuse, setting up a safety plan and what to do.	https://familyservicetoronto.org/wp-content/uploads/2016/04/EarlyWarningSignsOfAbuse.pdf
Ontario Association of Interval and Transition Houses	Worksheet	Tree Tracker Worksheet	A metaphorical tree is used in this worksheet to help clients and service providers assess the root causes and impact related to the trauma they have gone through. Completing this worksheet will aid the understanding of nourishing supports, activities, relationships and signs of wellness.	https://www.oaith.ca/assets/files/pdfs/FINAL%20AWV%20Tree%20Tracker%20Worksheet%20-%20EN.pdf
Ending Violence Association of BC	Pamphlet	Summary of Domestic Violence Risk Factors	Identifies what constitutes as sexual assault. It outlines what a victim can do and who can help them navigate the next steps after a sexual assault.	https://endingviolence.org/wp-content/uploads/2014/02/MPSSG-Summary-of-Domestic-Violence-Risk-Factors.pdf
YWCA Canada	Quiz/infographic	Is your relationship healthy?	Helps individuals determine whether their relationship is healthy or not. It provides information on what a healthy relationship looks like. Tips are provided on safely navigating out of an unhealthy relationship.	https://ywcacanada.ca/wp-content/uploads/2018/10/Healthy-Relationship_EN_Web.pdf

Canadian Women's Foundation	Tip Sheet	Tips for Teens Learning to Recognize an Unhealthy Online Relationships	Identifies signs of unhealth online relationship, and it is complementary with the parent's tip sheet. The tip sheet provides signs to look out for in addition on steps to take if a teen finds themselves in an unfortunate circumstance.	https://www.mwag.ca/CWF-Avon-TeenTipSheet2015-EN-web-Oct6_0.pdf
Government of British Columbia	Infographic	Is someone you know being abused?	Helps individuals that have a loved on that is possibly being abused. It outlines signs that the perpetrator and victim may depict that are warning signs of abuse. There are additional steps provided on what to do when abuse has been determined. The infographic also gives insight as to why the victim may stay in abusive relationship which helps readers conceptualize the dynamic.	https://www2.gov.bc.ca/assets/gov/law-crime-and-justice/criminal-justice/bc-criminal-justice-system/if-victim/publications/help-hope-healing-someone-being-abused.pdf
Western University – Centre for Research and Education on Violence Against Women and Children	Infographic	3 Considerations for Supporting Women Experiencing Intimate Partner Violence During the COVID-19 Pandemic	Outlines perspectives on how to support those experiencing intimate partner violence during COVID-19. One must consider that safety and how abuse manifest will appear different amongst individuals. Additional strategies need to be considered as COVID-19 and health measures in place may implicate providing support.	http://www.vawlearningnetwork.ca/our-work/infographics/covid19safety/LN-Safety-COVID-19-PDF-1.pdf
Government of Ontario	Website	Human trafficking	Provides information about human trafficking, how to learn and recognized signs that someone may be being trafficked, resources for survivors and information about prevention and education programs.	https://www.ontario.ca/page/human-trafficking
Government of Ontario	Website	Sexual violence	Provides information about sexual violence, how to learn and recognized signs that someone may be experiencing sexual violence, resources for survivors and information about prevention and education programs.	https://www.ontario.ca/page/sexual-violence
Government of Ontario	Website	Domestic violence	Provides information about domestic violence, how to learn and recognized signs that someone may be experiencing domestic violence, resources for survivors and information about prevention and education programs.	https://www.ontario.ca/page/domestic-violence

SAFETY PLAN STRATEGIES				
Organization	Resource Type	Title	Description	URL link to resource
Luke's Place	Website	Safety planning strategies	Ideas/strategies for survivors to do a safety plan	https://familycourtandbeyond.ca/keep-safe/strategies/
Family Service Toronto	Quiz	Early Warning Signs	A quiz to help in determining if a person is in an abusive relationship. It also includes further information on the different types of abuse, setting up a safety plan and what to do.	https://familyservicetoronto.org/wp-content/uploads/2016/03/EarlyWarningSignsofAbuse.pdf
Canadian Women's Foundation	Tip sheet	How to help someone living with violence	Outlines steps for those with close ones experiencing violence at home and how to navigate providing support for the victim. It provides additional resources that can help finding a safe place for victims.	https://canadianwomen.org/wp-content/uploads/2017/09/CWF-Avon-TipSheet-EN-web-Oct27.pdf

Canadian Domestic homicide prevention initiative	Brief	Domestic Violence Risk Assessment: Informing Safety Planning & Risk Management. Domestic Homicide Brief (2).	Identifies domestic violence risk assessments and how they inform risk management with the offenders and safety planning with victims. Readers are informed on the goal of conducting risk assessments, tools, best practices and conducting risk assessments with populations that have increased vulnerability to domestic homicide. It includes a list of commonly used tools in domestic violence risk assessment.	https://endingviolence.org/wp-content/uploads/2016/12/Risk-Assessment-Brief.pdf
Canadian Women's Foundation	Video	Signal For Help	This video exemplifies how to use the "signal for help" when victims/ survivors are communication with loved ones. This notifies that they are in an abusive situation at home and they require support and help.	https://youtu.be/AFLZEQFIm7k More context: https://canadianwomen.org/signal-for-help/?gclid=CjwKCAjwp-X0BRAFEiwAheRui-N7zWjTRGo8pr4kKYrqK3J4StIOy6zQ89e0q_uo0U2gg-iH2Q6fQxoC_F8QAvD_BwE
Government of Canada	Website	How to plan for your safety if you are in an abusive relationship	Outlines steps to take when in an abusive relationship.	https://www.canada.ca/en/public-health/services/health-promotion/stop-family-violence/plan-your-safety.html
Alberta Ministry of Justice and Solicitor General	Guide	Strategies for safety. Considerations for individuals experiencing family violence	Provides information and templates for safety planning checklist, considerations for legal matters, for people with disabilities, for newcomers, among others.	https://open.alberta.ca/dataset/79189049-0cfe-484d-9db9-b23a654a46bf/resource/5d86a959-ef81-4b97-9e3a-f9a2f8349a68/download/strategies-for-safety.pdf
Alberta Ministry of Justice and Solicitor General	Quick Guide	Quick reference to be given to clients	Provides information, tips and strategies about online safety, safety planning, protection orders, and other key resources.	https://open.alberta.ca/dataset/79189049-0cfe-484d-9db9-b23a654a46bf/resource/d7abd945-b3ae-4834-8234-2e86a058cf8e/download/strategies-for-safety-quick-guide.pdf
Ending Violence Association of BC	Tip Sheet	Responding to Sexual assault disclosure: Practice tips for Nurses	This tip sheet outlines the experience of sexual assault for nurses and how to proceed with a sexual assault disclosure. There is synopsis on the pattern of sexual assault, the steps that entail if the individual decides to report it and tips on how to respond to the individuals as the speak about this traumatic experience.	https://endingviolence.org/wp-content/uploads/2016/05/EVA_PracticeTips_Nurses_vF.pdf

INTERNET SECURITY				
Organization	Resource Type	Title	Description	URL link to resource
The Barbra Schlifer Commemorativ e Clinic	Pamphlet	Internet security	Instructions on how to protect the internet security of survivors e.g. how to clear browse history	https://schliferclinic.com/wp-content/uploads/2020/03/Internet-Security.pdf
Luke's Place	Toolkit	Tech safety planning principles for service providers supporting survivors	Information for survivors on how to deal with tech abuse – for example, the use of technology by an abusive partner or ex-partner to harass and intimidate a woman	https://lukesplace.ca/tech-safety-planning-principles-for-service-providers-supporting-survivors/
COPING STRATEGIES				
Organization	Resource Type	Title	Description	URL link to resource
Bethesda House	Checklist	The Control Checklist	A check list for women to identify the different ways a person use their power to intimidate/control	http://bethesdahouse.ca/about-abuse/the-control-checklist/
World Health Organization	Tips	Tips for coping with stress at home and actions to take if you or your family members are experiencing violence:	Tips for coping with stress at home and actions to take if women or their family members are experiencing violence:	https://www.who.int/reproductivehealth/publications/emergencies/COVID-19-VAW-full-text.pdf?fbclid=IwAR1qx0iRa2hVudIWFS7gX-OeSiPrn4FmnIxL6Gw6J54tfNkrQsyOfnNrcc8
World Health Organization	Website	Q&A: Violence against women during COVID-19	Provide recommendations to victims about what to do in they face violence, to health care providers on what to do to help victims, and to policy makers ton how to address violence against women during the COVID-19 pandemic.	https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/violence-against-women-during-covid-19

INDIGENOUS WOMEN AND GIRLS

			AWARNESS AND EDUCATION		
Organization	**Resource Type**	**Title**	**Description**	**URL link to resource**	
Ending Violence Association of BC	Tip sheet	Responding to a sexual assault disclosure: Practice tips for indigenous services	An outline of sexual assault amongst Indigenous populations, the structural factors that have contributed to it and the rates/patterns. Includes a synopsis of the difficulty of disclosure. In addition, tips on the steps to take when you receive disclosure and reporting options. This is specific to the Indigenous populations as there an incorporation of Elder, medicine person or someone she trusts with her for support when working with the victim.	https://endingviolence.org/wp-content/uploads/2016/05/EVA_PracticeTips_IndigenousServices_vF.pdf	
Native Women's Association of Canada.	Toolkit	You are not alone: A toolkit for Indigenous women, girls and gender diverse people escaping domestic violence.	Provides information about domestic violence, safety tips, a sample of a community safety plan, and self care.	https://www.nwac.ca/wp-content/uploads/2018/09/2018-Yana-Handbook-English-Final.pdf	
National Collaborating Centre for Indigenous Health	Fact Sheet	Family violence as a social determinant of first nations, Inuit and Métis health	Presents analysis about the health and social impacts of family violence in Indigenous communities, the barriers to address violence, and strategies to address it. Provides a list of key health promotion and violence prevention resources.	https://www.nccih.ca/docs/determinants/FS-Family-Violence-SDOH-FNMI-2019-EN.pdf	
Paqtnkek Health Centre and the Antigonish Women's Resource Centre & Sexual Assault Services Association	Toolkit	Mi'kmaq Community Engagement Toolkit on Sexual Violence. A workbook to address sexual violence to Mi'kmaq communities and community members	Provides community based and community-led solutions to address sexual violence (including supporting materials), and a list of supports and services.	http://awrcsasa.ca/wp-content/uploads/2017/02/FINAL-Mikmaw-Community-Engagement-Toolkit-Fillable.pdf	
YWCA Agvvik Nunavut	Manual	Nunavut legal information manual for violence support services	Equips community support workers who work with women in situations of family violence with information about the legal instruments that their clients can utilize when dealing with family violence	https://ywcacanada.ca/wp-content/uploads/2018/10/Nunavut-Legal-Information-Manual-2014.pdf	
The Steering Committee	Document	Working with First Nations, Inuit and	Practices of working with First Nation, Inuit and Metis families who have experienced family violence.	https://bit.ly/2K0BEah	

		Metis Families who have Experienced Family Violence: A Practice Guide for Child Welfare Professionals		
Government of Canada, Department of Justice	Document	Victimization of Indigenous Women and Girls	Prevalence rates of victimization against Indigenous women and girls	https://bit.ly/3pjAPJK
McGill University, Faculty of Law	Document	Falling Through the Cracks: Canadian Indigenous Children with Disabilities	Discusses Indigenous children with disabilities in Canada and examines their experiences with federal and provincial jurisdictional and funding disputes.	https://bit.ly/35iODfr

IMMIGRANTS, REFUGEES AND WOMEN WITHOUT STATUS

Organization	Resource Type	Title	Description	URL link to resource
AWARNESS AND EDUCATION				
Ontario Council of Agencies Serving Immigrants	Booklet	Resources and Supports for Survivors. #4ImmgrantWomen	Raises awareness about sexual violence, provides information about barriers face by immigrant and refugee women, and resources to get support.	https://ocasi.org/sites/default/files/vaw-booklet-english_0.pdf
Ontario Council of Agencies Serving Immigrants	Toolkit	A Future without Gender-Based Violence: Building Newcomers' Resilience through Community Education. A Toolkit For Service Providers	Supports service providers in providing community-based education to newcomers about gender-based violence. It provides tools and resources.	https://ocasi.org/sites/default/files/ocasi-gbv-toolkit-english-online.pdf
Canadian Pediatric Society	Website	A mindful approach: Assessing child maltreatment in a multicultural setting	Discusses the role of culture in child maltreatment	https://bit.ly/35lnIzG
Canadian Pediatric Society	Website	Immigrant adolescent health, Part 2: Guidance for clinicians	Details how to promote positive development in immigrant adolescents, including sexual health and conflict and violence	https://bit.ly/3lor0HQ
Ending Violence Association of BC	Website	End Forced Marriage	A website for understanding forced marriage, and information and resources for individuals and service providers on forced marriage in Canada.	http://www.endforcedmarriages.ca/
Canadian Institute of Child Health, University of Ottawa, and Canadian Collaboration for Immigrant and Refugee Health	Presentation	Health Profile on Immigrant and Refugee Children and Youth in Canada. Section 4: Immigrant Children and Youth – Cultural Discordance	Speaks to cultural acculturation and discordance, and peer bullying and aggression and its effects	https://bit.ly/3knNoA2

EARLY WARNINGS ASSESSEMENT TOOLS				
Organization	Resource Type	Title	Description	URL link to resource
Love is Respect	Quiz	Is your relationship healthy?	A quiz to know if a youth's romantic relationship is healthy	https://www.loveisrespect.org/quiz/is-your-relationship-healthy/?%3E
Love is Respect	Website	Warning signs of abuse	A list of warning signs of an abusive romantic relationship	https://www.loveisrespect.org/about-dating/warning-signs-of-abuse/
Love is Respect	Website	Types of abuse	A list of different types of abuse in romantic relationships and their definitions and examples	https://www.loveisrespect.org/resources/types-of-abuse/
Love is Respect	Diagram	The Relationship Spectrum	A diagram of the spectrum differentiating healthy relationships, unhealthy relationships, and abusive relationships	https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2020/09/Relationship-Spectrum-final-1.pdf
Love is Respect	Guide	Healthy Relationship High School Educators Toolkit	A guide covering topics of healthy, unhealthy and abusive relationships, warning signs of abusive relationships, dating abuse, conflict resolution, and how to help a student in an unhealthy or abusive relationship	http://www.loveisrespect.org/wp-content/uploads/2016/08/highschool-educators-toolkit.pdf
Teen Talk	Website	Relationships	Website covers information including healthy and unhealthy relationships, gender roles, healthy boundaries, healthy breakups, and answers to questions about relationships	http://teentalk.ca/learn-about/relationships/
Domestic Violence Roundtable	Website	Teen Dating Violence	Website lists warning signs of an abusive relationship, signs that indicate a youth might be in an abusive relationship, what to do if the youth wants to leave, and tips for supporting the youth	https://www.domesticviolenceroundtable.org/teendating
Melrose Alliance Against Violence	Website	Teen Dating Abuse	About teen dating abuse, signs of an abusive relationship, how to break up safely, how to cope after the break up, and early warning signs for parents that a youth is a victim of teen dating violence, teaching youth about healthy relationships	https://www.maav.org/learn-more/teen-dating-abuse/

YOUTH

SAFETY PLAN STRATEGIES

Organization	Resource Type	Title	Description	URL link to resource
The Ottawa Coalition to End Violence Against Women	Guide	Know More – Guide for Parents and Guardians. Talking to Teens about relationships, sex and consent	Provides information for parents to navigating conversations with their teens pertaining to relationships, sex, consent, and sexual assault.	https://static1.squarespace.com/static/5ca962d57fdcb87536680538/t/5e7643c7b5d46a0200ec19c2/1584808916618/kNOw-more-EN-noflip.pdf
YMCA Canada	Guide	A guide for trusted adults. Practical tips and tools for supporting girls and young women navigating life online	Educates and provides tips and strategies to address online harassment and abuse experienced by girls and young women.	http://projectshift.ca/wp-content/uploads/YWCA-Guide-for-Trusted-Adults-Jan.-18_FormattedV4.pdf

ONLINE SAFETY

Organization	Resource Type	Title	Description	URL link to resource
Love is Respect	Website	Considering your digital boundaries	A list of ways to create boundaries with technology and social media between those in a romantic relationship	https://www.loveisrespect.org/resources/digital-boundaries/
Disrespect Nobody	Website	Frequently asked questions about sexting	Questions and answers about sexting and sending and asking for photos online	https://www.disrespectnobody.co.uk/sexting/advice/
Disrespect Nobody	Website	Signs you're being pressured to sext	Lists of ways a person is pressured to sext or send photos of themselves	https://www.disrespectnobody.co.uk/sexting/signs-to-spot/
Rape, Abuse & Incest National Network	Website	Online Dating and Dating App Safety Tips	A list of online dating safety tips	https://bit.ly/36lVcgx
Rape, Abuse & Incest National Network	Website	Social Media Safety	A list of ways to be safe on social media	https://www.rainn.org/safe-media
Royal Canadian Mounted Police	Website	Bullying and Cyberbullying	Discusses the definitions, impacts, signs of cyberbullying, the laws of bullying, and what to do if you are a victim	https://bit.ly/38rOZT7

HELPLINES AND DIRECTORIES

Organization	Resource Type	Title	Description	URL link to resource
Sexual Health Ontario	Live chat and phone number	Have a question?	Can choose between live chatting or calling the number provided to ask a question about sexual health, including STIs	https://sexualhealthontario.ca/en/chat

Organization	Resource Type	Title	Description	URL link to resource
Teen Health Source	Text, Call, Email	Contact Us	Can text, call or email a question about sexual health. A trained youth will answer	http://teenhealthsource.com/contact/
Good2Talk	Helpline	Good2Talk	Helpline for post-secondary students	https://good2talk.ca/
Kids Help Phone	Text, phone, live messenger	Kids Help Phone	24/7 support service that offers professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French	https://kidshelpphone.ca/
YouthLine	Phone, text, chat	Youth Line	Offers peer support through telephone, text and chat services for LGBTQ youth	https://www.youthline.ca/
Childhelp	Helpline	The Childhelp National Child Abuse Hotline	A hotline that offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources	https://www.childhelp.org/hotline/
The Canadian Human Trafficking Hotline	Directory	Referral Directory	A resource to connect victims and survivors to emergency, transitional, and long-term services in communities across Canada. Can filter results to find resources specifically for minors in a particular region	https://bit.ly/3ePeApW
The Trevor Project	Helpline	Trevor Lifeline	Can call, chat, or text a trained support person. Is a helpline for LGBTQ youth	https://www.thetrevorproject.org/
My Plan Canada	Mobile App	Empowering decisions for a safe path forward	A free app to help with safety and well-being if you have experienced abuse from current or past spouse, partner, boy/girlfriend	https://myplanapp.ca/en/
SEXUAL HEALTH AND EDUCATION				
Organization	Resource Type	Title	Description	URL link to resource
Scarleteen	Website	Scarleteen sex ed for the real world	Includes information about relationships, pregnancy, sexual health, parenting, abuse, and a message board to post questions	https://www.scarleteen.com/
Scarleteen	Website	Text Scarleteen	A phone number is provided where teens can text their sex education questions	https://www.scarleteen.com/text_scarleteen
Native Youth Sexual Health Network	Document	Sexual Health Toolkit Part 1	A toolkit for native youth about sexual health. Describes various kinds of STIs	http://www.nativeyouthsexualhealth.com/sexualhealthpartone.pdf
Native Youth Sexual Health Network	Document	Sexual Health Toolkit Part 2	A toolkit for native youth about healthy relationships, sexual abuse & drug facilitated sexual assault, body image and sexual health, sexual health and traditional views on sexual health	http://www.nativeyouthsexualhealth.com/sexualhealthparttwo.pdf
Teen Health Source	Website	Definitions	A list of sexual health words and their definitions	http://teenhealthsource.com/definitions/
Teen Health Source	Website	STIs	A list of articles about STIs	http://teenhealthsource.com/topics/stisetc/
Teen Health Source	Website	Birth Control	A list of articles about birth control	http://teenhealthsource.com/topics/birthcontrol/

CONSENT

Organization	Resource Type	Title	Description	URL link to resource
Teen Talk	Website	Consent and Sexual Assault	Website that covers consent, age of consent, when to ask for consent	http://teentalk.ca/learn-about/consent-2/
Teaching sexualhealth. ca	Website	Consent	Website covers information about consent, teaching consent to children and teens, legality of consent	https://bit.ly/3l9XipT

VIOLENCE AND DATING VIOLENCE

Organization	Resource Type	Title	Description	URL link to resource
Centers for Disease Control and Prevention	Website	Preventing Teen Dating Violence	Website covers what is teen dating violence, prevalence statistics, the consequences of it, and how to prevent it	https://bit.ly/32r2773
Melrose Alliance Against Violence	Website	Teen Dating Abuse	About teen dating abuse, signs of an abusive relationship, how to break up safely, how to cope after the break up, and early warning signs for parents that a youth is a victim of teen dating violence, teaching youth about healthy relationships	https://www.maav.org/learn-more/teen-dating-abuse/
The Centers for Disease Control and Prevention's (CDC)	Fact sheet	Preventing teen dating violence	Describes what teen dating is, how big the problem is, what the consequences are and how to stop it before it starts.	https://www.cdc.gov/violenceprevention/pdf/tdv-factsheet.pdf
Centre for Addiction and Mental Health	Document	CAMH Policy Statement: A Balanced Approach to Youth Violence	Includes predictors of youth violence and successful interventions	https://bit.ly/2UknzpL

SEXUAL EXPLOITATION and HUMAN TRAFFICKING

Organization	Resource Type	Title	Description	URL link to resource
MCIS Language Solutions	Website	Welcome to the online training initiative to address human trafficking	A free online training program, resources, tips and tools to assist service providers working with survivors of human trafficking	http://helpingtraffickedpersons.org/
Government of Ontario	Website	Human trafficking	Provides information on what is human trafficking, signs a person is trafficked, resources for help for survivors, who is at risk, how traffickers lure their victims, and types of trafficking	https://www.ontario.ca/page/human-trafficking
Government of Ontario	Website	The Trap: human trafficking digital education tool	A tool to raise awareness about sex trafficking among youth in middle and high school teaching them what the dangers are, how to avoid them and where to get help. The Trap is	https://www.mcss.gov.on.ca/htapp/

Organization	Resource Type	Title	Description	URL link to resource
			designed to be used as part of a facilitated discussion led by an adult.	
Children of the Street Society	Document	Sexual Exploitation and Trafficking of Children and Youth in Canada, A Prevention and Early Intervention Toolkit for Parents	A comprehensive layperson report on what is sexual exploitation, who is vulnerable, signs of being trafficked, how and where sexual exploitation occurs, the impact of technology on sexual exploitation, and why sexual exploitation happens	https://bit.ly/2UgzNQo
SEXUAL ASSAULT				
Organization	**Resource Type**	**Title**	**Description**	**URL link to resource**
Ending Violence Association of BC	Document	Responding to Sexual Assault Disclosure: Practice Tips for High School Students	Discusses what is sexual assault, statistics about sexual assault, the impact of sexual assault, common responses by survivors, what to do when a student/youth discloses that they have been sexually assaulted, and reporting options	https://bit.ly/38w6UrS
Rape, Abuse & Incest National Network (RAINN)	Website	Staying Safe on Campus	List of ways to stay safe on college campuses and decrease the likelihood of experiencing sexual violence	https://www.rainn.org/articles/staying-safe-campus
Rape, Abuse & Incest National Network (RAINN)	Website	Warning Signs for Teens	Signs that a teen may have been sexually assaulted or is in an abusive relationship	https://bit.ly/2UfKKBC

LGBTQ YOUTH

AWARNESS AND EDUCATION

Organization	Resource Type	Title	Description	URL link to resource
The Family Acceptance Project	Document	Supportive Families, Healthy Children Helping Families with Lesbian, Gay, Bisexual & Transgender Children	A PDF document for helping families accept their child/youth who identifies as LGBTQ	https://familyproject.sfsu.edu/sites/default/files/FAP_English%20Booklet_pst.pdf
OK2BME	Website	WHAT DOES LGBTQ+ MEAN?	A list of LGBTQ acronyms and their definitions	https://ok2bme.ca/resources/kids-teens/what-does-lgbtq-mean/
Comparitech	Website	LGBTQ cyberbullying: A guide for parents and educators	Provides information on the prevalence and effects of LGBT and cyberbullying, what the bullying looks like, how to protect oneself online, and how to support victims	https://bit.ly/2InRJWw
LGBT National Helpline Center	Online talk group	LGBTQ Teens Online Talk Group	A weekly moderated group for gay, lesbian, bisexual, transgender, queer, and questioning youth ages 19 and younger to talk in a safe space	https://www.glbthotline.org/lgbtqteens.html
Canadian Civil Liberties Association Canadian Civil Liberties Education Trust	Website	Information Guide 2014 LGBT Rights in Schools	Describes rights under Canadian law for LGBT youth in schools	https://bit.ly/36oENIj

HELPLINES AND DIRECTORIES

Organization	Resource Type	Title	Description	URL link to resource
LGBT National Helpline Center	Online talk group	Trans Teens Online Talk Group	A weekly moderated online chat group for trans and gender expansive youth 19 and younger, to talk in a safe space	https://www.glbthotline.org/transteens.html
Q Chat Space	Website, Online Discussion	Q Chat Space	Online discussion groups for LGBTQ+ teens ages 13 to 19. It is live and chat based.	https://www.qchatspace.org/

SAFETY AND INCLUSIVENESS

Organization	Resource Type	Title	Description	URL link to resource
Stomp Out Bullying	Website	LGBTQ+ Bullying Making Schools Safe for LGBTQ+ Community	Prevalence of LGBTQ youth victims of bullying at school, provides ways to make school more inclusive and safer	https://www.stompoutbullying.org/lgbtq-bullying

Advocates for Youth	Document	Creating Safe Space for GLBTQ Youth: A Toolkit	Provides strategies for creating a safe space for LGBTQ youth	https://bit.ly/3lmo0M7
Government of Ontario, Ministry of Children, Community and Social Services	Website	LGBT2SQ Children and Youth and the Child Welfare System: Risks and Challenges	Healthcare, violence and harassment and homelessness of LGBT2SQ children and youth in child welfare system	https://bit.ly/3ph52sO

YOUTH WITH DISABILITIES

AWARNESS AND EDUCATION

Organization	Resource Type	Title	Description	URL link to resource
National Domestic Violence Hotline	Website	Abuse in Disability Communities	Forms of abuse against individuals with physical disabilities.	https://bit.ly/3eRcA0p
Child Fund International, Women's Refugee Commission	Document	Gender-Based Violence Against Children and Youth With Disabilities: A Toolkit for Child Protection Actors	Ways to include children and youth with disabilities in society, how to include children and youth in gender-based violence programming, a training model to support staff who work with these individuals, a self-assessment tool to examine staff's knowledge and inclusion of children and youth with disabilities	https://bit.ly/3n8F6xA
Administration for Community Living	Website	Teens with Disabilities Have the Right to Healthy Relationships	Includes the prevalence of youth with disabilities who are victims of violence and makes suggestions of how to get youth with disabilities involved in prevention programs against dating violence.	https://bit.ly/3plEsik
Canadian Pediatric Society	Website	The sexual abuse of young people with a disability or chronic health condition	Discusses factors that increase abuse, how to recognize abuse, and how to prevent abuse.	https://bit.ly/36up6PE

SELECTED LIST OF REFERENCES

1. Status of Women Canada (2020). *About Gender-Based Violence. What is gender-based violence?* Retrieved from https://cfc-swc.gc.ca/violence/knowledge-connaissance/about-apropos-en.html

2. United Nations Women. (2020e). *Violence against women and girls: the shadow pandemic*. Statement by Phumzile Mlambo-Ngcuka, Executive Director of UN Women. Retrieve from https://www.unwomen.org/en/news/stories/2020/4/statement-ed-phumzile-violence-against-women-during-pandemic

3. Khanlou N, Ssawe A, S Zahraei, Connolly JA , Pashang S, Bohr Y, & Vazquez LM. (2020). Information Sheet 16: Gender-Based Violence and the COVID-19 Pandemic: Risk Factors and Systemic Challenges. Toronto, ON: York University. https://nkhanlou.info.yorku.ca/files/2020/07/Info-Sheet-on-GBV-and-COVID19-pandemic-Khanlou-et-al.22July2020.pdf?x68747

4. Gevers, A., & Dartnall, E. (2014). The role of mental health in primary prevention of sexual and gender-based violence. *Global Health Action*, 7(1), 24741.

5. Tol, W. A., Stavrou, V., Greene, M. C., Mergenthaler, C., Garcia-Moreno, C., & Van Ommeren, M. (2013). Mental health and psychosocial support interventions for survivors of sexual and gender-based violence during armed conflict: a systematic review. *World Psychiatry*, 12(2), 179.

6. Rees, S., Silove, D., Chey, T., Ivancic, L., Steel, Z., Creamer, M., ... & Slade, T. (2011). Lifetime prevalence of gender-based violence in women and the relationship with mental disorders and psychosocial function. *Jama*, 306(5), 513-521.

7. Eligon, A. S., Burch, D., Searcey, & Oppel Jr R.A.(2020, April 12). Black Americans Face Alarming Rates of Coronavirus Infection in Some States. *The New York Times*. https://www.nytimes.com/2020/04/07/us/coronavirus-race.html

8. Keung, N. (2020 April 19). Black, Latin American and South Asian Canadians face biggest financial problems caused by COVID-19, survey suggests. *The Star*. https://www.thestar.com/news/canada/2020/04/13/blacklatin-american-and-south-asian-canadians-face-biggest-financial-problems-caused-by-covid-19-surveysuggests.html?fbclid=IwAR1rngf1QM34D-HMVbBQ-DdGUXQVVvHvyqker3Y2nhQlfhqsRHF77Mydhjc

9. Morrison, A. (2020 April 8). Outcry over racial data grows as coronavirus kills black Americans at disproportionate rate. *The Globe and Mail*. https://www.theglobeandmail.com/world/article-outcry-over-racial-data-grows-as-coronaviruskills-black-americans-at/

10. Status of Women Canada (2020). About Gender-Based Violence. What is gender-based violence? Retrieved from https://cfc-swc.gc.ca/violence/knowledge-connaissance/about-apropos-en.html

11. United Nations Women, World Health Organization, UNDP, & UNFPA. (2020). COVID-19 and Essential Services Provision for Survivors of Violence Against Women and Girls. United Nations Entity for Gender Equality and the Empowerment of Women. https://www.unwomen.org/-media/headquarters/attachments/sections/library/publications/2020/brief-covid-19-and-essential-services-provision-for-survivors-of-violence-against-women-and-girls-en.pdf?la=en&vs=3834

12. Canadian Women's Foundation. (2020). The facts about gender-based violence. https://canadianwomen.org/the-facts/gender-based-violence

13. Burczycka, M. (2019). Family violence in Canada: A statistical profile, 2018. Section 2: Police-reported intimate partner violence in Canada, 2018. Statistics Canada. https://www150.statcan.gc.ca/n1/pub/85-002-x/2019001/article/00018/02-eng.htm

14. Cotter, A., & Savage, L. (2019). Gender-based violence and unwanted sexual behaviour in Canada, 2018: Initial findings from the Survey of Safety in Public and Private Spaces. Statistics Canada. https://www150.statcan.gc.ca/n1/pub/85-002-x/2019001/article/00017-eng.htm

15. Benoit, C., Shumka, L., Phillips, R., Kennedy, M.C., & Belle-Isle, L. (2015). Issue Brief: Sexual Violence Against Women in Canada. Status of Women Canada. https://cfc-swc.gc.ca/svawc-vcsfc/index-en.html

16. Al Usta, J. (2012). Working with gender based violence survivors. Reference training manual for frontline staff. United Nations Relief and Works Agency for Palestine Refugees in the Near East. http://www.unrwa.org/userfiles/2012061162152.pdf

17. Native Women's Association of Canada. (n/d). You are not alone: A toolkit for Indigenous women, girls and gender diverse people escaping domestic violence. https://www.nwac.ca/wp-content/uploads/2018/09/2018-Yana-Handbook-English-Final.pdf

18. Darity, WA Jr. (Editor). (2008). Sexism. International Encyclopedia of the Social Sciences, edited, 2nd ed., Vol. 7, Macmillan Reference USA, pp. 473-474.

19. Elliot, J. L., & Fleras, A. (1992). Unequal relations: An introduction to race and ethnic dynamics in Canada. Scarborough: Prentice Hall.

20. Ontario Council of Agencies Serving Immigrants (OCASI), Neighbours, Friends and Families, Immigrants and Refugee Communities, & Barbra Schilfer Commemorative Clinic. (2018). #US Too. A call to action. Meeting the Needs of migrant and racialized communities in anti0gender-based violence work in Ontario.

21. O'Donnell, M., Peterman, A., & Potts, A. (2020). A gender lens on covid-19: Pandemics and violence against women and children. Center for Global Development. https://www.cgdev.org/blog/gender-lens-covid-19-pandemics-and-violence-against-women-and-children

22. United Nations Women. (2020). COVID-19 and Ending Violence Against Women and Girls. United Nations Entity for Gender Equality and the Empowerment of Women. Retrieve from https://www.unwomen.org/-/media/headquarters/attachments/sections/library/publications/2020/issue-brief-covid-19-and-ending-violence-against-women-and-girls-en.pdf?la=en&vs=5006

23. United Nations Women & World Health Organization. (2020). Violence against women and girls. Data collection during COVID-19. Joint programme on violence against women data. United Nations Entity for Gender Equality and the Empowerment of Women. https://www.unwomen.org/-/media/headquarters/attachments/sections/library/publications/2020/vawg-data-collection-during-covid-19-compressed.pdf?la=en&vs=2339

24. World Health Organization. (2007). WHO Ethical and safety recommendations for researching, documenting and monitoring sexual violence in emergencies. https://www.who.int/gender/documents/OMS_Ethics&Safety10Aug07.pdf?ua=1

25. Violence Against Women (VAW) Program's Intersectional Feminist Statement. https://familyservicetoronto.org/wp-content/uploads/2019/11/VAW-intersectional-feminist-statement-Nov-14-2019.pdf

26. Mattoo, D. (2017). Race, gendered violence, and the rights of women with precarious immigration status. Barbra Schlifer Commemorative Clinic, the Rights of Non-Status Women's Network.

27. Onyango, M. (2020 May 10). Sexual and gender-based violence during COVID-19: Lessons from Ebola. The Conversation. https://theconversation.com/sexual-and-gender-based-violence-during-covid-19-lessons-from-ebola-137541