

Domestic violence affects all of us. It impacts all aspects of our community including community health, crime rates, the ability to participate in the workforce, child development, and family dynamics. For example:

- Violence often begins or gets worse in pregnancy and, as a result, women are placed at risk for low birth weight babies and pre-term labour;
- Children who are exposed to violence in the home may suffer from emotional trauma, poor health, and trouble learning at school. Further, children raised in violent situations are more likely to use violence to solve problems as they grow older than if they had not been exposed to it. The majority of women staying in Saskatchewan shelters reported that either they or their abusive partner - or both were exposed to violence in childhood.
- We all pay financially for the cost of domestic violence. It is estimated that each year in Canada domestic violence results in \$487 million in lost wages, costs the criminal justice system \$872 million, costs the health care system \$408 million, and results in increased social service costs of \$2.3 billion. In total, the economic impact of domestic violence is approximately \$6.9 billion a year.

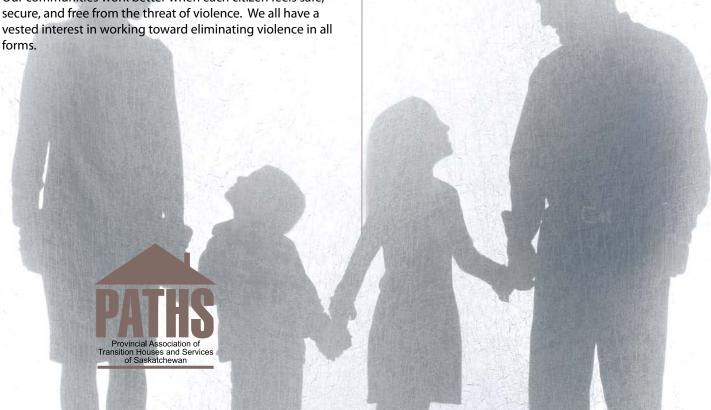
Our communities work better when each citizen feels safe, secure, and free from the threat of violence. We all have a vested interest in working toward eliminating violence in all

What You Can Do To Help

Employees and volunteers in shelters and outreach/education programs work tirelessly all year, every year to help women understand that they do not deserve to live with violence. They cannot do it alone. You could:

- Speak out against domestic violence, and violence in general, whenever you have the opportunity.
- Intervene by calling 911 when you know that a woman is being abused. Remember, silence is the language of complicity.
- Support shelters and outreach services financially. Investing in shelters is an investment in the health and wellbeing of our entire community.
- Volunteer your time at your local shelter, second stage home, or outreach program.
- Learn about local resources targeted at people experiencing abuse. For more information, look up the Abuse Help Lines page in the front of your SaskTel Direct West phone book or visit www.abusehelplines.org.

Breaking the cycle of domestic violence will take the effort of everyone in our community . . . what role will you play?



Sources

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