

Ask for Help!

Talk to someone you trust...and keep telling until you get help!

Who to ask...

Parent, Teacher, School Counsellor, Family Friend – Talk to someone YOU trust!

Who to call...

Kids Help Phone Line (24hrs): 1-800-668-6868

Klinic Crisis Line (24hrs): 1-888-322-3019, 786-8686 (Winnipeg)

Manitoba Suicide Line (24hrs): 1-877-435-7170

Facts of Life Line: 1-800-432-1957, 947-9222 (Winnipeg)

LGBTQ** Info Line (Rainbow Resource Centre): 1-888-399-0005, 284-5208 (Winnipeg)

Resources in Manitoba

Klinic Community Health Centre – (204) 784-4090

- Offers free drop-in counselling for youth who have experienced or witnessed violence

Rainbow Resource Centre – (204) 474-0212

- Provides drop-in counselling, a peer support phone line, Young & Proud (a support and discussion group) and Peer Project for Youth (a safe place to learn new skills, create projects and celebrate our identities through multiple monthly events)

Nor'West Co-op Community Health Centre – (204) 940-2020

- Offers health information, someone to talk to and social support at three different locations

MacDonald Youth Resource Centre – 1-888-477-1804, (204) 477-1804 (Winnipeg)

- Provides referral, advocacy, resources, information and emergency shelter and services

Power for the Positive! What will you do...

Stand Up! Peer Teams - RespectED

- If you would like to be trained as a RespectED facilitator in your school, please contact your guidance counsellor.



Surf for Help!

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General Online Resources

- **Red Cross Youth: RespectED:** A site for you to access resources (on issues such as bullying, dating violence, abuse, exploitation and child rights), to blog and connect with other youth and use your power for the positive. www.redcrossyouth.ca/respected
- **Kid's Help Phone:** Ask a counsellor a question, have your say in a safe space or check out the online library for more information. www.kidshelpphone.ca
- **Deal.org/Choix.org:** A by youth for youth initiative, providing information on important issues to you and encouraging you to take a stand and get involved in your school and community. The site includes a Webzine, a Knowzone (digital library), blogging and more. www.deal.org

Bullying Resources

- **Stand Up 2 Bullying:** Learn about bullying, how you can help stop it, and read real stories from other youth across Canada. www.standup2bullying.ca
- **The MISadventures of Bully Boy & Gossip Girl:** Comic strips about bullying, interactive games and contests for you to play. www.bullyboy.ca/
- **B-Free:** Read first-hand accounts from youth who have been bullied and overcome it, resources, facts, quizzes, and links. www.b-free.ca
- **Bully Aware:** A bully awareness site with real stories, how to beat bullying, how to stop bullying, advice and message boards. Become a member! www.bullyaware.org

Dating Resources

- **RespectED: Relationship Violence:** Use the healthy relationship checklist and other activities to learn about healthy relationships, dating violence and how to get help. www.redcross.ca/article.asp?id=11814&tid=001
- **LOVE: The Good, the Bad and the Ugly:** A guide on love, respect and abuse in relationships with true stories, a respect checklist, relationship quiz and ideas on how to help a friend in a violent relationship. www.lovegoodbadugly.com
- **THATS NOT COOL:** provides tools to help you draw your digital line about what is, or is not, okay in your relationships when using your cell phone, IM and online profile. www.thatsnotcool.com

Child Protection Resources

- **RespectED: Violence Prevention:** Links to resources and where to get help if you are being abused. www.redcross.ca/article.asp?id=504&tid=030
- **Voices of Youth – Unicef:** Do you know your rights? Learn about your rights, the International Humanitarian Law that protects them, and participate in discussion with youth from around the world. www.unicef.org/voy/explore/rights/explore_rights.php
- **Respect Yourself:** Support on how to protect yourself while using the Internet and technology, including answers to questions and real-life stories to demonstrate what can happen. www.cybertip.ca/app/en/respect_home



CANADIAN
RED CROSS
CROIX-ROUGE
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RespectED | VIOLENCE & ABUSE PREVENTION
ÉduRespect | PRÉVENTION DE LA VIOLENCE