

ASK



**believe.
ask.connect.**

When a person has told you that they are being harmed by someone it is important to believe and listen to them. It is then important to **ASK:**

- Are you OK?
- Are your children safe? Is there anything we need to do right now?
- Do you or your children need medical attention?
- Do you want to go to a shelter?
- Is there somewhere you can go to feel safe?
- Do you want to tell the police?
- Do you need legal advice?
- Is there someone you would like me to contact?
- Is there something you would like me to do?



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PAUKTUUTIT
INUIT WOMEN OF CANADA

pauktuutit.ca/abuse-prevention