

FACT SHEET:

WHAT WILL IT TAKE? BYSTANDER PROGRAM

What Will it Take? aims at changing attitudes and beliefs about family violence. When people are bystanders (witnesses) to family violence they often want to step up and make a positive difference, but aren't sure what to do. What Will it Take describes what a bystander can do to SEE, NAME, DO.

Family violence is an abuse of power within relationships of family, trust or dependency. Family violence includes many different forms of abuse, mistreatment, or neglect that adults or children may experience in their intimate, kinship, or dependent relationships.

FAMILY VIOLENCE IS:

DELIBERATE:

How we behave is a choice. Persons who choose to use violence do so on purpose and are in control of their behaviour.

RESISTED:

The victim always resists violence, whether through their thoughts, plans, words, or actions. Resistance is a way for the victims to maintain their dignity.

UNILATERAL:

The abuser is the only one committing abuse; the victim has no control over the abuser's behaviour. Abuse is not an argument or a fight where both people are equally responsible.

ABUSERS PLAN FOR RESISTANCE:

The perpetrator will often take action to block the resistance they are experiencing. They may destroy the telephone, isolate the person they are abusing from family and friends, or publicly humiliate them, as a punishment for their resistance.

There's a common misconception that using alcohol or drugs makes people abusive. When a person is violent, they often try to have their behaviour excused by saying "I was drunk" or "I was high." The fact is that only a small number of people who drink become violent. The majority do not! Alcohol reduces our inhibitions, but it doesn't make us violent. Our actions are our own responsibility whether we are drunk, high, or sober.

When people are bystanders to family violence, they often have an opportunity to step up and make a positive difference but aren't sure what to do. **What will It Take** recommends a practical tool called SEE, NAME, DO.

To learn more about this tool and how to use it, contact a Family Violence Prevention Consultant in Yellowknife at fvp@gov.nt.

WHAT WILL IT TAKE?

A **What Will It Take?** workshop toolkit is available in a complete ready to use package. Each package includes a DVD that features NWT residents talking about what it is going to take to reduce family violence, a facilitator's guide equipped with facilitator's script, workshop activities, handouts and evaluation forms. The workshop will provide bystanders with information and tools to help reduce family violence.

For more information about how to organize a **What Will it Take?** workshop, or to get more information, contact the Family Violence Prevention Consultant in Yellowknife at fvp@gov.nt.ca

What Will it Take? is an initiative of the GNWT Department of Health and Social Services.