Help is available.

The Family Violence Info Line is available to provide help and information, toll-free in Alberta 24 hours a day: 310-1818.

Visit the Prevention of Family Violence and Bullying website for more information: www.familyviolence.alberta.ca.

END the silence STOP the violence

A message from Alberta Children and Youth Services

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Signs of Abuse

PFVB1580

Psychological

- Saying or doing things to make you feel bad
- Controlling your activities
- Forcing you to give him/her your money or belongings
- Intimidating or threatening you
- Purposely embarrassing you in private or in front of people
- Frightening or harassing you
- Wrecking belongings or hurting pets

Physical

- Pushing, slapping, kicking, biting or punching you

Sexual

- Unwanted sexual touching
- Hurting your genitals or breasts
- Forcing you into any kind of sex or unsafe sexual behaviour

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