

# February is BE MORE THAN A BYSTANDER Month



IN PARTNERSHIP WITH



## INFORMATION FOR PARENTS

Brought to Hamilton by **Mentor Action**, a program of Interval House of Hamilton.

**MentorAction** is a group of male leaders who stand up and speak out in ending gender-based violence. **MentorAction** members recognize they are responsible to honour the voices and experiences of women, as well as the leadership of women. They run the BMTAB program in Hamilton, to engage male leaders with community youth in prevention of violence against women.

## MentorAction

[Learn More](#)

For more information from **MentorAction** visit: [mentoraction.org/get-involved/be-more-than-a-bystander/](https://mentoraction.org/get-involved/be-more-than-a-bystander/)

### Understanding what is Be More Than A Bystander (BMTAB)?

Youth play an integral role in helping change the culture where women experience violence nearly double the rate as men do; by raising awareness and learning safe tools to disrupt the cycle of gender-based violence, students can work together to build Waterdown into a safer community!

We are using all of February to campaign the BMTAB program.

### What is gender-based violence?

Everyone has the right to live free from violence. However, many people face violence every day because of their gender, gender expression, gender identity or perceived gender. This is referred to as gender-based violence (GBV).<sup>1</sup>

We use the phrase "gender-based violence" because we recognize that everyone is at risk of experiencing some form of violence, but we also recognize that women and girls experience higher rates of violence.

[Learn More](#)

Learn more at [parent.healthyouthnetwork.ca/be-more-than-a-bystander/](https://parent.healthyouthnetwork.ca/be-more-than-a-bystander/)

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### Stats on gender-based violence



Young women aged 15 to 24 were **5X** more likely than women aged 25 and older to experience violence.<sup>2</sup>



1 of every 3 Canadian women will be sexually assaulted in her lifetime.<sup>2</sup>



Teen dating violence happens to both young women and men, although females between 15-19 experience **10x** more violence in relationships than young men.<sup>2</sup>

<sup>1</sup> Canada, W. and G. E. (2021, December 20). Government of Canada. Women and Gender Equality Canada.  
<sup>2</sup> Statistics Canada

# WAYS TO GET STUDENTS INVOLVED



Instagram social media challenges  
@healthyouthnetwork

## 1. "Take the Pledge"

to be a Steel City Ally

- "I pledge to take my #FirstStepFirstChange towards ending gender-based violence and making my community safer for all."
- See social media for giveaway details to win prizes: @healthyouthnetwork

## 2. Poster Contest

Create posters raising awareness for BMTAB or being a Steel City Ally and submit to HYN for a chance to be picked as 1 of 3 winners who will have their art displayed on social media and in the community.



Wear Purple Day,  
February 9th

**Why purple?** Battered women chose purple as an evolution of the lavender from decades past.

**Take the challenge!** Teens can post photos of wearing anything purple to their stories on Feb 9th. Encourage them to tell friends and family to wear purple in support of ending GBV and being more than a bystander.



# STARTING THE CONVERSATION

## Guiding questions to ask your teens:

**1** Can you give me some examples of violence/abuse that people may experience? Such as physical, whistling, yelling, photos/texts, cyber-stalking etc.

**2** Now, what is a bystander? Someone who sees or knows something going on.

**3** Today we ask you to be an ally, to help build healthy relationships by being more than a bystander.

**What could you do if you see or know of someone who is being harmed?** Remember not to put yourself at risk of being harmed, this is not a "superhero" approach.

- Ask if they need help
- Get a teacher/parent/trusted adult
- Tell the person to stop
- Report it to a resource - linked on HYN Parent Place

## How can I help?

**1** Start by raising awareness this month, wearing purple on Feb 9th and taking part in the social media contests.

**2** Head to Healthy Youth Network's Parent Place and check out their information.



[parent.healthyouthnetwork.ca/ally-program/](http://parent.healthyouthnetwork.ca/ally-program/)

**3** Review the Government of Canada resource linked below on 16 ways to end GBV.

We encourage parents to have a look at this with their teens and brainstorm 1-2 ways they could make a start at ending GBV.<sup>3</sup>



[women-gender-equality.canada.ca/en/commemorations-celebrations/16-days/social-media/campaign-2021.html](https://women-gender-equality.canada.ca/en/commemorations-celebrations/16-days/social-media/campaign-2021.html)

# RESOURCES & SERVICES

Woman Abuse Working Group  
wawg.ca



The Women Abuse Working Group (WAWG) in Hamilton is a coalition of over 20 community agencies, coordinating services to eradicate violence against women and children

They provide a step-by-step process if you, or a student, needs assistance relating to sexual or domestic violence for:

- Recent Victim
- Someone you know
- Survivor

SACHA Sexual Assault Centre  
sacha.ca



SACHA provides 24/7 support for survivors through their Support Line 905-525-4162.

## Learn More

Visit Healthy Youth Network to find more information, statistics, videos, contest rules and resources here:

