



PROTECTING *Our* women

Violence Prevention, Safety and Success

A Toolkit for Youth Transitioning to
Winnipeg



Tansi! Boozhoo! Hou Koda!

The following toolkit and workbook has been developed to assist, inform, and guide Indigenous youth in the City of Winnipeg. The information in this booklet has been gathered to help youth adjust to living in the city, to assist youth finding resources, teach youth the basics of personal safety and more.

It is important to keep in mind that there is an added vulnerability for Indigenous youth leaving their home community and living in the city. This toolkit is made in hopes that it will help youth transition in their new home.

The toolkit will cover seven (7) important areas and has been written with youth comprehension in mind. The seven (7) safety-related areas of focus are: **Why Talking About Safety is Important, Health and Wellness, Healthy Relationships, Sexual Exploitation, Gang Awareness, Housing, and Social Life.**

Moving to the city can be difficult for anyone. Don't be discouraged and take your time going through the sections that are more important to you.

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Why Talking About Safety is Important

As Indigenous youth we are at risk of facing violence, discrimination and racism. Because of this, it is important to learn about the steps we can take to keep ourselves safe, or to at least be able to recognize the situations that are unsafe and remain aware of our surroundings.

Remember, there is always someone to help when you feel unsafe.

Recognizing Danger

Youth who have recently moved to the city may be at higher risk of encountering a dangerous situation because of little of knowledge of the city, lack of friends or supports, and lack of resources.

Keep in mind what you can do to remove or prevent yourself from unsafe situations – have a safe ride home, keep phone numbers of people you trust, or be around friends you trust.

You should remember to always trust your gut – if you feel like you are in a bad situation, you probably are, and it is important to exit the situation as quickly as possible **without** putting yourself in danger.

It is a good idea to keep a cell phone, if you have one, on you at all times. It will help you in times of need.

Basic Tips to Keep Yourself Safe

There are many things you can do to keep yourself safe, but this is a short to list of the things that can help you keep safe, of course you may have your own safety tips too.

- Keep a cellphone with you at all times
- Keep your cell charged, or a charger with you
- Stay away from areas you think are dangerous (ex: neighbourhoods, public places, people's houses)
- Know that if you feel you are in danger, you probably are
- Be aware of your surroundings
- Don't wander alone late at night
- If you are in a dangerous situation, find the closest person you can and ask for help
- Know who are your supports and who you trust

It is always OK to ask for help
when you feel you are in danger



Welcome to Winnipeg

Coming to a new city from your home community can be difficult, and lonely. It can also be a really good opportunity to learn new things and meet new people.

There are so many things you can do in the city of Winnipeg. Museums, parks, pubs, night clubs, room escape places, laser tag, comedy clubs, cultural teachings youth groups - anything you can think of Winnipeg probably has it.

If you are looking for something to do but can't figure out where to go you can always call Winnipeg 311, go to their website, or download their app on your smartphone.

Ka Ni Kanichik Inc. which is led by community leaders and Elders, provides culturally safe environments and offer multiple programs.

- **Restoring the Sacred:** mentorship group for youth aged 14-21 who are relocating to Winnipeg for education
- **Honouring Gifts:** for single mothers aged 18-30 to build skills for employment
- **Heart Medicine Lodge:** for Indigenous women and girls who have experienced either sexual assault or sexual violence
- **Kistesimaw "My Eldest Brother":** mentorship group for boys under the age of 12
- **Manitoba Youth Transitional Employment Assistance and Mentorship (MYTEAM):** for youth 16-21 years old in or recently left CFS
- **The Butterfly Club:** for indigenous girls aged 9-13 to support and motivate culture

For more information on their programs or help finding programs that suit you, contact

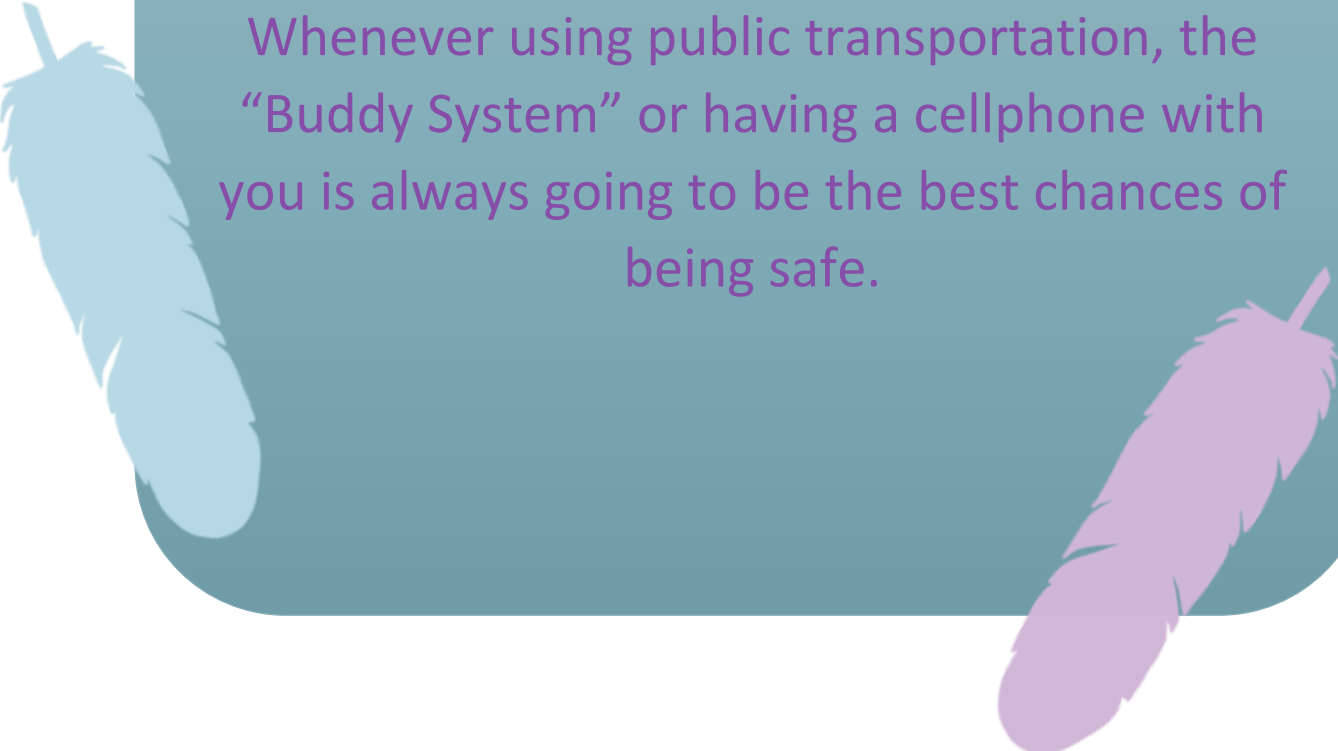
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Ka Ni Kanichik Inc. at 204-953-5820

Public Transportation

There are many different versions of public transportation that you always need to be cautious when utilizing. There are taxicabs, Winnipeg Transit (buses) and there are also Indigenous Safe Ride options through Facebook.

Recently, Taxicabs have been identified as needing to improve their safety measures for passengers. If you are needing to use public transportation, we recommend using Winnipeg Transit (buses) and the Indigenous Safe Rides groups on Facebook. As a last resort use Taxicabs, but follow the safety tips on the following pages.



Whenever using public transportation, the “Buddy System” or having a cellphone with you is always going to be the best chances of being safe.

Taxicabs in Winnipeg

Taxicabs are one of the most common forms of public transportation. There are a lot of different companies and a lot of cars that will take you where you need to go, which makes it easier to access.

There are dangers when it comes to using Taxicabs in Winnipeg. There have been a lot of cases of alleged abuse and racism against Indigenous peoples. However, not all Taxicab drivers are dangerous or racist. No matter what the situation is, it is always important to know how to keep yourself safe while in a Taxicab.

If you or anyone you know has a negative experience or feel threatened, in any way during your ride, file a complaint with the Taxicab Board.

By Phone: 204-945-8919

By Email: taxicabboardoffice@gov.mb.ca

Online: www.gov.mb.ca/ia/taxicab/compliments_complaints.html

Winnipeg is the only city to have a Taxicab Board. The Taxicab board oversees the ownership and operations of Taxicabs.

When filing a complaint, you will need to know: the company, cab number, relevant dates, times and locations. Be sure to file your complaint within seven (7) days of the incident. Once the complaint is made follow up with the Taxicab Board two (2) days after you file the complaint.

Tips to keeping yourself safe while in a Taxicab:

- If your only option is using a Taxi, book with a reliable company
- Take note of the details of your Taxi – the company, the taxicab number, pick up time and location
- Check your surroundings in the vehicle before closing the door – if there is a door handle inside, if there is a proper fare meter
- If you are alone, call someone when you are getting in the Taxi and stay on the phone with them until you make it to your destination
- Watch where the vehicle is going, make sure they don't go off track
- If you feel unsafe and need to get out, ask to be let out in an area that is well lit and there are a lot of people

**IF YOU HAVE ANY DOUBTS ABOUT THE
SAFETY OF YOUR RIDE,
DON'T GET IN THE TAXI.**

Remember you have rights as a passenger:

- Not to be discriminated against because of your race or gender
- Not to experience harassment or violence
- Choose not to have a conversation with the driver

Winnipeg Transit (buses)

Winnipeg Transit runs through the more populated areas in Winnipeg such as, downtown, near malls, and schools.

Along with other public transportation, Winnipeg Transit has basic fees. You can pay with cash/change when getting on, or you can pay with a preloaded card called **Peggo**. The **Peggo** card is a reusable pass that you load money onto. To buy and reload money onto the **Peggo** card you can go to 7-eleven or Shoppers Drug Mart. There are bus tickets, bus passes for students, and weekly or monthly bus passes. For more information on payment options visit www.winnipegtransit.com

If you know your bus route and are looking for a time schedule call Winnipeg Transit Telebus (automated schedule)

204.287.7433

If you don't know your bus route and are looking to find out where to catch the bus call Winnipeg 311

Full Fare	2017
Cash (Peggo Card)	2.70
Ticket	2.35
Max 5 (Weekday, Mon-Fri Pass)	21.15
SuperPass (Weekly, Mon-Sun Pass)	23.50
Monthly Pass	90.50
Youth Fare	2017
Cash	2.20
Ticket	1.64
SuperPass (Mon-Sun Pass)	16.40
Monthly Pass	63.15

Always remember personal safety when using Winnipeg Transit. Stay aware of your surroundings and remember if you are feeling unsafe you can always move towards the front of the bus and talk to the bus driver. If you have a phone, keep it with you at all times and keep it charged.

Safe Rides – Facebook Groups

On Facebook, there are a few Safe Rides groups that are run by Indigenous peoples all for the purpose of remaining safe in the city.

- Ikwe Safe Rides for Everyone
- Ikwe Safe Rides (women helping women safe ride) – *for women and girls only*
- Circle of Sisters
- Winnipeg Safe Ride for Men and Women

These Facebook Groups are donation based. If you are planning to use their services, remember to respect the person offering their time to drive you by donating a bit of money for their gas and time.

When using Safe Ride Facebook Groups, always keep your safety in mind. For your safety, always:

- Follow the Group's rules
- Verify the driver that is offering you a ride is a qualified driver for the page.

If you are feeling unsafe ask if the driver can drop you off at a well-lit and populated area.



Health and Wellness

Being an Indigenous youth can be difficult - being a youth can be difficult no matter what your race is. Your mental health and emotional safety can be at risk due to the hardships youth may have to go through. It could be stress from school, stress from friendships, maybe something is going on at home that is difficult for you to cope with. There are a lot of things that can trigger difficult emotions.

Never feel ashamed or embarrassed if you have concerns about your mental health

Do not feel ashamed or feel embarrassed if you have concerns about your mental health, or if you are struggling with your emotions. Emotions can be difficult for everyone to deal with and it is important to develop healthy ways of dealing with your emotions!

Sometimes your emotions can get the best of you and make you feel a little more upset than usual. It is always important to remember that this is a common feeling amongst youth and that it is OK to talk to others. Be open with your friends or your family that you are feeling upset.

If you are in crisis, you can call
Klinic's Crisis Line at 204-786-8686

Youth Crisis Stabilization System at 204-949-4777

Other important phone numbers for support lines (people to call when you need someone to talk too) can be found at the end of this book – don't be afraid or feel embarrassed about needing to use them!

Talk About It!

Talking to a person you trust, such as a positive family member, friend, or support person in the community can be a good start to figuring out what you need to do.

There may be many reasons for wanting to discuss your feelings and it is important to express these feelings in a healthy way.

Find a person you feel safe and are comfortable with – it could be a friend, family member, Elder, or support person from an agency.

You are not required to tell anyone about why it is that you are feeling emotional, but it is always important to let someone know you are feeling a little down.



Having someone to talk to can be comforting, but it is important to remember that not everyone who supports us knows or understands how to deal with all of the struggles we might be having.

It's great to have people listen, but sometimes they might not have the answers you are looking for or are needing. If you are really concerned about the feelings you have been having, it might be a good idea to visit a therapist.

You can find resources for counselling in the Resource Guide.

Spiritual Safety

Having a spiritual belief system can be helpful for many youth when they are leaving their community. It can help you feel more comfortable in the city. It can help you cope with the move. It can also help by making you feel safe, and support your health and wellness.

Do not let anyone prevent you from accessing ceremony, spiritual care, or other cultural spaces.

Do not attend ceremonies you do not feel comfortable with.

It is OK to be uncomfortable with the way certain people do ceremony (can be traditional or religious) because it may be done differently than how you were taught or have experienced. Remember to be respectful of the others who are there, and ask supports to help you find other ceremonies in the community you can attend.



Healthy Relationships

A good relationship is when we are our happiest, healthiest and most productive selves. The first steps to learning about healthy relationships is learning about what an unhealthy relationship looks like. Relationships that can be unhealthy include intimate relationships, friendships, and family relationships. There can be emotional, sexual, financial, or physical violence in an unhealthy relationship.

Emotional/mental Violence: is when someone always attacks the other's identity and self-esteem. It can include name calling, threatening, ignoring, isolating the other from friends or family, jealousy, destroying personal items or manipulating.

Sexual Violence: is when someone forces a sexual act on another without their consent. This can include kissing, touching, fondling, being forced to pose for pictures, or to view pictures and all other sexual acts.

Physical Violence: is when someone uses force or threats to control the behaviour of another. This can include pushing, shoving, slapping, hair pulling, punching, kicking, spitting, strangling or use of a weapon. This can also include punching walls, and destroying things – even if they are not physically touching you, it is still physical violence.

Financial Violence: is when someone uses money to gain power and control in a relationship. They may use your money to do this, or their own. This can include stealing money, not allowing you to use money, forcing you to spend your money a certain way, etc.



Intimate Relationships

Intimate relationships are between partners, including opposite and same sex relationships, someone you are in a romantic relationship with. Intimate relationships are the most common unhealthy or abusive relationships.

The more common factors in an unhealthy intimate relationship often involve more often than not, emotional abuse.

- Jealousy of friends
- Isolation from friends
- Possessiveness
- Lying
- Name calling
- Humiliate you by outing you down in front of others
- Ignore your opinions, ideas or needs
- Regularly pointing out your flaws or mistakes



Your partner can also financially abuse you.

- Steal your money
- Controlling how your money is spent
- Not allowing you to work for your own money
- Refusing to pay for dates/always making you pay when you go out together

IT IS NOT YOUR FAULT

In the more extreme cases, intimate relationships can become physically and sexually abusive. This can include:

- Shoving, pushing, hitting, etc.
- Forcing you to do any kind of sexual acts when you don't want to
- Using physical force, or manipulation to guilt you into doing anything sexual that you don't want to

If you or someone you know is in an abusive relationship, the main thing to remember is it is NOT your fault for being abused.

You can't change the person you are dating; it is up to them to make the change.

If you are too scared to leave, there is always someone to talk to and help you out.

If you need help, call the **Spirit of Peace Program at Ma Mawi Wi Chi Itata Inc.**
204-925-0300

If you are living with your abusive partner there are many shelters you can visit to get help. If you need a safe place to stay or someone to talk to you can call the **Youth Resource Centre & Shelter** at **204-477-1804**.

Family Relationships

Family are usually the most important people in your life. However, sometimes there are situations where you have an unhealthy relationship with a family member, could be your parents, siblings or other relatives. Unhealthy relationships with family members can include any of the four types of violence, emotional, physical, sexual, and financial.

Common ways family members can be abusive are:

- Making fun of your habits, looks – things you can't change
- Insulting you about your friends
- Humiliating you in public by yelling at you
- Ignoring you in time of need
- Threats about leaving you somewhere or home and never returning
- Neglecting you of shelter, clothing, food, hygienic products – when your family has easy access to these necessities
- Neglecting you of emotional support
- Keeping you from spending the money you earned

It's NOT your fault.

Friendships

Friendships are important to youth. Friendships are great for your mental health, physical health, and emotional health. However, just like any other type of relationship, friendships can become negative and unhealthy.

Unhealthy friendships often lead to mental health issues such as depression. It can often leave you feeling isolated and hurt. Common factors in unhealthy friendships include:

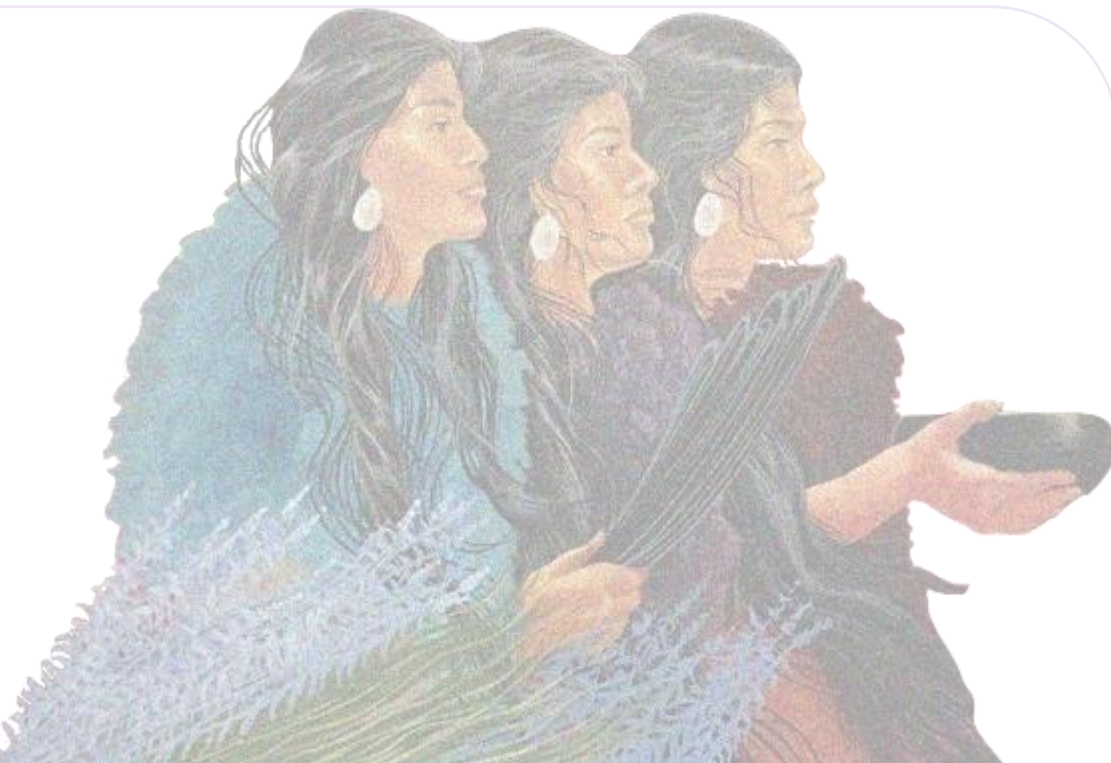
- Not supporting each other in the things you want in life, or the things you want to do
- They need to be in control over everything – who else you hang out with, what you do together
- You never get a say in how your friendship works
- They judge you over your hobbies
- They talk about friends behind their back – which means they probably talk about you to your other friends too
- They guilt-trip you if you are unable to hang out
- They make fun of you for things you are insecure about – even if they know you are insecure about it

People who do these things to you are not friends. Friends are people who support you, let you make decisions for yourself and help you feel better about yourself.

So, what is a Healthy Relationship?

A good relationship is when we are our happiest, healthiest, and most productive selves. Healthy relationships in intimate relationships, family, and friends are all the same; they carry the same characteristics and hold the same value. Healthy relationships are:

- Mutual support
- Respect of each other's choices
- Honesty and trust
- Open, good communication
- Feeling secure and comfortable with each other
- Being able to be independent
- Being fair and equal towards each other
- Sensitive to each other's feelings
- Feeling happy with who is in your life





If you feel you are being abused:

- Talk to someone you trust
- Know it is NOT your fault
- Document all activities of threats or violent behaviour
- If you are in immediate danger, call police. 911

If your friend is being abused:

- Listen to them
- Be supportive
- Tell them to talk to an adult they trust about the situation
- Do not share private information
- If they are in immediate danger, call police. 911

If you or someone you know is going through an
unhealthy/abusive relationship call
Klinik Crisis Line at 1-888-322-3019

Bullying

Bullying is one of the most common forms of abuse in youth. There are a few different ways someone can be a bully, there is verbal, physical, and cyberbullying.

Verbal bullying is when someone:

- Calls you bad names
- Makes negative comments about your appearance (looks, clothing)
- Teases you about something you are self-conscious about
- Makes fun of you over mistakes you've made
- Starts rumours about you
- Mocking you

**Don't be afraid to
talk to someone if
you are feeling
bullied**

Physical bullying is when someone physically touches you with the intention of hurting and taunting you.

Cyberbullying is the most common form of bullying in today's society because everyone uses some form of social media. Examples of social media is Facebook, Instagram, Snapchat, Twitter. Cyberbullying can include:

- Embarrassing photos of yourself being shared
- Edited photos of yourself being shared
- Any posts that offends you or things you've done
- Private messages calling you down

Sexual Exploitation

Sexual Exploitation is sexual abuse of youth through the exchange of sexual acts for food, housing, protection, or other basic life needs, it can also be in exchange for drugs or money. Sexual Exploitation can be with or without the consent of the youth involved. *Exploitation is when someone uses you for their personal benefit, in order to get something from you.*

- There are a reported 400 children and youth who are introduced to Sexual Exploitation on the streets of Winnipeg each year.
- 70-80% of these youth are Indigenous

If you or someone you know is involved or may be at risk of being involved in Sexual Exploitation, call **Marymound's Sexually Exploited Youth Program** at **204-338-7971**



Signs of Youth Sexual Exploitation

If you know someone who you think may be Sexually Exploited, please talk with someone you trust about it immediately.

Being Sexual Exploited can often lead to attitude and behaviour changes, for example:

- Pushing away friends and family – not talking as much to others
- Experiences mood swings – going from happy to angry or any other type of emotions that are odd and out of place for the person you know
- Very secretive, often lying, about what they are doing or what they are
- Defensive over new friends, boyfriends/girlfriends

Other signs can include the way they look (physical appearance):

- The way they dress may be more provocative, or more out there and noticeable than usual
- May have evidence of abuse on body – bruising, scratches

Someone showing these signs might not always be in a situation of Sexual Exploitation, but it is always important to share with someone if you are worried.

Luring

Luring is a big part in Sexual Exploitation and getting someone to sexually exploit themselves. Luring is when a perpetrator (someone who brings you into the life of Sexual Exploitation) offers a youth to do something or go somewhere by offering them something in exchange. The perpetrator can be anyone from people at school, a friend, people you meet out in public, family members, etc. They often pretend to be someone you can trust to so they can lure you in their life.

It is important to remember that not everyone who is nice to you will force you to Sexually Exploit yourself but if you notice the signs and are worried, talk to someone.

Perpetrators often target youth who are more noticeably vulnerable based on their self-esteem and confidence levels. They will try make you feel special by offering them gifts, alcohol, places to stay, vacations, or even money. They will make you believe that your current friends who do not offer you these things aren't good for you and that you need to remove them from your life. After showering you in gifts, you will often believe they are a good person. That is when the perpetrator will often tell you that you now "owe" them for all the gifts, they gave you. This is when they will ask you to return the "favour".

Human Trafficking

Human Trafficking is often called modern-day slavery. It involves recruiting, transporting, and/or harboring of a person with the goal of Exploitation most likely sexually or forced labour. *Exploitation is when someone uses you for their personal benefit, in order to get something from you.*

The main difference between Human Trafficking and Sexual Exploitation is when someone is involved in Human Trafficking they are often moved around and kept away from others. It may also not be for sexual acts; it can also be forced labour.

Perpetrators of Human Trafficking will use as many different methods they can to gain and maintain control over the person they wish to Traffic. They will use physical force, sexual assault, threats against your family, friends and yourself, and anything else they can to isolate you. They will often follow the same steps as a Perpetrator of Sexual Exploitation will.

If you or someone you know is involved
or is at risk of Human Trafficking, contact
Klinic's Human Trafficking Hotline
1-844-333-2211

Signs someone is involved in Human Trafficking

- Can't come and go as they please – often staying home
- Is secretive of where they live and who they live with
- Will show signs of extreme weight loss, or will have poor personal hygiene
- Signs of physical abuse – bruising, scratches
- If they are no longer going to places they normally go to
- Avoiding social interaction, having no eye contact
- May owe someone a large amount of money

There is often no way to tell if someone is involved in Human Trafficking especially when that person is being harbored (kept) away from society.



Gang Awareness

In the city of Winnipeg, or in any city, it is obvious there are going to be gangs. Gangs are a group of people who are involved in criminal activities. Being in a gang can often seem luxurious, or cool to be a part of because of movies we watch, or people we know.

Indigenous youth who are new to the city, have a higher risk of being recruited into a gang. This can sometimes be through familiar connections from their home community. Youth are often recruited into gangs by older people for the purpose of gaining power, recognition and control over new people.

Youth who are in gangs are sometimes also involved in Sexual Exploitation.

If you or someone you know is involved with gangs and would like help, contact the Project Gang-Proof Resource Line at 1-800-691-4264



Warning Signs

Warning signs sometimes aren't noticeable in people who are in gangs and sometimes they are. People who show these signs may not for sure be a part of a gang. If someone is showing these signs or any other suspicious behaviour, talk to someone you trust.

- Substance abuse
- School grades going down
- Dropping out of school or skipping more often
- More antisocial, or aggressive than usual
- Pushing away family and friends
- Secretive and defensive about new friends
- Increasingly confrontational
- Random change in personality, sometimes angrier and, more violent



Gang members might recruit someone for different reasons. For example, someone can be more likely to be recruited when they:

- may be in situations of poverty
- have lower education
- have low self-esteem
- have loss of connection of family or social groups
- have a history of violence or criminal behaviour
- abuse drugs
- have a history of family and relative involvement in gangs

Remember not everyone who shows the signs are actually in a gang. These signs can also mean something else is going on in their life. Always talk to someone you trust about these issues.

Social Life

You are always going to have a social life that will include school, hanging out with friends, hanging out with family, etc. Having good, positive influences can help improve your social life. Being a positive influence just means someone who is there for you and has the best intentions for you.

Negative influences can often lead you in the wrong direction, by only having themselves in mind. They won't take into consideration your feelings, or your attitude towards activities they may want to do and may make you do.



Peer Pressure

Your friends are sometimes the most important people in your life especially when most of your family is still in your home community. Peer pressure is always going to be involved in your friendships. Peer pressure is when someone talks you into or sometimes forces you to do something you would rather not do. It can be as little as talking you into taking a class that you weren't planning on taking, or it can be something big like talking you into consuming alcohol when you don't want to or abusing drugs.

Always keep in mind that it is OK to say no when you are uncomfortable with what your friends are asking you to do, and you should never feel embarrassed.



**NEVER CHANGE THE WAY YOU
THINK AND ACT FOR YOUR
FRIENDS. YOUR FRIENDS SHOULD
BE PEOPLE WHO ACCEPT YOU
AND YOUR CHOICES**

Alcohol

Alcohol is often the go-to when you are enjoying a night out with friends. It is OK to have the occasional drink with friends, however you need to learn your limits and when safe drinking becomes unsafe and a problem. Always keep in mind what your limits are when drinking alcohol. If you know you are at your end point, do not let your friends pressure you into taking “one more shot”. Not drinking is never something to feel embarrassed about.



**DO NOT FEEL EMBARRASSED TO
SAY NO WHEN IT COMES TO
ALCOHOL USE.**

Drinking to the point you have a little buzz is OK, as long as you are able to function and control yourself. Drinking to the point where you are stumbling over yourself and can't remember anything the day after is a problem.

Alcohol can often become an addiction. If you start to feel dependent on alcohol, or that you can't go a few days without drinking it is time to start talking to someone who can help you. There are a lot of services out there who can help youth with addictions.

If you or someone you know is becoming dependent or addicted to alcohol call the **Youth Addictions Centralized Intake at 1-877-710-3999**

Drug Abuse and the Harm of Drugs

Youth are more likely to try drugs when their friends or family already use. Getting involved in the negative life of drugs is inevitable since they are found everywhere. Some legal and most illegal. Most common drugs for youth in Winnipeg are alcohol, cocaine, marijuana, ecstasy/mdma and prescription drugs they find at home.

Using drugs can have negative impact on your life.

- You can drift away from the friends you have who don't use
- It is less likely you will do well in school, sports or other activities you normally are good at
- It takes away your ability to make any proper decisions or to think normally

It can also affect your health in a huge way.


- Damages the brain
- Damages your heart
- And can damage other important organs
- Overdoses can lead to death

**DO NOT FEEL EMBARRASSED TO SAY
NO WHEN IT COMES TO USING DRUGS.**




Signs Someone is Abusing Drugs

- Sudden changes in behaviour
- Mood swings – more irritable and angry then suddenly untroubled and carefree
- Pushing away family and friends
- Caring less about their physical appearance
- Loss of interest in the activities they once loved
- Sleep pattern changes – awake or sleeping at odd times
- Extreme loss or gain of weight
- Change of appetite



If you or someone you know is becoming dependent and addicted to drugs call the
Youth Addictions Centralized Intake at
1-877-710-3999



Housing

Finding a place to live is one of the top challenges you face when moving to the city of Winnipeg, especially if you are moving here for school. A lot of the time you will know someone already in the city that you can temporarily stay with until you have to start looking for your own place.

Safe Housing vs. “Affordable” Housing

Safe Housing is housing where you have enough space to feel comfortable and do not have to worry about things that could make you feel unsafe. It also means that there are no structural problems with your house where things might be dangerous because they are broken, old, or falling apart.

Affordable Housing is housing that you can easily pay for. Many people have challenges where the housing they can afford is unsafe because it may put them in a dangerous situation or make them uncomfortable. (ex: in the area, who you might have to life with)

You should always look for safe housing in an area of the city where you feel comfortable

Where to Look When you are Looking for Housing

Many Youth have no idea where to start looking. Always start with what you can afford. Keep in mind that you need to pay for groceries, hydro and water on top of the basic house bill.

As a youth we for sure can't afford the expensive places you will find on luxury websites. It is always good to aim for lower income housing or subsidized housing.

You can do some basic searching on the following websites to get a better idea of what is out there and how much places usually cost. However, a lot of the places we find online are still out of our budget reach and can be unsafe homes.

- Kijiji Winnipeg
- Rentboard.ca
- Property Management Companies (google)

Subsidized housing includes:

- Manitoba Housing
- Winnipeg Housing and Rehabilitation Corporation (WHRC)

If you need help looking for somewhere to live, you can contact Resource Assistance for Youth Inc. (RAYinc) at 204-783-5617 and ask for housing.

How to Maintain Stable Housing

Most often, youth think having a place to themselves can be fun and often think of it as a huge party. We have to be mindful that we have responsibilities when it comes to living in our own home.

Here are some tips to maintain stable housing:

- Make sure your rent is paid on time! Having a bank account is very helpful here because you can set up what is called “direct deposit” which means the money for your rent will go straight to your landlord on the 1st of the month.
- Don’t share where you are living with anyone other than people you trust.
- Along with not telling people where you live, it is a good idea not to let too many people into your home - this is meant to be your home and your home only, unless you have a roommate.
- If you want to see family and friends, and you are 100% sure that you can trust them, it is okay to have them in your home.
- If you have guests over, be sure they are respectful of your place and do not destroy, or ruin the property. You will be the one who will have to pay for repairs.

REMEMBER it is OK to have people visit, to throw a party, you just have to keep in mind the consequences of other’s actions in your home.



RESOURCES I MAY NEED IN WINNIPEG



ORGANIZATION	CONTACT	PROGRAMS AVAILABLE
Ka Ni Kanichihk Inc.	455 McDermot Ave 204-953-5820	Youth Programs Cultural Programs
Inner City Youth Alive (ICYA)	418 Aberdeen Ave 204-582-8779	Drop ins for Youth Youth programs
YMCA-YWCA North Y Youth Centre	363 McGregor Street 204-989-4109	Drop ins for youth under the age of 17
Broadway Neighbourhood Centre	185 Young Street 204-772-9253	Youth Drop in Program (ages 6-15) Just TV Program (multimedia) Sport Programs Skating Rink
West Broadway Youth Outreach	646 Portage Ave 204-774-0451	Drop-In recreation & life skills program

Resource Assistance for Youth Inc. (RAY Inc)	125 Sherbrook Street 204-783-5617	Immediate Needs: Street Outreach, Drop-In for meals, clothing, showers, laundry...etc Mental Health Supports, Addictions Support, Drop-In health clinic Housing Employment & Education
Ma Mawi Wi Chi Itata Centre	Administrative Site: 445 King Street Phone: 204-925-0300 Fax: 204-946-5042 Toll Free: 1-888-962-6294 Neighborhood Care Sites: 318 Anderson Avenue Phone: 204-925-0349 363 McGregor Street Phone: 204-925-6816 443 Spence Avenue Phone: 204-925-0348	Spirit of Peace (Violence Prevention) Children's Programs Youth Development Programs Circle of Care and Honoring the Spirit of Our Little Sisters (housing for girls and transgendered youth aged 13 – 17)
Marymound	442 Scotia Street 204-338-7971	Living arrangements Clinical & Therapeutic Services Education Services Crisis Stabilization Unit Youth Addictions Stabilization Unit Recreation Program Youth Programs

SEED Winnipeg, Inc.	80 Salter Street 1-204-927-9935	Access to Benefits Individual Development Account Program Manage Your Money Workshops Saving Circle
Winnipeg Harvest	1085 Winnipeg Avenue 1-204-982-3663	Food Assistance and Emergency Food Volunteer Opportunities
Centre for Aboriginal Human Resource Development, Inc.	181 Higgins Avenue 1-204-989-7110	Employment, Education and Support Services
Healthy Baby Community Support Programs	204-945-1301	Support for new parents
TERF (Transition, Education and Resources for Females) Program	500 – 717 Portage Avenue 1-204-786-7051	Transition and healing program for children, youth, adults and transgendered people who have been exploited through the sex trade
Winnipeg Rental Network	204-945-2197	Rent Assistance Subsidized Housing
Klinic Community Health	870 Portage Avenue 1-204-784-4090	Crisis Support and Counselling

Klinic Crisis Programs	Phone: (204) 786-8686 Toll free: 1-888-322-3019 TTY: (204) 784-4097	Crisis Line (24/7)
	Toll free: 1-877-435-7170 TTY: (204) 784-4097	Manitoba Suicide Line (24/7)
	Phone: (204) 786-8631 Toll free: 1-888-292-7565 TTY: (204) 784-4097	Sexual Assault Crisis Line (24/7)
Teen Touch	204-783-1116 1-800-563-8336	Confidential, non-judgemental, 24-hour distress line for teenagers and their family
Kids Help Phone	1-800-668-6868	Confidential, 24-hour, counselling service for troubled children and youth
Manitoba Suicide Prevention Line	1-877-435-7170	
Winnipeg Police, Fire and Paramedic	9-1-1 1-204-986-6222	Emergency Line Non-Emergency Line

People I Can Trust

I know I can go to these people when I am having a hard time adjusting to life in Winnipeg.

With Who

Address

Phone Number

My Notes

[illegible]