

What's a rural/remote community?

A rural community is generally understood to be one with a population of less than 10,000 people. Often, rural communities are also identified by their culture and access to services.

Remote communities are isolated rural communities. Health Canada defines a remote community as one that is at least 350 kilometres from the nearest service centre with year-round road access.

Across Canada, almost **one-third** of people live in rural and remote communities.



Safety for neighbours, friends, and families

When we work collaboratively in our communities and we see it, name it and check it, we are taking an important step not just to keeping victim/survivor's safe but to seeing, naming and changing intimate partner violence in rural communities: [See it, Name it, Change it](#)



Scan QR code for more detailed information.

Acknowledgments

We acknowledge the work of Luke's Place in developing its resource on intimate partner violence in rural communities, [Going the Distance](#), from which much of this content is drawn and developed.



Scan the QR code to read [Going the Distance](#).

Rural Roots:

Seeing, Naming & Changing Intimate Partner Violence in Rural Communities



What neighbours, friends and family need to know

Intimate partner violence (IPV) in rural and remote communities can look quite different than it does in urban settings.

Did you know? Rural victim/survivors are 30% more likely to be threatened by a firearm than those living in urban areas.

These rural realities must be understood, along with a number of other factors:

- Distance to services may be far
- Little to no public transportation
- Limited range of services
- Limited access to legal advice
- Lack of privacy and isolation is common
- Communication can be a challenge
- Farm animals and pets are common
- Poverty is prevalent
- Guns are an everyday presence



Scan QR code for more detailed information.

What neighbours, friends and family can do

There are many ways neighbours, friends and family members can support a victim/survivor.

Think of it like this: [See it, Name it, Check it](#)

- [See it:](#) be aware of common warning signs of intimate partner violence so you know it when you see it:



Scan QR code to learn about the common intimate partner violence warning signs.

- [Name it:](#) for what it is, to yourself and to the person you are concerned about
- [Check it:](#) for danger, for yourself and reach out for community expertise

Once you see it, name it and check it, you can think about how you can help.

Providing Practical Help:

- Gather information about community services for victim/survivors
- Can you provide rides to appointments?
- Can you take care of the children while the victim/survivor goes to appointments?
- Can you help with long-term transportation?
- Can you care for a pet or farm animals if the victim/survivor needs to leave home?
- Can you help store important items such as documents, financial statements and medical records?
- Can you help with finding a lawyer?

Keeping everyone safe

Victims/survivors need to both be and feel as safe as possible when they are dealing with an abusive partner/former partner. While a safety plan can't eliminate all risks, it significantly reduces future harm.

Support the Survivor with a Safety Plan:

- Refer them to a community shelter, for counselling and safety planning support.



Scan QR code to find a shelter in your community.

- Encourage the victim/survivor to read this safety planning resource by Luke's Place.



Scan QR code to read the safety planning resource by Luke's Place.

- Can you provide a key to one of your vehicles so they can use it in an emergency?
- Can you put a key to your house in a safe place for them to use in an emergency?
- Connect the victim/survivor with the Luke's Place virtual legal clinic so they can talk to a lawyer and a support worker.



Scan QR code to access the virtual legal clinic by Luke's Place.

- Make sure you keep yourself safe while you are helping the victim/survivor you know who is being abused.

