



The It's Not Right program from Western Education (Centre for Research & Education on Violence Against Women & Children), has developed a 3 step approach to how you can identify abuse and help protect those at risk.

- 1. SEE it!**
- 2. NAME it!**
- 3. CHECK it!**

**SEE it!** If your gut is telling you something is wrong, take your concerns seriously. Learn the warning signs of financial abuse.

"I am worried about my friend who hasn't been to play cards for weeks. The last thing I heard was her adult son had moved into her house with his new girlfriend."

**NAME it!** Overcome your hesitation to help. Talk to the person you think may be abused. Make sure you are alone with the person when you have this conversation. (It may put you and the other person at risk of further harm if the abusive person is aware that you are trying to make the abuse stop). Let them know you are concerned and offer to help. If the person declines help, don't give up! You can't force them to get help, but you can keep checking in on them and continue to offer your support.

Don't be judgmental. Understand that it is very difficult for people to reach out for help. Remember that you are there to listen and provide support when it is needed.

"I haven't seen you at the card game for some time now, and I know how important it is to you. You seem upset. I miss seeing you. Is there anything you want to talk about?"

**CHECK it!** Ask questions.

"Are you ok? Do you feel safe? Is there anyone hurting you or making you feel uncomfortable? What do you want to do? How can I help?"

If you are concerned about the person's immediate safety call the police.

For more information on the It's Not Right program visit [www.itsnotright.ca](http://www.itsnotright.ca) - this program comes from the University of Western Ontario but has relevant information for anyone experiencing abuse.