

24/7 HELPLINES

Victim Services Toronto
416-808-7066

Toronto Police Service (non-emergency)
416-808-2222

Toronto Police Service (emergency)
9-1-1

T9-1-1

A service available to members of the deaf, deafened, hard of hearing or speech impaired (DHHSI) community in Canada. For more information on how to register visit:
www.textwith911.ca

Bell Relay
7-1-1

YOUTH HELPLINES

Kid's Help Phone
1-800-668-6868

LGBT Youthline
416-962-9688 Sun-Fri (4 p.m. - 9:30 p.m.)

ONLINE INFORMATION & HELP

Victim Services Toronto
www.victimsvicestoronto.com

Kids Help Phone
www.kidshelpphone.ca

LGBT Youthline
www.youthline.ca

Government of Canada Get Cyber Safe
www.getcybersafe.gc.ca



CONNECT WITH US

FACEBOOK: [VSToronto](#)

TWITTER: [@VSToronto](#)

INSTAGRAM: [@VSToronto](#)

YOUTUBE: [VSToronto](#)

CRIME STOPPERS

TO REPORT ANONYMOUSLY: www.222tips.com 1-800-222-8477 (TIPS)

40 College Street, Toronto, ON M5G 2J3
tel: 416-808-7066 fax: 416-808-7104
email: info@victimsvicestoronto.com
www.victimsvicestoronto.com



victim services toronto

2017/2018 TDSB APPROVED EDUCATIONAL PARTNER



VICTIM SERVICES TORONTO

T.E.A.R.™

TEENS ENDING ABUSIVE RELATIONSHIPS

Be inspired.
Get involved.
Make a difference.



FOR ADDITIONAL INFORMATION OR TO ARRANGE
FOR A T.E.A.R.™ PRESENTATION
CALL: 416-808-7845
EMAIL: tear@victimsvicestoronto.com



www.victimservicestoronto.com

Who We Are & What We Do

Victim Services Toronto is a not-for-profit registered charity dedicated to helping victims of crime and sudden tragedies.

We provide responsive, accessible and accountable programs and services that focus on restoring and enhancing quality of life and preventing victimization.

Victim Services Toronto helps victims of crime or sudden tragedy including but not limited to: intimate partner violence, sexual assault, family violence, bullying, harassment, assault, sexual harassment, suicide, sudden death, human trafficking, hate crime, homicide, gun violence, robbery, fires, break and enter, disaster or crisis affecting communities, sudden tragic events.

Victim Services Toronto offers the following programs:

- **Victim Crisis Response**
- **Enhanced Services**
- **High Risk Support Services**
- **Victim Quick Response Program (VQRP)**
- **Volunteer Program**
- **T.E.A.R.™ (Teens Ending Abusive Relationships)**

For additional information about Victim Services Toronto

 416-808-7066

www.victimservicestoronto.com

T.E.A.R.™

TEENS ENDING ABUSIVE RELATIONSHIPS

What is T.E.A.R.™?

T.E.A.R.™ In A Digital World Workshop is a FREE interactive and engaging workshop established by youth for youth age 12 to 18 living in the City of Toronto. The workshop equips youth with the tools, knowledge and resources to navigate the digital world and make informed healthy relationship choices both online and in person.



T.E.A.R.™ Youth Leadership Program utilizes a youth empowerment model to provide youth age 15 to 18 living in the City of Toronto with opportunities such as peer led leadership training, mentoring, delivering workshops and creating awareness videos.



#TEARTalk is a weekly Twitter chat hosted by Victim Services Toronto's T.E.A.R.™ youth leaders via @VSToronto. #TEARTalk focuses on healthy and unhealthy relationships and trending topics including: teen dating violence, cyber stalking, criminal harassment, sexual assault, consent, bullying, where to get help, and many more topics.

JOIN US EVERY THURSDAY FROM 7:00 P.M. - 8:00 P.M. AND FOLLOW THE HASHTAG #TEARTALK

Are YOU At Risk?

- Are you afraid to speak your mind freely?
- Does your partner pressure you into doing things that make you feel uncomfortable?
- Does your partner pressure you to spend less time with friends?
- Does your partner make you feel bad about yourself?
- Are you afraid to break up with your partner because of what they may do?
- Does your partner call you names or put you down?
- Does your partner try to control how you dress and act?
- Do you feel smothered by your partner?
- Does your partner insist on having your password to your social media accounts or electronic devices?
- Does your partner check your phone and social media constantly?
- Does your partner threaten physical harm, self-harm, to reveal your secrets, post or send out your private pictures?
- Are you afraid for your safety or the safety of others?

IF YOU HAVE ANSWERED "YES" TO ONE OR MORE OF THESE WARNING SIGNS, YOU MAY BE IN AN ABUSIVE RELATIONSHIP!

FOR ADDITIONAL INFORMATION OR TO ARRANGE FOR A T.E.A.R.™ PRESENTATION, CALL 416-808-7845 OR EMAIL: TEAR@VICTIMSERVICESTORONTO.COM