

# Project T.E.A.R.

## Teens Ending Abusive Relationships

### ● Project T.E.A.R...

...is a vital education and prevention outreach project directed to teens aged 12-18 currently enrolled in middle and high school.

### ● Project T.E.A.R...

...prevents and/or reduces violence in teen relationships by increasing awareness through the provision of educational lectures/workshops, confidential counseling, and post-workshop linkages to appropriate services within their communities.

### ● Project T.E.A.R...

...empowers youth to take initiative in their own communities, and to educate the public and their peers.



victim services toronto

For additional information or to arrange for a T.E.A.R. presentation, contact the Project T.E.A.R. Co-ordinator @ 416-808-7845 or email [tear@victimservicestoronto.com](mailto:tear@victimservicestoronto.com)

## Who We Are & What We Do

Victim Services Toronto is unique in that we are the ONLY non-profit registered charity dedicated to providing immediate on-site support to victims of crime in Toronto. On the job 24 hours per day, 365 days per year, we assist close to 20,000 clients annually.

Victim Services Toronto provides extremely responsive, accessible and invaluable programs and services that help prevent victimization and restore, rebuild and enhance the quality of life of those touched by tragedy.

Victim Services Toronto helps victims of crime (including gun and domestic violence, sexual and aggravated assault, abduction, stalking, child and elder abuse, robbery and family members of homicide and suicide victims), as well as victims of sudden tragedies (including missing persons, sudden death, motor vehicle fatalities and accidents, workplace fatalities and accidents, and so forth).

Victim Services Toronto offers the following programs:

- 24/7 Victim Crisis Response Program
- Domestic Violence Emergency Response System Program (DVERS)
- SupportLink
- Victim Quick Response Program (VQRP)
- Volunteer Program
- Project T.E.A.R. *(Teens Ending Abusive Relationships)*
- Project P.A.I.N. *(Promoting Access in Impacted Neighbourhoods)*

To support our many individual, family and community initiatives, over 35 languages are represented within the agency.

For additional information about Victim Services Toronto:  
Phone: 416-808-7066  
Website: [www.victimservicestoronto.com](http://www.victimservicestoronto.com)

## What is Project T.E.A.R.?

Project T.E.A.R. is a preventative early intervention tool designed to educate youth about the complex subject matter surrounding domestic violence. It equips youth with the knowledge and resources to not only reach out for help, but to make positive and healthy relationship choices.

This is achieved through a 60 – 90 minute PowerPoint presentation containing several music videos and media clips. They illustrate the different dimensions of domestic violence and its effects on individuals, the family and the community.

Intended to end violence, T.E.A.R.'s pivotal youth lectures help teenagers increase awareness of relationship violence and its warning signs. A preventative and responsive program promoting healthy relationships, it embraces a 'zero tolerance' stance against domestic/youth relationship violence.

T.E.A.R. promotes communication, breaks the 'cycle of violence' and informs youth on the community resources that are available to them. Lectures also provide a safe forum to recognize they are not alone, disclose abuse, or prevent silence when confronted by, or witnessing violence among their peers.

T.E.A.R. addresses domestic/youth relationship violence as a prevalent and preventable crime that affects the entire community, and encourages youth to break the silence by becoming proactive in their communities.

T.E.A.R. positively impacts the lives of our future leaders, unites our youth, and inspires them to make a difference!

## Types of Abuse

### PHYSICAL ABUSE

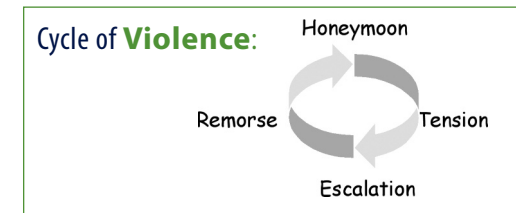
Physical abuse includes hitting, pushing, slapping, shoving, kicking, choking, biting, burning, scratching or pinching. Physical abuse can also include assault with a weapon and throwing objects.

### VERBAL ABUSE

Verbal abuse affects our emotions, self-esteem and self worth. It is just as damaging as physical abuse. Psychological abuse includes name-calling, put-downs, humiliation, harassment, threats or controlling behaviour.

### SEXUAL ABUSE

Sexual abuse often includes sexual jokes, sexual name-calling, unwanted touching and forced/coerced sexual activity. It is often accompanied by threats of violence or violence.



### DEFINITIONS

#### INTIMATE RELATIONSHIP:

Includes close relationships between husband & wife, husband & husband, wife & wife, boyfriend & girlfriend, boyfriend & boyfriend, girlfriend & girlfriend. This also includes couples who have broken up.

#### DOMESTIC VIOLENCE:

Any physical, verbal or sexual harm caused between persons involved in an intimate relationship.

#### ASSAULT:

A legal word used to describe threatening, causing harm or injury to another person. This also includes physical and sexual assault.

#### DOMESTIC VIOLENCE OFFENCE:

It is against the law to harass, stalk, threaten, intimidate, confine, physically assault, sexually assault or murder another person which you are involved in an intimate relationship with.

## Are You At Risk?

- Are you afraid to disagree with your partner?
- Has your partner ever called you fat, ugly, or stupid?
- Are you afraid to speak to members of the opposite sex?
- Do you believe your partner is jealous because he/she loves you?
- Are you afraid to break-up with your partner because he/she threatens to harm you or him/herself?
- Has your partner ever pushed, slapped, hit, spat, bit, kicked, or pinched you?
- Does your partner keep you away from friends and family?
- Does your partner force you to engage in activities that you feel uncomfortable with?

If you have answered 'YES' to one or more of these warning signs, you may be...

**... in an abusive relationship!!!**

## There is **Help** in Your **Community**

If you or someone you know is in an abusive relationship, reach out to resources in your community.

**Victim Services Toronto**  
416-808-7066

**Kids Help Phone (24/7)**  
1-800-668-6868

**Distress Centres of Toronto (24/7)**  
416-408-4357

**Scarborough Sexual Assault/Domestic Violence Care Centre**  
416-495-2555

**Women's College Sexual Assault/Domestic Violence Care Centre**  
416-323-6040

**Toronto Police Service: Non-Emergency (24/7)**  
416-808-2222

**Toronto Police Service: Emergency**  
9-1-1

**BELL Relay**  
7-1-1

## Youth **Helplines**

**BLACK YOUTH HELPLINE**  
Mon-Fri (9 am – 9 pm) 416-285-9944

**HEARING YOUTH THROUGH YOUTH (HEYY)**  
Mon-Fri (6 pm – 9 pm) 416-423-4399

**LESBIAN, GAY, BISEXUAL, TRANSEXUAL YOUTH LINE:**  
Sun-Fri (4 pm – 9:30 pm) 416-962-9688

## TTY

**ASSAULTED WOMEN'S HELPLINE (24/7)**  
1-866-863-7868

**CANADIAN HEARING SOCIETY — CONNECT**  
Mon-Fri (9 am – 5 pm) 416-928-2511

## E-mail

**VICTIM SERVICES TORONTO**  
info@victimservicestoronto.com  
tear@victimservicestoronto.com

**CANADIAN HEARING SOCIETY**  
office@toronto.chs.ca

**BLACK YOUTH HELPLINE**  
blackyouth@bellnet.ca



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# You are not alone!