

# YOUTH SURVIVING AND THRIVING

many paths to healing

**React**  
respect in action  
10 years of youth preventing violence

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# INTRODUCTION

## What is ReAct?

ReAct stands for **Respect in Action**. We are a youth education program in Toronto that does workshops, trainings and projects with young people and those who work with them about violence in our lives. Through discussions, activities, theatre and looking at the media, we address the violence youth can face, why it happens and what we can do about it. ReAct is a program of the **Metropolitan Action Committee on Violence Against Women and Children (METRAC)**, a community-based, not-for-profit organization that prevents violence against women and youth.

The media creates hype about youth crime even though crime rates have been dropping for years. **Youth are often blamed for violence and making other people feel unsafe, but we know youth face a lot of violence and feel unsafe in a lot of spaces in their lives.**



Youth are at huge risk of violence, especially young women and youth who are of colour, Aboriginal, newcomers, disabled, poor, working class, and lesbian, gay, bisexual, trans, queer and two spirited.

**1 in 3** young women 16 to 25 have experienced dating violence.

**8 out of 10** youth with disabilities report being bullied at school.

**75%** of lesbian, gay, bisexual and queer students report being bullied at school.

**95%** of trans students report feeling unsafe at school.

“All this, on top of the **sexism, racism, homophobia, classism and all the other ‘isms’** we deal with every day.”



## What is this zine all about?

Violence is everywhere. Because it is so common, it has become normal and accepted – like when adults tell us, “Getting bullied is just part of being a kid”. But violence is never okay. And anytime someone experiences violence, it affects them, probably more than they want to show.




But we aren't taught many skills or given chances to learn about how to deal with violence. What do we say to a friend who is in an abusive relationship? What do we do to take care of our younger siblings if our parents fight? And how do we take care of ourselves?

Most of the time, people who experience violence are called “victims”. With that label comes the idea that they are helpless and broken. In the zine, **we refer to people who have experienced violence as “survivors”**. We recognize the strength, courage and bravery that it takes to keep going after being abused.

We hope this zine will get you thinking about these questions and maybe even spark new ideas. We can't claim to give you all the answers 'cause every situation is different. But we'll show you what some of the options are. **Ultimately, it**

is up to you what road to go down. We're just trying to shed some light on the paths in front of you.

We spoke to almost 100 young people in Toronto to get information in this zine. Thanks to everyone who helped us – for sharing your ideas, experiences and hope. Keep thriving!



“Everybody deserves a **healthy relationship**. If you're being abused, don't be afraid to tell someone you trust and get help.” (Missy Elliot)

# WHAT IS VIOLENCE?

Most of the time people only talk about physical violence. That's what we see most of on T.V., in campaigns about violence and on the news. The thing is, violence takes so many forms and can look different for each person. When we asked young people how they define violence, they came up with dozens of answers. Some said it's pain, fear, taking someone's love, name-calling, harassment and control. Violence can be:

- physical (e.g. hitting, punching, kicking, blocking);
- emotional (e.g. name-calling, insulting, silent treatment);
- sexual (e.g. unwanted sexual touching, rape);
- harassment (e.g. bullying, spreading rumours);
- financial (e.g. taking someone's money to control them); and/or
- spiritual (e.g. keeping someone from their spiritual or faith practices and faith community to control them).

With such a huge definition, we can be sure that **most young people have experienced some kind of violence in their lives.**



Although it's common, violence isn't okay. It's important to take care of ourselves when we experience it.

## Dealing with it

First, figure out what your goal is. What do you think will make you feel better? Do you want to deal with it on your own or talk to someone? Do you want to press charges or find another way to hold the abuser responsible? When you think about the question, “How do I heal from this?”, what does the answer look like?

Write what you **want** and where you **want to be** when you get through this:





“I think I’ve spent my adult life dealing with the sense of low self-esteem that sort of implanted in me. Somehow, I felt not worthy. Before I’m ‘Halle Berry’, I’m little Halle ... a little girl growing in this environment that damaged me ... I’ve spent my adult life trying to **really heal** from that.”  
(Halle Berry)



## What other youth want you to know if you have survived violence:

"It's important to get it off your chest"

"Life can be better than what you just went through"

"Have an open mind; you have to say to yourself, 'I need help, and it's o.k. to need help'"

"It helps to talk about it instead of just bottling it up"

"You can find someone who is just there to listen"

"Learn from the experience, how it evolved and how it came about"

"You need to find someone you can trust"

"You are not alone"

"Know it isn't your fault"

"Don't blame yourself, forgive yourself and move on"



## Know Your Rights

Knowing your rights can help you stand up for them. We're not talking about your legal rights, like your right to have a lawyer. Of course, legal rights are important! But we're talking about your rights as a survivor of violence. You have the right to:

- be angry about what you have experienced;
- be listened to and believed;
- change your mind about what you want to do after you have gone through violence;
- talk about the violence with whomever you choose – you don't have to tell everyone who asks;
- be loved and love yourself;
- feel safe; and
- make your own decisions about how to deal with your situation.

To learn more about your legal rights, check out the resources under “Legal help and information” on page 40.

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Sometimes our rights aren't respected. We don't always get the support we should. But knowing our rights can help us find the support we need.



What other **rights** are important to you? Add your own:

I have the right to:

I have the right to:

I have the right to:



# SELF CARE

Put a check mark next to the things you already do to take care of yourself. Put a star next to the things you want to try.

- ☐ Talk to a family member (who? \_\_\_\_\_)
- ☐ Talk to my boyfriend/girlfriend or partner
- ☐ Talk to a friend
- ☐ Talk to a mentor or youth worker
- ☐ Talk to my teacher
- ☐ Talk to a guidance counsellor at my school
- ☐ Talk to a counsellor
- ☐ Call the cops
- ☐ Talk to someone at my temple, church, mosque, synagogue or other place of worship
- ☐ Pray
- ☐ Call a help line for youth
- ☐ Hang out with friends
- ☐ Go to a doctor
- ☐ Write in a journal
- ☐ Write poetry or stories
- ☐ Go for a walk
- ☐ Exercise
- ☐ Listen to music
- ☐ Write or make music
- ☐ Cook/bake
- ☐ Dance
- ☐ Watch TV
- ☐ Sleep and rest
- ☐ Help others who are going through what I'm going through
- ☐ Be an activist against violence

Sometimes, we do things that help us feel better in the moment but might not really help us much in the long term. It isn't weak to do these things. A lot of people do them for many valid reasons. **We just want you to think about the consequences of some of these choices and how you could reduce risks to yourself and other people that might come with them.** So think about if you do any of these things.

- Get violent (take your anger out on someone else)
- Take it out on yourself
- Harming your own body (e.g. cutting your skin, not getting help if you're injured)
- Do drugs or drink alcohol
- Break things
- Try to forget about it
- Blame yourself for what happened
- Hate yourself for what happened

**Why might someone do these things? Could they replace them with less risky things?**



“Domestic violence is a **big secret**. No kid goes around and lets people know their parents fight. Teenage girls can’t tell their parents that their boyfriend beats them up. You don’t dare let your neighbour know that you fight. It’s one of the things we will hide because it’s embarrassing ... The positive thing ... is that people can learn from my recovery.” (Rihanna)

ReAct



When we asked young people what they do after experiencing violence, almost 70% said they listen to music.

Here's ReAct's play list of songs that **we like to listen to when we're upset, angry or hurt:**

1. Golden (Jill Scott)
2. Put Your Records On (Corinne Bailey Rae)
3. Sun is Shining (Bob Marley)
4. Apple Tree (Erykah Badu)
5. Freedom (Estelle featuring Talib Kweli)
6. Everything is Everything (Lauryn Hill)
7. All I Need (Hannah Georgas)
8. No More Drama (Mary J. Blige)
9. It Takes More (Ms. Dynamite)
10. Better Things to Do (Sharon Jones and the Dap Kings)
11. Take a Bow (Rihanna)
12. Hit Me with Your Best Shot (Pat Benatar)
13. I Should've Cheated (Keisha Cole)
14. If I Ruled the World (Lauryn Hill)
15. Just Fine Remix (Mary J. Blige, Swizz Beatz, Lil Wayne)
16. Private Party (India Arie)
17. There's Hope (India Arie)
18. It's So Hard to Say





Goodbye to Yesterday (Boyz II Men)

19. Just One of Them Days (Monica)
20. Call Me Guilty (Jazmine Sullivan)
21. Redemption Song (Bob Marley)
22. How Could the One That Said I Love You (Aaliyah)
23. Peace of Mind (Lauryn Hill)
24. Soldier (Erykah Badu)
25. Fireworks (Katy Perry)
26. Strength, Courage and Wisdom (India Arie)
27. Memory Lane (Nas)
28. Fighter (Christina Aguilera)
29. Superwoman (Alicia Keys)
30. Born This Way (Lady Gaga)
31. Unpretty (TLC)
32. Nah Mean (Damion Marley and Nas)
33. Never Would Have Made It (Marvin Sapp)
34. Free Yourself (Fantasia Barrino)

“I have some songs that are upbeat and some that are for when you feel like being sad and letting everything out, which I think is necessary sometimes.”

# Thoughts about self care:

“When we hear ‘self-care’, we think about rose-petals and bathwater and a spa with candles. But self care is more than this. It’s about taking care of ourselves mentally, physically and emotionally.


“After a long day at work or school, most of us are too tired to do anything. We just want to switch on the idiot-box or go to a bar to escape reality. Both are about escaping burdens of our day. They can be relaxing and a form of self care, but they can become problems of their own. **Self care is about making sure you’re able to take part in daily activities in a meaningful way, that you aren’t just going through life on ‘automatic’.**

“Most of us can’t spend lots of money on self care but you can incorporate self care habits into your day. A friend of mine always changes out of work clothes before heading out at night. Another friend doesn’t leave the house without eating a healthy breakfast because he has bad eating habits during the day. It’s okay to feel tired, sad, angry and overwhelmed. But self care will help you create the life you want for yourself.”

## What if I just don't want to deal with it?

Like we said, it's an option – you can definitely choose to push the emotions away and try to forget about what happened. That might be something you have to do to get through this time.

But as time goes on, these things add up and there's only so much we can hold in ourselves. Sometimes all the emotions we aren't dealing with change how we act and treat others. People talk about “exploding” after hiding their feelings for a long time.



Even if you don't want to talk to anyone, there's a lot you can do on your own.

Think about how you can face your emotions and heal from the violence you experienced. **Think about what would be a safe space for you to deal with it and how you can love yourself through this.** If you're not sure that you've ever loved yourself, this may be an important time to think about how you can start doing that.




## “That’s just what I was taught”: a story about **not** talking about my feelings

“I was taught not to rely on others ever, that you can’t trust people and it’s better to be out there for yourself and never let anyone take the burden for you but keep it all to yourself no matter how bad it gets. So that’s why I have such an issue with saying how I really feel.

“That’s why sometimes, when I say I’m okay, I’m really not. I just was raised to deal with things on my own, even if I can’t. I don’t mean any offense by it and I’m trying to get out of it, but it’s really difficult. Especially when I see other people having a hard time, I bottle up my feelings, because they need me.”

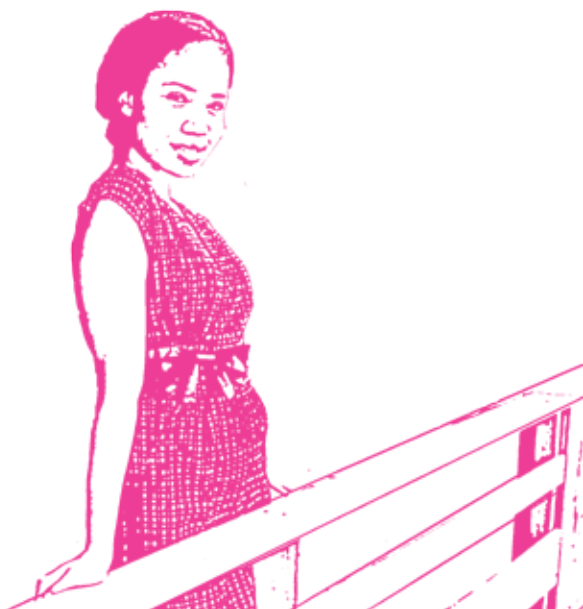






“I am a feminist, and what that means to me is much the same as the meaning of the fact that I am Black: it means that I must undertake to love myself and to respect myself as though **my very life** depends upon self-love and self-respect.” (June Jordan)

“I know it seems hard sometimes but remember one thing. Through every dark night, **there’s a bright day after that.** So no matter how hard it gets, stick your chest out, keep ya head up ... and handle it.”  
(Tupac Shakur)



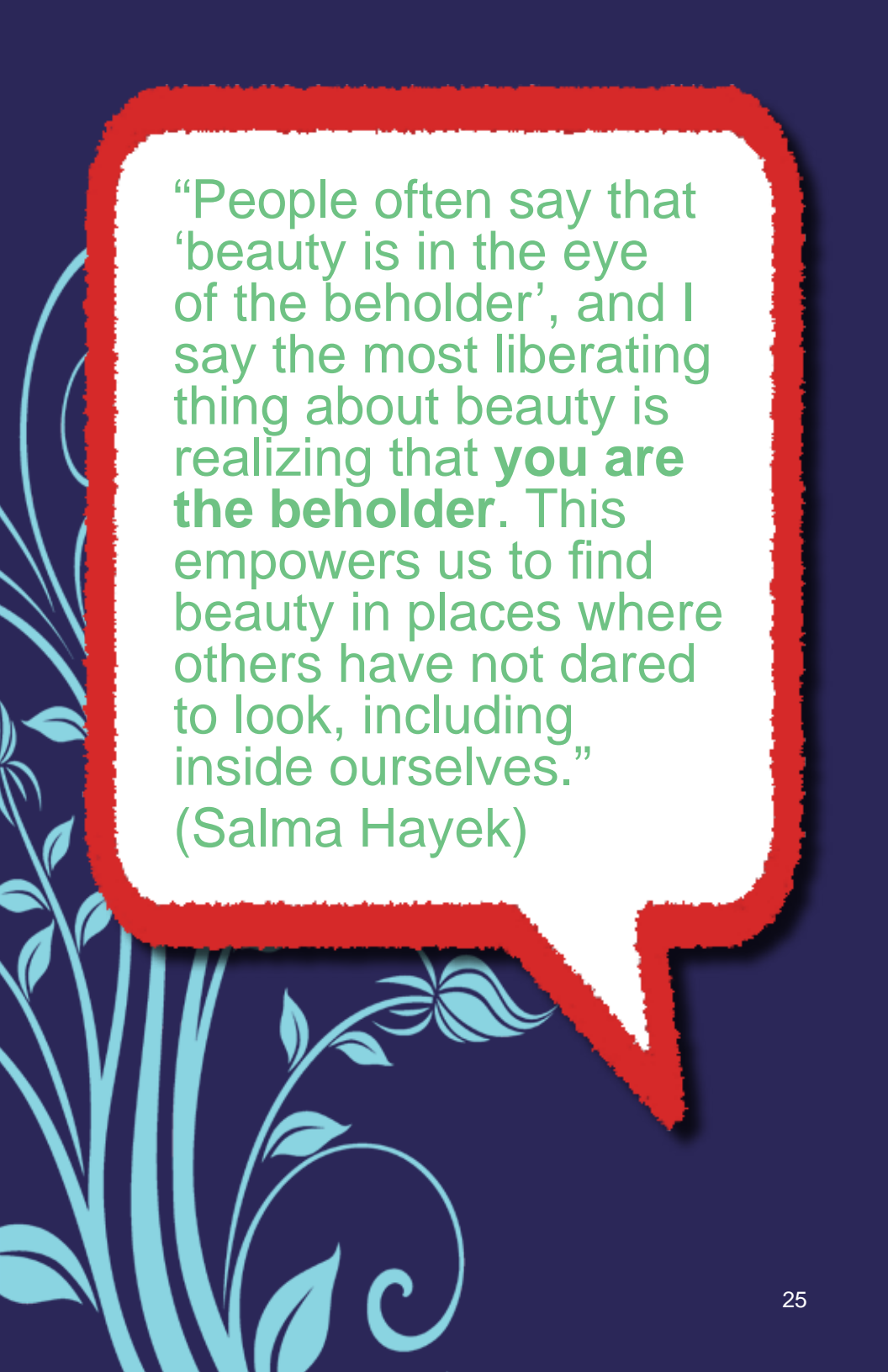
Write or draw what **survival** looks like:



Write or draw what **taking care of myself** looks like:







“People often say that ‘beauty is in the eye of the beholder’, and I say the most liberating thing about beauty is realizing that **you are the beholder**. This empowers us to find beauty in places where others have not dared to look, including inside ourselves.”  
(Salma Hayek)

# MY SAFETY PLAN

If you decide not to get support right now, here are some **tips and ideas for staying safe** if the violence continues or gets worse.

1. Using a “risk scale” of 1 to 10 (1=low risk, 10=high risk), **decide what makes you feel more or less at risk of experiencing violence** and what you’ll do if it happens (e.g. 6=scared someone might beat me up so I’ll ask friends to walk me home, 9=thinking about suicide so I’ll call a crisis line or go to the hospital). Promise yourself that you’ll do these things to keep yourself safe.

What makes me feel at risk: \_\_\_\_\_

1 2 3 4 5 6 7 8 9 10

What I’ll do to keep myself safe if this happens: \_\_\_\_\_

What makes me feel at risk: \_\_\_\_\_

1 2 3 4 5 6 7 8 9 10

What I’ll do to keep myself safe if this happens: \_\_\_\_\_

What makes me feel at risk: \_\_\_\_\_

1 2 3 4 5 6 7 8 9 10

What I’ll do to keep myself safe if this happens: \_\_\_\_\_

2. Look into some **groups you could call** when you're ready. Keep their contact information somewhere safe. Turn to the resources section at the back of this zine to find different places you can contact.
3. Have an **emergency contact number** (e.g. a number for a friend or help line) programmed in your phone or written in something you always have with you.
4. Pack a **bag with things you might need** if you ever have to leave home or the place where you live quickly (e.g. clothes, keys, medication).
5. Put aside a bit of **cash** too.
6. Make **copies of important documents** (e.g. birth certificate, identification, health card). Give them to someone you trust to hold onto.
7. Consider telling a trusted friend or family member **who they should contact if they don't hear from you in a while**. This may be important if you are at risk of experiencing violence and isolation at home.



8. Listen to your instincts: your gut feelings, doubts, anxieties and fears.

Take them seriously and put your safety first.



# To take care of myself:

I promise to do this every day:

I promise to do this every week:

I promise to do this every month:

“No matter how broken, how lost we are, we can be found. Our wounded souls are **never beyond repair.**” (bell hooks)



# GIVING SUPPORT

Talking to friends is by far the most common thing young people do when we have a problem, including when we've been hurt by someone. Young people are more likely to go to our friends than to our families, schools, community services or the police.



Over 70% of youth we asked said they have told a friend about violence they experienced.

So, it's important that we know what to do and say when our friends come to us! **What do other youth say was helpful from their friends?**

- "Not judging"
- "They were there to listen and that alone took off the burden"
- "Offering space at their house (to chill, sleep over, etc.)"
- "They boost my self-esteem when I'm down and remind me about what is important in my life, and that I don't deserve to be treated badly"
- "They didn't tell anyone else"
- "Hearing about other experiences helped"

**What did they say wasn't so helpful?**

- "They told me to make choices I wasn't ready for"

- “They had never been in the situation”
- “They didn’t really want to do much”
- “They judged me for being in a bad relationship”
- “Didn’t really understand what I’d been through”
- “Said the same things that everyone always says”

“A group of girls in my community rushed (attacked) me. My best friend, partner and family stayed with me after. I didn’t involve the police ... I didn’t believe their involvement would lead to justice for me. I felt afraid to walk alone for a while and asked people to support me. I continued with work without showing signs of feeling hurt or being injured. I spoke to two youth workers ... I knew both of them personally and they came by my house to find out how I was doing and what I needed. They knew the young women personally and called them to discuss the situation. It resulted in an agreement that there would be consequences if they interfered with me again. They were banned from certain places for a while and one lost her job in the community centre. That was a space I went to often because I had a younger sibling who went there ... People came to me to say how wack everything that happened was. My community supported me and held these young women accountable for what happened.”



# getting SUPPORT

If you decided you want to talk to someone to get support, there are still a few more things to think about!

I want to talk to someone I (circle one) **do | don't** know who will \_\_\_\_\_

(e.g. listen to me/give me advice/understand what I've been through)

I want to talk to someone (circle one) **within | outside** of my community. (My community is: \_\_\_\_\_)

I want the person I talk with to be: \_\_\_\_\_

(e.g. the same age, gender or faith, older, a professional, a friend)

I want to talk to someone I trust, and to me trust means: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I want to understand more about why this happened to me and similar things other people have gone through. To do that, I want to learn about: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I want to talk to someone who can give me advice about: \_\_\_\_

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In order to be safe, I need to: \_\_\_\_\_

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(e.g. find a new place to stay, make a safety plan, change schools, tell someone)

I (choose one) **do | don't** want to hold the person who hurt me accountable\*. To do this, I want them to: \_\_\_\_\_

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(e.g. go to jail, not be in any spaces where I am, apologize)

I want people to help me hold the person who hurt me accountable by: \_\_\_\_\_

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\*When someone is “accountable”, they take responsibility for their actions and the hurt they caused. Usually people are “held accountable” by being punished, but there are lots of ways to do it. The most important thing is that the survivor(s) get what they need.



"I'd urge youth to identify what they need in a person who they feel comfortable talking to. It's good to have an adult you can trust but if you don't, be aware of what you need to trust someone. A guidance counsellor may have an obligation to report. This might be something you know you don't want. Find out what resources are available. Visit and research them yourself. Sometimes community workers really care. Take your time trusting people. Feel them out, keep your ears open. **People are often vocal about how they feel.** For example, if you hear things like, "If my friend's man was beating her, I'd tell her to dip or she's dumb" or " She dresses like a ho, what did she expect?", this person is telling you they'd put you down if you were in those situations. I sometimes have chill days with close friends where we eat and socialize and talk about what's bothering us ... Instead of waiting for problems to arise and escalate into violence, we try to address small issues early and share. Just having time to talk in person or over the phone and not just through email, text, BBM, online, etc. Building whatever relationships you have to be as healthy as possible can be helpful when you need support."

# RESOURCES

TTY = Teletype number for people who are Deaf, hard of hearing or speech impaired

## Key groups and supports to know about

Central Toronto Youth Services: 416-924-2100 | 65 Wellesley Street East, Suite 300 (mental health clinic; programs and counselling for youth)

Justice for Children and Youth: 1-866-999-5329 | [www.jfcy.org](http://www.jfcy.org) (legal representation for low income youth in conflict with legal, education, social service or mental health systems)

Planned Parenthood of Toronto: 416-961-0113 | Teen Sex Info Line 416-961-3200 | 36B Prince Arthur Avenue (close to St. George subway station) | [www.spiderbytes.ca](http://www.spiderbytes.ca) (general and sexual health services and information for youth)

Supporting Our Youth (SOY): 416-324-5077 | 333 Sherbourne Street | [www.soytoronto.org](http://www.soytoronto.org) (for lesbian, gay, bisexual, trans, intersex, queer, questioning and two-spirit youth; safe spaces, mentorship, recreation, housing and employment)

Toronto Rape Crisis Centre/Multicultural Women Against Rape: 416-597-8808 | 416-597-1214 (TTY) | [www.trccmwar.ca](http://www.trccmwar.ca) (anonymous, confidential; counselling, support, education and activism for survivors of sexual violence)

Women's Counselling Referral and Education Centre: 416-534-7501 | [www.wcrec.org](http://www.wcrec.org) (referrals to therapists, counsellors and community services)

## 24-hour contacts

If you are in an emergency or immediate danger, you can call 911 to reach police, ambulance and fire

Assaulted Women's Helpline: 1-866-863-0511, 1-866-863-7868 (TTY) | #SAFE (cell phone) | [www.awhl.org](http://www.awhl.org) (anonymous, confidential crisis line for women being abused; 154 languages)

Community Connection: 211 | [www.211toronto.ca](http://www.211toronto.ca) (information about resources and services in your community; many languages)

Distress Centres of Toronto: 416-408-4357, 416-408 0007 (TTY) | [www.torontodistresscentre.com](http://www.torontodistresscentre.com) (confidential, anonymous phone support, crisis intervention and suicide prevention; 150 languages)

Kids Help Phone: 1-800-668-6868 | [www.kidshelpphone.ca](http://www.kidshelpphone.ca) (confidential, anonymous help and referrals)

## Youth centres and groups

Black Daddies Club: [info@blackdaddiesclub.com](mailto:info@blackdaddiesclub.com) | [www.blackdaddiesclub.com](http://www.blackdaddiesclub.com) (programs and groups for young black fathers)

Breaking the Cycle (Rexdale): 416-745-1829 | 416-742-7588 (helps youth avoid getting involved in gangs and helps them get out of gangs)

East Metro Youth Services (Scarborough): 416-438-3697 | 1200 Markham Road, Suite 200 | [www.emys.on.ca](http://www.emys.on.ca) (programs for youth and their families)

For Youth Initiative (FYI): 1652 Keele Street (416-653-3311) | 1669 Eglinton Avenue West (416-785-9900)

JVS: 416-787-1151 ex. 1 (locations all over Toronto; employment support and programs for youth who have been or are at-risk of being imprisoned)

Native Canadian Centre: 416-964-9087 | 16 Spadina Road (programs, events, support for Aboriginal youth)

**SKETCH (downtown):** 416-516-1559 | 580 King Street West, 2nd Floor | [www.sketch.ca](http://www.sketch.ca) (art programs for youth 15 to 29 who are homeless, living in a shelter, at risk of losing housing and/or street-involved)

**The Spot (Jane and Finch):** 416-736-4413 (drop-in centre for youth between 13 and 30)

## **Counselling, support groups, help lines**

**Barbra Schlifer Clinic:** 416-323-9149 | 416-323-1361 (TTY) | [www.schliferclinic.com](http://www.schliferclinic.com) (legal, counselling, interpretation, advocacy and referrals for women survivors of violence)

**Black Youth Helpline:** 416-285-9944 | [www.blackyouth.ca](http://www.blackyouth.ca) (information, referrals and support for black youth; parenting support, support to stay in or return to school)

**HEY Y Line:** 416-423-4399 | [www.hey y.net](http://www.hey y.net) (confidential, anonymous peer support for youth over phone and online)

**June Callwood Centre:** 205 Parliament Street | 416-365-1888 | [www.junecallwoodcentre.org](http://www.junecallwoodcentre.org) (health services, counselling, education, housing, prenatal classes, parenting groups and support for pregnant teenagers, teenage parents and their children)

**Naseeha Muslim Youth Helpline:** 1-866-Naseeha | [info@naseeha.net](mailto:info@naseeha.net) (for Muslim youth, with focus on issues in Muslim communities; open 6 to 9 PM, Monday to Friday)

**Sheena's Place:** 416-927-8900 | [www.sheenasplace.org](http://www.sheenasplace.org) (programs for those with eating disorders)

**Mental health crisis lines and services** (mental health can be about depression, suicide, anxiety, feeling overwhelmed, feeling paranoid, etc.)

**Gerstein Crisis Centre:** 416-929-5200 | [www.gersteincentre.org](http://www.gersteincentre.org) (emergency support for people over 16 in a mental health crisis; mobile response to homes and communities)

**Griffin Centre:** 416-222-1153 | 24 Silverview Drive (mental



health services and counselling to youth, adults and families; addresses things like family conflict, issues at school, addictions, sexual abuse and sexual orientation)

St. Elizabeth Health Care (Etobicoke and North York): 416-498-0043 | [www.saintelizabeth.com](http://www.saintelizabeth.com) (for people over 16 in a mental health crisis; mobile response and emergency housing)

## **Sexual assault services**

Scarborough Hospital Sexual Assault/Domestic Violence Care Center: 416-495-2555 | 3030 Birchmount Road (24-hour confidential medical treatment and emotional support for youth over 12 who have just experienced sexual assault; counselling for anyone sexually assaulted in the last 2 years)

Women's College Hospital Sexual Assault/Domestic Violence Care Centre: 416-323-6040 | 76 Grenville Street (for anyone who experiences sexual assault and intimate partner abuse; medical and counselling services)

## **Shelters and housing**

Assessment and Referral Centre: 416-338-4766 | 1-877-338-3398 (24-hour phone line to help single adults, youth and couples find a shelter)

Central Family Intake: 416-397-5637 (phone line to help families who are homeless or at risk of losing their homes)

Eva's Initiatives: 416-977-4497 | [www.evasinitiatives.com](http://www.evasinitiatives.com) (emergency and transitional housing and programs for youth)

Horizons for Youth: 416-781-9898 | 422 Gilbert Avenue | [www.horizonsforyouth.org](http://www.horizonsforyouth.org) (shelter for homeless and at-risk youth; life training skills, counselling and advocacy)

Stop 86: 416-922-3271 (shelter for homeless young women between 16 and 25)

Tumivut Youth Shelter: 416-651-6750 | 26 Vaughan Road

(shelter for homeless youth 16 to 24 with no outstanding warrants; programs have emphasis on Aboriginal cultures)

Youth Without Shelter: 416-748-0110 ex. 24 | 6 Warrendale Court | [www.yws.on.ca](http://www.yws.on.ca) (shelter for youth 16 to 24; basic necessities, training and education)

## **Legal help and information**

ARCH Disability Law Centre: 1-866-482-2724, 1-866-482-2728 (TTY) | [www.archdisabilitylaw.ca](http://www.archdisabilitylaw.ca) (protects and advances rights for people with disabilities)

Community and Legal Aid Service Programme (CLASP): 416-736-5029 | [www.osgoode.yorku.ca/clasp](http://www.osgoode.yorku.ca/clasp) (legal questions and referrals; can take up to 5 days for an answer)

Community Legal Education Ontario (CLEO): 416-408-4420 | [www.cleo.on.ca](http://www.cleo.on.ca) (online legal information to help people understand and exercise rights)

Human Rights Legal Support Centre: 1-866-625-5179 | [www.hrlsc.on.ca](http://www.hrlsc.on.ca) (for people on Ontario who experience discrimination)

Lawyer Referral Service: 1-800-268-8326 | [www.lsuc.on.ca](http://www.lsuc.on.ca) (lawyers who provide a free 30 minute consultation)

Legal Aid Ontario: 1-800-668-8258, 1-866-641-8867 (TTY) | [www.legalaid.on.ca](http://www.legalaid.on.ca) (legal services for people with low incomes)

Ontario Provincial Advocate for Children and Youth: 416-325-5669 | 1-800-263-2841 | [www.provincialadvocate.on.ca](http://www.provincialadvocate.on.ca) (for youth in foster care, group homes and detention centres who have complaints about their care)

Ontario Women's Justice Network: [www.owjn.org](http://www.owjn.org) (online information for women and youth on the law and violence against women)

**LGBTTIQ2S youth services** (for lesbian, gay, bi, trans, intersex, queer, questioning and two spirited youth)

2 Spirited People of the First Nations: 593 Yonge Street, Suite 202 | 416-944-9300 | [www.2spirits.com](http://www.2spirits.com) (counselling, referrals, recreation, ceremonies, support and education)

519 Church Street Community Centre: 416-392-6874 | 519 Church Street | [www.the519.org](http://www.the519.org) (youth programs include trans support, drop-ins and children's camps)

Lesbian Gay Bi Trans Youth Line: 1-800-268-9688 | [askus@youthline.ca](mailto:askus@youthline.ca) (confidential, by youth, for youth; support, information and referrals)

## **Health services**

Access Alliance: 416-324-8677 | [www.accessalliance.ca](http://www.accessalliance.ca) (for refugee and immigrant youth 13 to 24; primary healthcare, one-on-one counselling, peer mentorship, social and life skills, education, arts and recreation)

Breakaway Addiction Services: 416-234-1942 | 2 Billingham Road, 4th floor | [www.breakawayaddictions.ca](http://www.breakawayaddictions.ca) (for youth 13 to 25 and families with drug or alcohol addiction)

Hassle Free Clinic: 416-922-0566 | 66 Gerrard Street East | [www.hasslefreeclinic.org](http://www.hasslefreeclinic.org) (free sexual health and counselling; drop-in for women/trans people and men/trans people)

Sherbourne Health Centre: 416-324-4180 | 333 Sherbourne Street | [www.sherbourne.on.ca](http://www.sherbourne.on.ca) (health care and programs for lesbian, gay, bi, trans, intersex, queer, questioning and two spirited communities and homeless communities)

Shout Clinic: 416-703-8482 | 168 Bathurst Street | [www.ctchc.com](http://www.ctchc.com) (walk-in clinic for homeless and street-involved youth 16 to 24)

Telehealth Ontario: 1-866-797-0000 | 766-797-0007 (TTY) | [www.health.gov.on.ca](http://www.health.gov.on.ca) (anonymous, confidential phone line for general health information)

Women's Health in Women's Hands: 416-593-7655 | 416-

593-5835 (TTY) | 2 Carlton Street, Suite 500 | [www.whiwh.com](http://www.whiwh.com) (health centre for women of colour 16 and older)

## **Workplace support**

Workers Action Centre: 416-531-0778 | [www.workersactioncentre.org](http://www.workersactioncentre.org) (support to deal with a bad employer or get unpaid wages)

Youth Employment Services (YES): 416-504-5516 | [www.yes.on.ca](http://www.yes.on.ca) (locations across Toronto; training, education, help finding a job)

## **Other websites and online resources**

[www.athinline.org](http://www.athinline.org) (anti-bullying campaign)

[www.betterworld.net](http://www.betterworld.net) (information about dating violence)

[www.courtprep.ca](http://www.courtprep.ca) (information about the court process)

[www.metrac.org/whatitis.htm](http://www.metrac.org/whatitis.htm) (digital game on sexual violence for play online and on mobile phones)

[www.metrac.org/replay/index.html](http://www.metrac.org/replay/index.html) (digital game on healthy relationships for play online)

[www.spiderbytes.ca](http://www.spiderbytes.ca) (sexual health)

[www.stopviolenceeveryday.org](http://www.stopviolenceeveryday.org) (people taking action to end violence)

# Notes



Respect in Action (ReAct) is a youth program of



158 Spadina Road, Toronto, Ontario, M5R 2T8

416-392-3135 | 416-392-3031 (TTY)

[info@metrac.org](mailto:info@metrac.org) | [react@metrac.org](mailto:react@metrac.org) | [youth@metrac.org](mailto:youth@metrac.org)

[www.metrac.org](http://www.metrac.org) | [www.owjn.org](http://www.owjn.org)

Find ReAct and METRAC on Facebook

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