



# **Domestic violence awareness and action**

**Educational resources  
October 2023**



**Canadian Centre for Diversity and Inclusion  
Centre canadien pour la diversité et l'inclusion**

[www.ccdi.ca](http://www.ccdi.ca)

## Educational resources for domestic violence awareness and action

November is National Domestic Violence Awareness Month in Canada. This commemorative month aims to promote education and prevention, support survivors, and advocate for policies to combat domestic violence.

Domestic violence occurs within various types of relationships, including intimate partners, married, unmarried, and common-law couples, and among family members. Statistically, certain groups tend to be more commonly affected or more vulnerable, including women, children, 2SLGBTQI+ individuals, and people with disabilities. However, people of any gender can be both victims and perpetrators of violence, and domestic violence can affect anyone, regardless of age, gender, race, sexual orientation, socioeconomic status, or background.

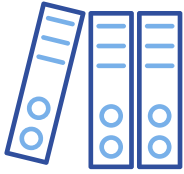
Domestic violence can significantly impact the workplace, and employers are crucial in addressing this issue and supporting affected employees. Employers can support employees facing domestic violence by creating a safe environment, providing resources and education, and implementing policies that protect employees. Not only does this benefit the individuals involved, but it also contributes to a safer and more compassionate workplace overall.

The resources included in this guide provide information on domestic violence and how organizations, teams, and individuals can support those impacted.

If you or someone you know is experiencing violence, [find family violence resources and services in your area](#), or visit [sheltersafe.ca](http://sheltersafe.ca) to connect with a local shelter.

Men experiencing violence can access specialized support by calling 1-833-327-MENS (6367) or visiting [Men &](#).

If you are in immediate danger or need urgent medical support, call 911.



## ARTICLES, REPORTS, AND TOOLS

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### Bilingual

- [Can Work Be Safe, When Home Isn't? Initial Findings of a Pan-Canadian Survey on Domestic Violence and the Workplace / Peut-on être en sécurité au travail quand on ne l'est pas à la maison? Premières conclusions d'une enquête pancanadienne sur la violence conjugale et le milieu de travail \(PDF\)](#), Centre for Research & Education on Violence against Women & Children
- [Fact Sheet: Intimate Partner Violence / Fiche d'information : Violence entre partenaires intimes](#), Government of Canada
- [Family violence in Canada: A statistical profile / La violence familiale au Canada : un profil statistique](#), Statistics Canada
- [Intimate Partner Abuse Against Men / La violence à l'égard des hommes dans les relations intimes](#), Government of Canada
- [Intimate partner violence and abuse / Violence dans les relations intimes](#), Royal Canadian Mounted Police
- [It's Your Business: A Domestic & Intimate Partner Violence Workplace Toolkit / C'est votre affaire : Une trousse d'outils sur la violence conjugale et entre partenaires intimes pour les milieux de travail](#), New Brunswick D/IPV in the Workplace Committee
- [Provincial and territorial resources on gender-based violence / Ressources provinciales et territoriales sur la violence fondée sur le sexe](#), Government of Canada
- [The Facts about Gender-Based Violence / La violence fondée sur le genre : les faits](#), Canadian Women's Foundation
- [Understanding Intimate Partner Violence and How to Move Forward / Comprendre la violence conjugale et comment s'en sortir](#), Government of Manitoba

### English only

- [Abuse in LGBTQ+ Communities](#), National Domestic Violence Hotline
- [Addressing Domestic Violence in the Workplace](#), Public Services Health & Safety Association
- [Guidelines for Workplace](#), Centre for Research & Education on Violence against Women & Children
- [Intimate Partner Violence and Family Dynamics](#), The Smallest Steps

- [Male Victims of Intimate Partner Violence \(PDF\)](#), National Coalition Against Domestic Violence
- [Myths Around Men Experiencing Abuse](#), National Domestic Violence Hotline
- [National Domestic Violence Awareness Month](#), Dixon Transition Society
- [Talking to Your Coworker](#), National Domestic Violence Hotline
- [Workplace Safety Steps: Preventing and Responding to Workplace Domestic Violence](#), Centre for Research & Education on Violence against Women & Children
- [Workplace Toolkit](#), Workplaces Respond to Domestic & Sexual Violence

### French only

- [Comprendre la violence conjugale \(PDF\)](#), Voir la violence
- [Comprendre les violences conjugales pour mieux les prévenir](#), Filactions
- [Mieux comprendre la violence conjugale](#), Regroupement des maisons pour femmes victimes de violence conjugale
- [Trousse d'accompagnement pour les entreprises, les syndicats et les membres du personnel](#), Violence conjugale au travail
- [Understanding Abuse \(PDF\) / Comprendre la violence \(PDF\)](#), Conseil consultatif sur la condition féminine de la Nouvelle-Écosse
- [Violence conjugale : Nouvelle obligation pour l'employeur](#), Ordre des conseillers en ressources humaines et en relations industrielles agréés du Québec
- [Violence conjugale, familiale ou à caractère sexuel : Obligations et responsabilités des employeurs et des travailleurs](#), CNESST
- [Violence conjugale](#), Institut national de santé publique du Québec
- [Violence conjugale: La comprendre pour mieux la prévenir](#), Ordres des infirmières et infirmiers du Québec



## BOOKS

*CCDI encourages you to check with your local bookstore or municipal library for availability of these publications.*

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### Bilingual

- If These Wings Could Fly / L'envol (Kyrie McCauley)
- It Ends with Us / Jamais plus (Colleen Hoover)
- Something Wild: A Novel / Notre part d'ombre (Hanna Halperin)

### English only

- A Good Wife (Samra Zafar)
- Assume Nothing: A Memoir of Intimate Violence (Tanya Selvaratnam)
- Goodbye, Sweet Girl: A Story of Domestic Violence and Survival (Kelly Sundberg)
- No Visible Bruises: What We Don't Know About Domestic Violence Can Kill Us (Rachel Louise Snyder)
- On Violence and On Violence Against Women (Jacqueline Rose)
- See What You Made Me Do: The Dangers of Domestic Violence That We Ignore, Explain Away, or Refuse to See (Jess Hill)
- Surviving: Why We Stay and How We Leave Abusive Relationships (Beverly T. Gooden)
- The Politics of Surviving: How Women Navigate Domestic Violence and Its Aftermath (Paige Sweet)
- The Raw Light of Morning (Shelly Kawaja)
- Welcome to Wherever We Are: A Memoir of Family, Caregiving, and Redemption (Deborah J. Cohan)

### French only

- Ceci n'est pas un fait divers (Philippe Besson)
- Comprendre la violence dans les relations amoureuses (Joane Turgeon)
- Femmes Kleenex (Nicole Sigal)
- Gris comme le coeur des indifférents (Pascaline Nolot)
- Jusqu'à ce que ça fasse bang (Alexandra Larochelle)
- Le jour où j'ai arrêté d'avoir peur (Cindy Bruna)
- Quand l'amour nous fait accepter l'inacceptable: La dépendance affective rend-elle plus vulnérable à la violence conjugale? (Geneviève Krebs)
- Sa préférée (Sarah Jollien-Fardel)



## FILM AND TELEVISION

*Please note: There may be a cost related to watching this content and CCDI is not responsible for those costs.*

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### Bilingual

- [A Better Man / Un homme meilleur](#) (National Film Board of Canada)
- [Big Little Lies / Petits secrets, grands mensonges](#) (Crave, Super Écran)
- [Herself / Elle-même](#) (Amazon Prime Video)
- [Maid / Maid \(FR\)](#) (Netflix)

### English only

- [And So I Stayed](#) (Vimeo)
- [I, Tonya](#) (Netflix, [Amazon Prime Video](#))
- [Private Violence](#) (Plex, [Apple TV](#))

### French only

- [H24: 24 heures dans la vie d'une femme](#) (Télé Québec)
- [Jacqueline Sauvage: c'était lui ou moi](#) (TF1)
- [Le Monstre](#) (ICI TOU TV)
- [Moi j'habite nulle part](#) (ICI TOU TV)
- [Nouveau Départ](#) (Vimeo)
- [Pas une de plus](#) (ICI TOU TV)
- [Touchées](#) (TF1)

## Bilingual

- [How we turned the tide on domestic violence \(Hint: the polaroid helped\) / Comment nous avons fait reculer les violences domestiques \(Indice: le Polaroid nous a aidé\)](#) (Esta Soler)
- [I broke my silence: my story of domestic violence / J'ai brisé mon silence: mon récit de violences domestiques](#) (Emma Murphy)
- [Violence against women – it's a men's issue / Violence faite aux femmes – c'est un problème d'homme](#) (Jackson Katz)
- [Why domestic violence victims don't leave / Pourquoi les victimes de violence conjugales ne partent pas](#) (Leslie Morgan)

## English only

- [Domestic abuse: not a gender issue](#) (Andrew Pain)
- [Domestic violence from a Son's Perspective](#) (Adam Herbst)
- [Domestic Violence: What everyone needs to know](#) (Hannah Petrillo)
- [Shifting the Narrative on Domestic Violence](#) (Audrey Prosper)
- [Solving One Puzzle of Domestic Abuse](#) (Laura Frombach)

## French only

- [N'ayons pas honte d'être victimes de violences conjugales](#) (Morgane Seliman)
- [Oser parler](#) (Emilie Morand Kessaria)



## PODCASTS

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### Bilingual

- [Survivors Speaking out for Gender Equality / Les survivants s'expriment en faveur de l'égalité des sexes](#)

### English only

- [After Dark: Stories of Hope](#)
- [His & Hers Trauma Podcast](#)
- [I'm Not in an Abusive Relationship](#)
- [I'm a Survivor](#)
- [Let's Talk About It](#)
- [Partnered with a Survivor: David Mandel and Ruth Reymundo Mandel](#)
- [PAVE: Professionals Against Violence Podcast](#)
- [RESOLVing Violence](#)
- [Shatterproof: Thriving After Domestic Abuse](#)
- [Signal for Help](#)
- [Through the Eyes of Survivors](#)
- [Welcome to Paradise](#)

### French only

- [Comme une boule au ventre, les 400 coups](#)
- [Des victimes de la violence conjugale pistées à leur insu \(podcast episode\)](#)
- [Je te crois](#)
- [La crise, le coeur de la violence conjugale \(podcast episode\)](#)
- [La violence conjugale avec Me Julie Beauchemin \(podcast episode\)](#)
- [Maman, arrête de mourir : survivre aux féminicides](#)
- [Ressortir plus forte d'un passé difficile avec Emily Laliberté, créatrice d'identité sonore \(podcast episode\)](#)
- [Se préparer dans un context de violence conjugale \(podcast episode\)](#)
- [SOS la violence conjugale](#)
- [Violence conjugale et le rôle des employeurs \(podcast episode\)](#)





## INSTAGRAM ACCOUNTS

*CCDI is not responsible for the content posted by any of these accounts.*

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### Bilingual

- [@canadianwomensfoundation](#)
- [@endingviolence\\_canada](#)
- [@endvawnetwork](#)
- [@whiteribboncanada](#)

### English only

- [@crevawc](#)
- [@ndvhofficial](#)
- [@prevnet](#)
- [@resolve\\_ab](#)
- [@resolvesask](#)
- [@resolveum](#)
- [@thebutterflyproject](#)

### French only

- [@non.a.la.violence.conjugale](#)
- [@quartiersallies](#)
- [@sanscrinihaine](#)
- [@sosviolenceconjugale](#)

Last updated: October 2023