

THE Accent

Prince Edward Island Union of Public Sector Employees

Family Violence Prevention Week February 8 -14, 2015

February 8 to 14 is Family Violence Prevention Week

February 8 -14 is **Family Violence Prevention Week** and there are a number of activities planned across the Island to help raise awareness of family violence and to promote healthy relationships. Activities include awareness sessions, walks in silence, interfaith service, fund-raising, family activities and more. A full schedule of events and information on family violence prevention can be found at www.stopfamilyviolence.pe.ca.

Wednesday, February 11 is **Wear Purple Day in Prince Edward Island**. Islanders are encouraged to wear purple:

- to raise awareness of Family Violence Prevention Week;
- to remember victims of violence and their families;
- to show that violence in any relationship is not acceptable; and
- to show that you are willing to work with others to prevent family violence.



This year, Family Violence Prevention Week focuses on the importance of healthy relationships. Healthy relationships enhance our sense of security, well-being and self-worth and are a source of support when dealing with life's challenges. You may have many types of relationships, including social relationships with friends, a marital relationship with a spouse or partner and family relationships. These connections can have a positive or negative influence on your life and so it is important to take the time to check your relationships and take steps to ensure they are healthy.

Here are some signs of a healthy relationship:

- you feel valued and respected
- you are treated as an equal
- you can talk openly and without fear about your feelings with the other person
- you support each other
- you take responsibility for your actions
- when things go wrong you avoid placing blame
- you feel safe and secure in the other person's company

Throughout Family Violence Prevention Week, follow and share daily images and messages on [facebook.com/govpe](https://www.facebook.com/govpe) and twitter.com/InfoPEI





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This Accent is an internal publication of the Prince Edward Island Union of Public Sector Employees. Comments, questions, concerns and suggestions should be sent to: Mark Barrett, PEI UPSE Communications and Campaigns Officer, at mbarrett@peiupse.ca.

Note to members distributing The Accent:

Because the material contained in this publication is often of a time-sensitive nature, please post or distribute it as soon as possible.

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