



# PREVENT RESIST SUPPORT

## Episode 2: Red Flags for Domestic Violence

with Tamara Will



University  
of Windsor

Sexual Misconduct Response  
and Prevention Office

### **Prevent Resist Support Podcast**

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Introduction (Anne Rudzinski)

Anne: Hi everyone, Welcome to Prevent Resist Support, a podcast by the Sexual Misconduct Response and Prevention Office at the University of Windsor. I'm Anne Rudzinski, the Sexual Wellness and Consent Coordinator. This semester we are bringing you content on sexual violence, consent, relationships, and safer sex, via podcast.

Today's episode is about domestic violence. We've been getting a lot of requests from students about domestic violence content, specifically around red flags for domestic violence or intimate partner violence. I think a lot of folks think that if you are an expert in sexual violence you are also an expert in domestic violence, but that's not always the case. These types of violence actually function differently. They are similar in a lot of ways. The gender nature of domestic violence is a key feature. There's also dynamics of power and control, which is similar to sexual violence. So, it's in the same realm of violence, but it is not exactly the same. We will get into more nuances about domestic violence in our chat today. That's why we have decided to bring in an expert to talk about domestic violence. We are here today with Tamara Will.

Tamara is the Gender Based Violence and Survivor Support Case Manager at Western University in Canada. Tamara's role is very similar to Dusty's role at the University of Windsor. The role is centered around

confidential support and sometimes reporting, depending on what the person wants to do.

At UWindsor if you have had an unwanted sexual experience, you can reach out to Dusty. And if you are at Western, you can reach out to Tamara. You can reach out to Dusty at [svsupport@uwindsor.ca](mailto:svsupport@uwindsor.ca) or Tamara at [support@uwo.ca](mailto:support@uwo.ca). I always think it is important to share these resources before we get into a heavy topic like domestic violence. If you need support we are here. If you need immediate support, you can call the 24 hour crisis line at the Sexual Assault Crisis Centre. You can reach them at 519-253-9667. Hiatus house is also an excellent resource in Windsor; you can reach their 24 call line at 519-252-7781. If you are not in Windsor and you need support you can check out the Ontario Collation of Rape Crisis Centres. Their website is <https://sexualassaultsupport.ca/>. Alright, so let's get into our interview for today!

Anne: Hi, Tamara! It is so exciting to have you here with us today on our new podcast.

Tamara Will: Thank you for having me.

Anne: Can you tell me a little bit about how you got into your career and how you got into this work?

Tamara: Definitely. So, my background is in Social Work. And after I completed my degree, I took a job in Ottawa, working at a shelter for women facing homelessness. I really quickly noticed that all of the women I was speaking with had experienced gender-based violence at some point in their life, most had started in childhood and they had experiences continuing into their adulthood. Few of them had never received support for the trauma they endured, and the experiences had really started to shape the directions their lives had taken. I realized that I wanted to be a part of that support for individuals, as well as part of their healing journey. From there, I worked at a violence against women shelter for women and children facing abuse, and then as a counsellor in the community as at a sexual assault centre before taking a job at Western about 3 years ago.

Anne: That's amazing. I want to get into some of the framing of the problem because honestly when I was writing this, I noticed I was using some

language interchangeably that might not be interchangeable. So, can you tell me a little bit about the difference between the terms domestic violence, intimate partner violence, relationship violence. Are these things the same or are they different?

Tamara: Ya, and I think you are right. These terms are sometimes used interchangeably and that can be really confusing for people. I think a term that is being used more frequently now is around gender-based violence and that is really broadening the definition and recognizing that the spectrum of violence that people experience. Gender-based violence is discrimination, harassment, and violence that people experience based on their gender, gender expression, or gender identity. And then within gender-based violence, all sexual violence, domestic violence, family violence, human trafficking, cyber violence. Within domestic violence we are typically speaking about it within our romantic or intimate partnership. But sexual violence can be a component of domestic violence. It doesn't have to be, but it certainly can be. When we are speaking about sexual violence, that can also be something that has occurred with someone that you know within a domestic partnership, but it can also be with someone that you don't have a preexisting relationship with as well.

Anne: I know that a lot of folks think that sexual violence and domestic violence are really similar but there's also some differences between them. Can you talk a little bit about that?

Tamara: Absolutely. So, like as I mentioned, within domestic violence, sexual violence can be a component, but there's also a lot of other forms of abuse within the relationship. It can be emotional, financial, physical, psychological. When we are talking about sexual violence we are typically speaking more about sexual acts, harassment or discrimination based on someone's sexuality or orientation or gender. There are some pretty big differences when it comes to the legal system as well with the definition of sexual violence and domestic violence. The definition of domestic violence can be pretty broad as well within the legal system, it can be with someone you have just dated, gone on a few dates with, or someone that you are really involved in a romantic partnership with for a long time. But when it comes to reporting, I think it is important for people to know what those

differences are. When it comes to reporting sexual violence with someone that you have never been in a relationship with, you can make a report to the police and you can choose to pause the process there and say, you know what, I don't want it investigated right now, I just want this on file, and maybe come back to it in the future. You have a lot more control over the process. When it comes to someone you have been in a relationship with, there's something called mandatory charging laws in Ontario which means that if the police learn about an incident of domestic violence, they are obligated to investigate and to lay a charge, so sometimes what happens is people go in thinking they are going to make a report, but then very quickly it turns into an investigation and charges are laid. So, I think it is important to understand those differences before speaking with police, just to know what your rights are and what control you have over the process.

Anne: Ya, I think that's so important and I think one of the really cool things about your role and Dusty's role is that you get to advise folks about that

Tamara: Absolutely

Anne: Right, like people can come in and talk about that process with you before they make that decision.

Tamara: Definitely, it is important to reach out, you know rights within the university or within the community but really understanding what those differences are and what your rights are I think is really empowering. And I think even if you decide to go straight to the police you know, asking questions upfront before you're even sharing and identifying information about the situation, you can just say you want to know a bit more about this. So, kind of advocating for yourself, as well.

Anne: Ya, absolutely. Ok, so let's talk a little bit about the nature of domestic violence. One of the biggest questions we get is: What are some of the red flags that someone might be abusive?

Tamara: Some red flags are really obvious and other ones are a little bit more subtle sometimes and hard to identify. Some that you might notice are unpredictable mood swings, the person losing their temper really

quickly, so going from 0 to 100 in a really short period of time. Someone that is trying to rush the relationship and the commitment, having manipulative tendencies, or a tendency to make all of or most of the decisions within the relationship, making it feel like you don't have much of a voice in the decisions being made. I think another flag can be how they talk about their ex partners. So, if they are talking about them as psycho, crazy, paranoid, that can be a red flag too. Isolation is a big one, so try to increase your dependency on them by subtly pushing away other relationships in your life. If they have issues with you hanging out with your friends, talking to your family, going to class. One that I commonly hear in a post-secondary setting is a partner picking a fight with a student the night before or morning of a big exam, and that is really sabotaging their academics. Or sometimes pressure to not go to school, or to drop it. So, when it comes to isolation, friends and family can be seen as threats to the relationship because they might start to point out those concerning behaviors they are witnessing and you might feel like you need to start hiding things about your relationship from your friends and your family. Other red flags include name calling, insults, shaming, making you feel bad about yourself when your self-esteem is low, and that makes people feel powerless and maybe the thought that "nobody else would want me", intimidation like smashing things, damaging your property, getting in your face, yelling, the message being that if you do not obey them there can be consequences. Minimizing their abusive behaviours is another, so shifting the responsibility on you, their behaviours are always your fault and their actions are your fault and they are not able to apologize when they have done something wrong. And blaming you for their feelings, so like "you make me mad" or "you hurt me when you don't do this" and with this kind of sulking or anger into manipulating you into having sex when you are not in the mood. Threats are another red flag, and of course that can mean threatening to harm you, but one that I really commonly hear are threats around self-harm, so saying that if you break up with me or leave me I am going to hurt myself or threatening suicide and that leaves people feeling trapped because then you think you own that responsibility for this person's wellbeing. And jealousy and possessiveness, so not allowing you to talk to individuals of a specific gender and insisting on having your passwords for your phone, email, having you respond to their phone calls or texts at a specific period of

time to avoid them from getting upset, showing up to your place unannounced, monitoring your social media, so whose photos are you liking and who's liking your photos. That is definitely not an exhaustive list, there are lots of other red flags, but I think what is most important is paying attention to your instincts and how that person's actions or words make you feel about yourself. And also thinking you know if a friend was to come to you and share some of these concerns or behaviours with you about their partner, what would you think about that?

Anne: Ya I think that's a big one. I think we're really good at recognizing things that are happening to other people, but it is harder to apply that to ourselves, so I love that point. And I know you wanted to talk a bit about some green flags in relationships and I love that because I think we often focus on the negative, but we should also think about the positives. So, what are some of those green flags?

Tamara: Some green flags can be when a person is kind or respectful, they don't twist your words or act in manipulative ways. They are able to take responsibility for their own behaviours and feelings and they are able to apologize when they have done something wrong. They respect your values, they are genuine and honest, and they support your goals. They listen to your feelings and they help you work through things that are bothering you. They respect your wishes and boundaries. Also, someone that is able to compromise. And they allow the relationship to progress at a pace that you are both comfortable with, so you don't feel like they are rushing the relationship. And I think what is most important is someone who is comfortable with themselves, so they have their own friends and interests, you can be two separate people that enjoy spending time together but you don't have to be this enmeshed unit. You can have any joy in your own personal time and space.

Anne: I love that. One of the things that I always think about, and I was thinking about this when you were listing out these red flags, is that I think when we hear them in a list like that they sound so obvious, but when we're actually in those relationships that's not always the experience. Sometimes we don't notice that someone is harmful until

we've already been invested in that relationship. Can you talk a little bit about that piece?

Tamara: I think that's true for a majority of survivors I support. The relationship is often great in the early stages and they don't see red flags. Their abuser is often this really charming, charismatic person that would be the last person people would expect to have these abusive tendencies. And I think that is part of the cycle of abuse – If someone was to display all of these toxic behaviours and red flags on the first few dates, then no one is going to want to date them. So, it's really not until there is an emotional investment that some of these changes start to occur and it is a lot more difficult to walk away. And that time a lot of people start thinking that if we could only get back to those early days when things were really great, or maybe I can help this person change and they will be a really good partner. Sometimes these red flags are obvious early on and sometimes they are not. So, trying to find that self-compassion and knowing that it is not your fault if you did not see them sooner. Abusers can be really skilled and manipulative at making you doubt yourself and your instincts.

Anne: Ya. I'm thinking of that example too that we talked about a little bit earlier when we were on our call that sometimes people feel like they are the caretaker of that partner, or that partner has a lot of mental health issues, they may be struggling with self-harm, or they are abusive and that person, especially if they are a women, because as women we really feel that need to take care and support our partners. And that's the social world we are often put in, this idea that we are the only person who can care for and help this person.

Tamara: Definitely, and I think that is true, especially if their partner has struggles like you said, mental health or addiction issues, or childhood trauma, and really starting to see that this abuse is a result of those issues and if I can help this person heal or I can help them get help, then maybe these behaviours will stop.

Anne: Ya, absolutely, and I think the other piece that is really important to touch on is that these people are not always people that seem awful. If they seemed awful, they wouldn't have people to harm. They are people that are people well-loved in their communities. They have friends that

think they are really amazing. I have seen some cases where the person that is abusive is a guy that is really feminist or a big activist and has all of the language, so it seems like they are really invested in respect and equality, and all of these really important things, but you know there's that other side of them.

Tamara: Definitely. And I think that is true more often than not that it is these people you know and respect and are likable people, and they have lots of friends, and I think that's part of the difficulty of leaving. "no one would ever believe me that this person is capable of these behaviours."

Anne: Ya, absolutely. So, the next question I have is one buzz word we hear around domestic violence is "love bombing" – So can you talk a little bit about what love bombing is?

Tamara: Love bombing is when someone shows a lot of affection and attention really early on when dating. And it might be through things like gifts, compliments, wanting to hangout all the time. It can really feel like this person is too good to be true. And the relationship may feel like it is starting to rush a bit. Most of us, to some extent, we want these things in a partner, but the problem with love bombing is the pace and intensity in which it occurs so that excessive attention and affection is really intended to speed up the emotional investment and commitment in a relationship so that when those red flags start to appear you are more likely to ignore them. And then during that love bombing stage the person is really displaying the person that they want you to see and not their true self.

Anne: Thank you so much for that. I feel like that's one of those things that we are just starting to talk about in this field, so I think it is always important to kind of tap through that piece. Another really important piece is the idea that leaving an abusive relationship is really difficult and there's a lot of victim blame around "well why didn't she/they/he leave sooner?" So, can you talk a bit about that? Why's it so difficult to leave?

Tamara: I think this ties into what we were talking about before and that emotional investment in the relationship that makes it hard to leave. Many people that I talk with, they can identify the unhealthy and abusive behaviours that their partner displays but they can also

acknowledge the qualities that they really like and appreciate in their partner. So, it is really this cut and dry, we see someone as all good or all bad. And that kind of hope that we might be able to change the person, especially like what we were talking about with maybe that person has their struggles with addiction, trauma, or mental health, and seeing those as the root of the abusive behaviours. And as I mentioned before, those manipulative threats of self-harm are another big reason people stay. They start to imagine that guilt that they would feel if the person was to follow through with those threats and harm themselves.

Another reason people can stay is when the abuser has been successful in isolating them and cutting off their friends and family, maybe they feel they don't have anyone left and my partner is really the only support [support said with air quotations] I have. Feeling like no one will believe them or feeling like they are deserving of the abuse. Abusers are really good at wearing people's self-esteem down, to the point that they think they are worthless and maybe no one else is going to love me. If someone depends on the other person for physical support, they may feel like their wellbeing is directly tied to their relationship. A lack of alternative options for support can heavily influence their decision to stay in a relationship, especially if they have a disability, or financial strain can keep people in as well. So maybe if they live with their partner and they cannot afford to move out or they can't afford to have a place on their own. Someone's immigration status and a fear of reporting abuse and thinking "could this have an impact on my future applications for status in Canada?" or if English is not their first language and they are starting to think about the legal system, that can be confusing and overwhelming too. And cultural context can be a factor, so there are traditional customs and beliefs that can influence one's decision to stay in an abusive situation, whether those beliefs are held by the individual themselves or by their family or community. I have seen situations where maybe students weren't so much fearful of retaliation from their partner but actually from the community if they were to leave and the ostracization that they might feel. Certainty when there are children involved that can complicate things and that feeling of guilt for disrupting the family unit. And as we were talking about before, pets as well, right, unfortunately a lot of shelters you can bring your pet with you so having to make those decisions "well do I stay and

keep my pet with me and know I am keeping them safe, or how am I supposed to leave them behind?"

Anne: Absolutely. And one of the things we talked a little bit about was that COVID has really exacerbated this issue. It is so hard to leave if you are isolating or quarantining with someone. And if you are quarantining with someone and are not able to visit another family, like that probably also relates to the isolation that someone might be enacting. So, can you talk a little bit about just how the pandemic is affecting this problem?

Tamara: There has been a pretty significant increase in domestic violence across Canada, and part of that is what you said, being more isolated at home with your partner, sometimes it is around financial strains, so a partner has lost their job and they are more irritable. But certainly people being isolated and not feeling like they have other options or are not able to access their support, and maybe normally they would go out to coffee with a friend and be able to talk about these things but feeling like their partner is around and is monitoring their phone call or internet use.

Anne: Absolutely. I didn't even think about that piece of the partner just always being around when you are in quarantine, but yes that is so true. Another thing that a lot of students want to know about is how to support or help a friend who is in an abusive relationship and I think sometimes we have this inclination that if we see that someone is bad or harmful we want to tell that person, "Just break up with them" but that's not always the best route because they may not be ready to leave. So, can you tell us a little bit about how to best support someone that you love if they are in a harmful relationship?

Tamara: Ya, reminding them that the abuse is not their fault. So often people can start to internalize the abusers words and feel like they are to blame so they may feel like they are ashamed or embarrassed that they are in this situation. It is important to approach all of those conversations from a nonjudgmental and a supportive place. Pointing out the concerns you see in a gentle way that focuses on your friend and not their partner, so instead of saying something like "that comment your partner made last night was really verbally abusive and not OK", that

might cause a person to feel a bit judged and get defensive. You want to frame it more like “you looked upset last night after that comment your partner made, do you want to talk about it?” That lets the person get to process their own emotions around it and come to their own conclusions. You might just be planting that seed that you are seeing these unhealthy patterns in the relationship. I think I statements are helpful too so like “I’m worried about you” or “I’ve noticed some changes that are concerning me.” Not telling your friend that they have to end the relationship or making them feel judged, it is likely that they will just stop sharing things with you and that really plays further into isolation. And similarly, not giving ultimatums about ending the friendship. It can be really difficult to see a friend going through this, but sometimes I hear from students that their friends like “you need to end things or I can't be friends anymore” and again that just leaves the person feeling further isolated. So, no matter what they decide that you're there to support them and it is important that it is their decision when to leave or to end the relationship. When people are pressured by friends and family before they are ready and they end, it is often that they do just go back and reconcile. And even when it is their decision, it's very likely that they will go back and reconcile. Sometimes it takes multiple tries to end that contact with the abuser. It is really important to trust your friend’s instincts for when it is the right time to end the relationship. When someone decides to leave a relationship that's when they are most at risk and that is when the danger is greatest, so it's actually really important that people do listen to their instincts and decide when it is the safest time and when is the best time to end things. And just another thing you can do is provide resources. So, when they are ready, maybe helping them or helping them make that first call or first appointment with them so it doesn't feel as overwhelming and scary

Anne: I love that. I think some of the things I really like to do when I am giving advice about support or when I am supporting somebody is to remind them about the qualities about themselves because if their partner is making them feel badly about themselves I always want to remind them that they are strong and wonderful and just maintaining that connection if someone is trying to isolate them, one of the really cool

things we can do is just not let them be isolated and continue that friendship with them.

Tamara: Right, definitely

Anne: Ya. So let's talk a bit about justice and healing. So I know we talked a little bit about reporting, and the difference between sexual violence and domestic violence. I think one of the biggest questions people have is around how to access justice if you've had that experience. So, can you talk a little bit about what the options are?

Tamara: For sure. And I think something to keep in mind is that justice looks different for everybody and I think it is really important for people to take a moment and think what do they need to heal or what is best for them in terms of moving forward? And for some people that are going through a formal process and telling the story, regardless of what the outcome is, because we never know what the outcome will be of the legal system, it is never guaranteed. But for some people, they just need to go through that process. Other people want to take that time and energy and investment and put it in themselves and in their own healing. And neither of those are more important or more valid, it is really such an individual decision about what people need. Within the university system, sometimes we have alternate forms of justice, so maybe sometimes someone doesn't want to go through a legal system but we have gender-based violence policy or code of conduct, so some kind of alternate options that might look a bit different. For some students they just want the person to understand why what they did was wrong, and they want them to have some education around it, so like, what is consent or toxic masculinity, what are healthy relationships? It is really on an individual basis what justice looks like for someone. And again, what we were talking about before around understanding what those differences are when it comes to specifically the legal system about sexual violence and domestic violence.

Anne: I think that is so important and I am glad you touched on that. You know, we often have this idea that the only right way forward is to make that formal report or go to the police and that is not always the right answer for somebody so I love that question of what does justice look like for you?

Tamara: Ya, and that makes me think of something. We often say to people “Well what if this happens to someone else? You have to go to the police” and that is a pressure so many students feel. If this person harms somebody in the future, am I to blame because I didn't say anything? And I think it's just really important to emphasize that survivors are not responsible for abuse or actions of someone else and what they may or may not do in the future. The only person that holds that responsibility is the abuser. If you decide not to tell anyone or report, that does not make it your fault if this person harms other people in the future.

Anne: I think that translates so well into my next question. I would love to share with you this tricky situation that I have seen play out in a couple different ways. You have a friend that is dating this abusive guy and they finally break up, but he starts dating someone new. Maybe that new person is someone you know, maybe it is someone in your wider community, or maybe someone you don't know, or maybe it's that lingering feeling that they are going to go on to harm someone else. I think a lot of people struggle with what to do in that situation. What can you do? What are the routes you could go in if you feel that tension?

Tamara: It is really a difficult situation and not one that there's necessarily a straightforward answer to. I think it depends on what the survivor is wanting. As a friend or someone else, if you were to say something, is there a risk of retaliation of the abuser against you or your friend? Checking in, what is their comfort level around saying something? And like you said, do you have a relationship with this new person? Is this someone that you feel like you could have that conversation with? But it is important to be mindful that it is very possible that this new person that they might be dating is in that love bombing phase themselves, so they might not see the red flags and may not be open to having that conversation. If you do decide to talk to someone about that they might be defensive and that's OK and to be expected. Keeping in mind that it is not the survivor's responsibility to protect other people. Whatever they decide as a friend is really centring what the person wants and what they are comfortable with.

Anne: Amazing. The next piece is about healing. What does healing look like after an abusive relationship? What are common hurdles that they go through after leaving the abusive relationships or are in the process of healing?

Tamara: Trust is definitely the biggest hurdle. Trust in people and trust in themselves. Many people can feel like their instincts have misled them or missed red flags. Sometimes rebuilding those feelings of self-worth and reconnecting with themselves can start to be a bit of a struggle. I have talked to people who have gotten out of long term controlling relationships and they don't know things like what movies they like or what restaurants they like because their partner has made those decisions for them for so long, so sometimes spending some time getting back in touch with themselves. Something that I really encourage everyone to do, and not just people that have been in abusive relationships, but thinking about potential future partners and creating a list of things that you must have, nice to have, and deal breakers. Some example, must have might be someone who is open minded and tolerant of other people. Someone who has their own interest in mind that are separate from my own. My nice to have might be someone's musical or someone has a good sense of humor. Those are things that I like, but they are not mandatory in a partner. And then my deal breakers could be someone that says hurtful things and tries to brush it off as a joke, someone who has unpredictable mood swings. So, making a commitment to yourself that once you have this list and someone you start dating displays any of those deal breakers, you walk away, and you don't have to second guess yourself. And similarly, if they are missing one of the must have, maybe that isn't the person for you. I think this is an exercise that doesn't just apply to romantic relationships, it can be helpful for any new relationships in your life, friends, or any other people coming into your life. Do they have any of those deal breakers or must have? Something else I wanted to touch on is that something else I commonly get about future relationships from survivors is when or do I have to tell my new partner about my past abusive relationships? I think that is something completely up to the individual. It is not something that is ever owed to someone, but I think a concept that is important is shared vulnerability. As you progress together, you are opening up with each other about things like your

childhood, high school experiences, or even your past relationships, and you are doing that together. It is not just one person being vulnerable and the other person not, because that starts to create a power differential in the relationship. So, I think as you start to build that shared bond and vulnerability, that can create trust. And you know when someone says how can I ever trust someone again? I think that's a big part of it. Anyone who tries to push you to talk about things before you're ready is a red flag.

Anne: I love that you touched on that. And I think there's this idea that maybe if you tell a partner they can be supportive and help you in that healing journey and maybe you just don't want to tell them and that's ok too. And we did not plan this question so it is ok if you don't have the most formulated answer, but what are some things that you might tell somebody that is dating somebody that has a history of domestic violence? How can they be a supportive partner?

Tamara: That is a really great question. I think a big one is patience and letting that person kind of progress at a pace that feels ok for them. Something else is not getting defensive if they have a reaction that is not about you. This can apply to sexual assault too. So if someone starts to become triggered and withdrawn, don't take it personally like "I've done something wrong" but recognizing that certain words, smells, touch, might just put them back in a bad place and that does not necessarily have anything to do with you and just not taking that personally. The communication piece and being able to talk through some of those more difficult moments or triggers.

Anne: That's so helpful. Thank you so much for sharing that. The last question that I want to end this off with and bring it back to campuses is how does this relate to dealing with or preventing or addressing gender-based violence on campus?

Tamara: When we are looking at relationships in general and what we know about sexual violence is that it is often happening from someone that you know, whether that be a friend or someone you dated, it is not always this random person. It is starting to look a little bit more critically about relationships and what our boundaries look like in relationships and those instincts for when things don't feel ok. So, when I think we

are talking about gender-based violence a big part of the conversation needs to be around what healthy relationships look like and what unhealthy relationships look like.

Anne: Awesome. Well, that's what I have. Thank you for spending time with me today chatting about this. I am just so excited to share this with our students because I know folks really want this information on domestic violence and so I am so grateful.

Tamara: Absolutely. Thank you so much for having me.

Anne: Thanks!

Anne's closing statements: Again - If you need support, remember that we are here we're here. If you're a member of the UWindsor campus community, you can reach out to Dusty at [svsupport@uwindsor.ca](mailto:svsupport@uwindsor.ca). If you're a student at Western, you can reach out to Tamara at [support@uwo.ca](mailto:support@uwo.ca).

If you need immediate support, you can call the 24 hour line at the Sexual Assault Crisis Centre. The Centre in Windsor can be reached at 519-253-9667. Hiatus House is an excellent resource in the Windsor community - you can reach their 24 hour call line at 519-252-7781. And again, If you're not in Windsor and need support, you can check out the Ontario Coalition of Rape Crisis Centres - their website is <https://sexualassaultsupport.ca/>

Again, thank you so much Tamara! And to all of you listening, I hope you'll check out some of our upcoming episodes this semester! You can keep up to date on this podcast and our other educational initiatives on Instagram at @wecareatuw or on Facebook at UWindsor Flip the Script. Thanks so much for joining us today! If you want to help us boost the podcast, please like the podcast or share it on your social media or subscribe. Thanks so much, folks!