

By using the hashtag #ViolenceFreeSask, you can be a part of the online discussion taking place this week in Saskatchewan.

October 24-28 is the third annual Violence Prevention Week put on by the provincial government, which is about broadening the discussion on violence in the community and promoting health, respectful and non-violent relationships.

"Violence in our communities is completely unacceptable and we all must play a role in stopping it," said Justice Minister and Attorney General Gordon Wyant in a press release on Monday. Locally, Envision Counselling and Support Centre is trying to engage in online discussions. Juli Dzuba, community outreach and volunteer coordinator for Envision, said violence isn't just about domestic disputes.

Other focuses of the week include sexual assault, dating violence and other forms of intimate partner violence.

The government is focusing on with engaging men and boys in the conversation, with a goal to change the cultural and social norms that support violence.

You can also take an online course, here, eaimed at preventing child abuse. Envision hopes to help people better recognize and report on violence.

"Some people don't want to talk about it and think of it as this hush-hush thing but, it's important to create that awareness around it," Dzuba said.

If you find yourself or someone else in a violent situation or relationship, Dzuba wants to reassure you that you're not alone and there is help and resources available for you. Dzuba said, in all, the week is about trying to build a safer community.

"It's just to provide an opportunity to focus on public awareness and prevention among community partners and individuals to improve the response to violence and reducing the harm of its causes," she said.

Using #ViolenceFreeSask, you can follow the conversation organizations like Envision are having on social media sites.