

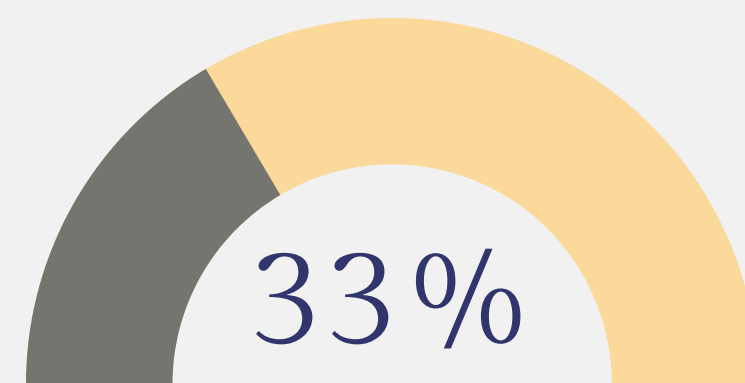


# Indigenous Women's Safety

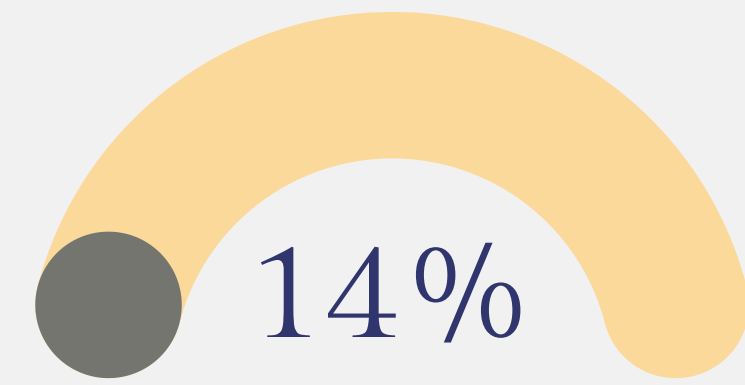
Ottawa Aboriginal Coalition - Stream 1 Research



Women responded to a survey about their experiences during the first year of COVID-19 from March 2020 to June 2021. They shared their stories about;



**Domestic Violence**  
33.5% of Indigenous women experienced domestic violence



**Tested Positive for COVID-19**

*"IT'S BEEN TOUGH BUT WE ARE RESILIENT AND QUICK TO ADAPT"*  
- **COMMUNITY MEMBER**

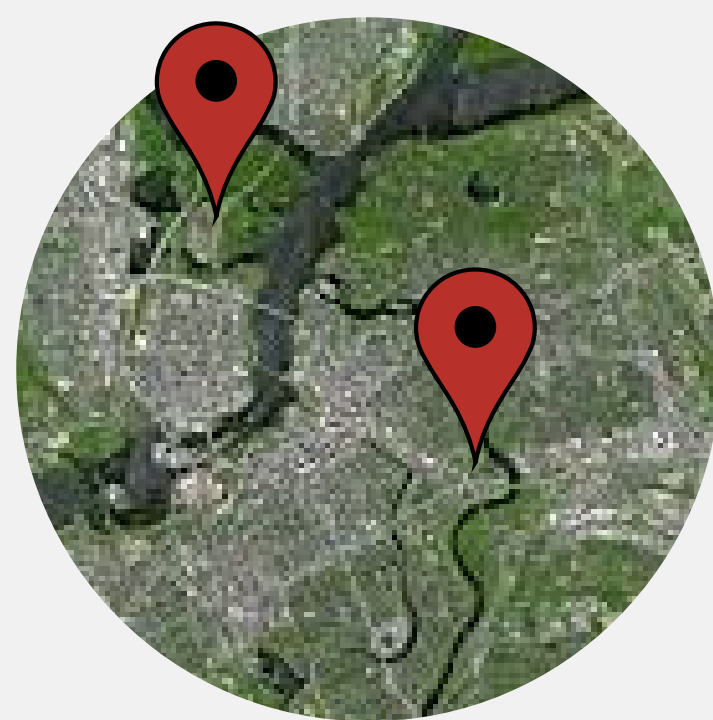
## DEMOGRAPHIC INFORMATION

570 women responded to the survey

### Indigenous Identity

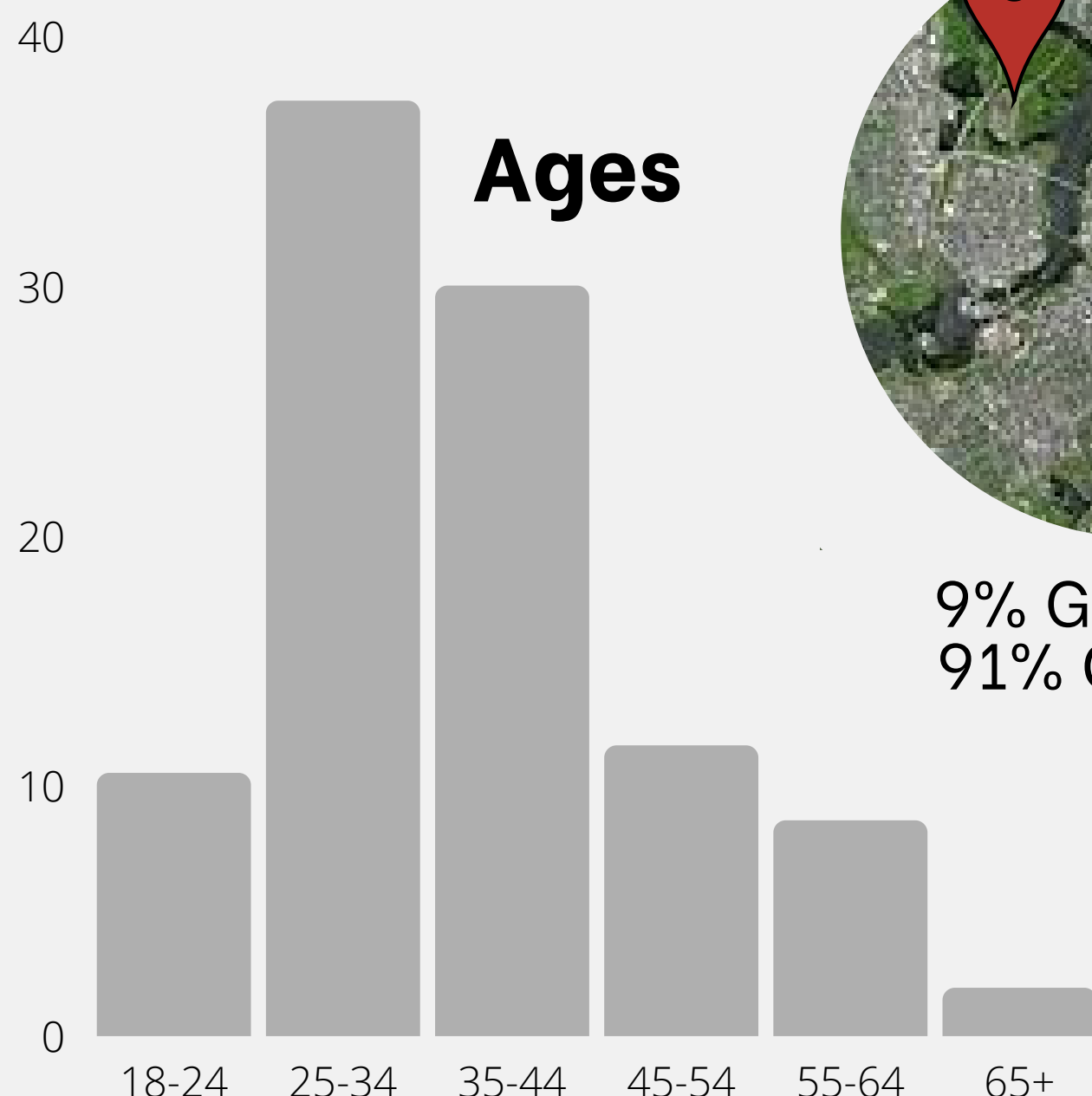
66% are First Nation,  
19% are Metis, and  
15% are Inuit

### Location

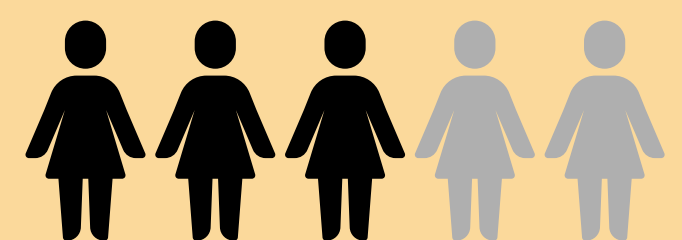


9% Gatineau  
91% Ottawa

### Ages



## CHILDREN



Almost 3 out of 5 women have children ages preschool to elementary school

**25%** WERE WORRIED ABOUT THEIR CHILDREN'S WELLBEING ALL THE TIME

Women with children expressed concern about their children's; Mental Health, Social Interactions, Increased Screen Time, Lockdown's effects on Children, Decreased Access to Health Care



# ADDICTIONS AND SUPPORT



INCREASE/CHANGE IN EATING HABBITTS

58%



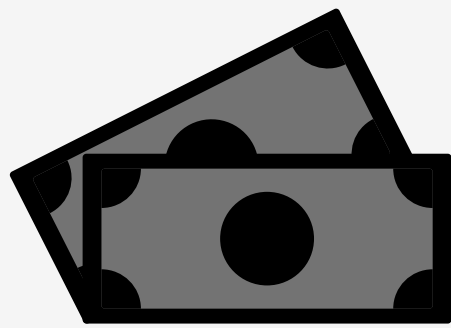
INCREASE IN SMOKING

35.6%



INCREASE IN ALCOHOLIC DRINKS

32.6%



INCREASE IN SPENDING

24.9%



INCREASE IN CANNIBAS USE

23.9%



INCREASE IN STREET DRUGS

7%

## COVID SPECIFIC HEALTH CARE



**Received the 1st and 2nd dose of the COVID Vaccine**



**Tested at least once for COVID-19**

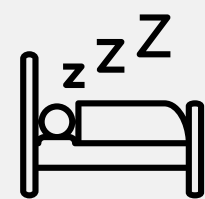


**Tested positive for COVID-19**

Over 70% of Indigenous women did not answer questions about medical care, medical referrals, having a safe space to isolate, and being treated with respect as an Indigenous person (related to testing positive for COVID-19).

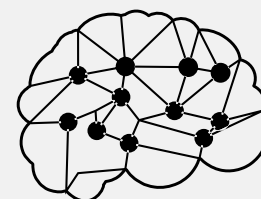
## MENTAL HEALTH

MAINTAINED AND/OR INCREASED...



80.7%

SLEEPING DIFFICULTIES



76%

ANXIETY



75.9%

ISOLATION



71.6%

DEPRESSION



69.1%

RELATIONSHIP DIFFICULTIES



66.6%

BAD DREAMS



36.1%

THOUGHT OF SUICIDE

Women discussed their mental health in relation to COVID restrictions, health care, cultural wellbeing, work, asking others for help, their family wellbeing and being able to access services.



# WOMEN EXPERIENCING HOUSING INSECURITY AND HOMELESSNESS



6% of women experienced insecure housing or homelessness. 23 are First Nation, 5 are Metis, and 6 are Inuit. They experienced...



SELF HARMING

100%



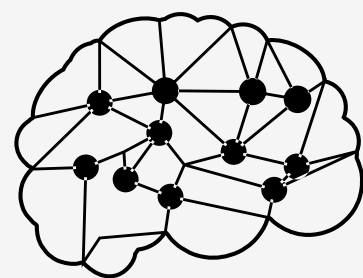
ISOLATION

70%



DEPRESSION

67%



ANXIETY

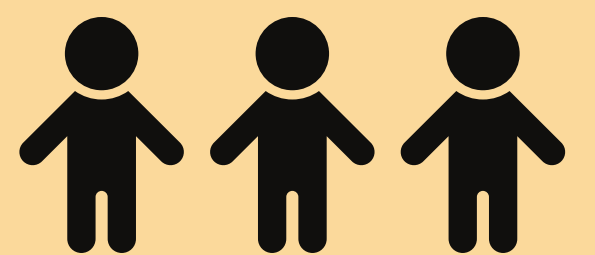
64%



DOMESTIC VIOLENCE

47%

44%



HAVE 1 OR MORE CHILDREN PRESCHOOL-AGED OR OLDER

## RESILIENCY

Spirituality, new self care habits, identifying strengths in the community, and strengths in oneself were all important aspects of resiliency.

*"Learning on Zoom with the Western University knowledge network, skipping rope, I bought a bunny, I smudge now, and have kitchen dance parties on the regular. I joined anti-human trafficking survivor led committees but none in Ottawa sadly."*

*"My strength was realizing that I had to continue to work on me and acknowledging what I feared."*

