

# Project Gang-Proof Resource Line: 1-800-691-4264.

*This is a non-emergency line to connect  
you to resources.*

# Getting out of Street **Gangs**

Or call the following resources:

## TEEN TOUCH

Winnipeg: 783-1116

Manitoba: 1-800-563-8336

- *a confidential, non-judgemental, 24-hour distress line for teenagers and their families*

## KIDS HELP PHONE

Manitoba: 1-800-668-6868

- *a confidential 24-hour, toll free, bilingual, telephone counselling service for troubled children and youth*

## MANITOBA SUICIDE PREVENTION LINE

1-877-435-7170

## ADDICTIONS FOUNDATION OF MANITOBA

Winnipeg: 783-1116

Brandon: 1-866-767-3838

Thompson: 1-866-291-7774

*Ces renseignements sont également offerts en français.*

MG0107

## You can get out of a Gang.

### Be willing to make changes.

Deciding to leave a gang may mean changing your life, your activities, your friends – but it could save your life! At first, you may find yourself spending nights alone. But soon, you'll make new friends and find other things that interest you.

### Make a plan.

What you're doing takes real courage. Don't give up. It helps to make a plan. This pamphlet has a list of ideas inside to help you make your plan.

### Find someone to help.

The most important thing to do is find someone you trust to help you. It could be a friend, counsellor, parent, spiritual leader – someone you can talk to about how you're feeling, and who can help you figure out your next steps.

## **If you have been threatened by a gang member, call your local police office.**

### **Start here.**

This will be hard work, so be prepared. When making your plan, think about the following:

- Don't tell your other gang members that you are trying to leave. This could be dangerous if it gets back to the wrong people.
- Stop looking and acting like a gang member – change how you dress, stop using gang signs and talking like a gang member.
- Cover up tattoos.
- Change your phone and/or cell phone number. Don't answer the phone if you know it's a gang member.
- You may need to change your friends – this can be lonely, but in time, the right friends will come along.
- You may need to move.
- Keep important emergency phone numbers with you.

### **Think about how you will spend your time.**

What will you do after school, evenings, weekends? Think about what activities you enjoy. Do you have any hobbies? Get involved in an activity that interests you or try something you've always thought you'd like to do. For example:

- working out
- playing sports
- music
- drawing or painting
- building things

## **Join an after-school program, community program or cultural club, so you are not alone.**

### **Think about what to say if your gang:**

- calls you to hang out at night
- makes fun of you for changing
- threatens you if you don't come back to the gang
- expects you to do drugs or something else illegal

### **Have a backup plan.**

- Make sure there's a friend or adult you can trust, who you can call in an emergency, or if you just want to talk.
- Don't go to the mall, stores, parties or homes where you know there will be gang members.
- Talk to your teacher about staying in school, or see your guidance counsellor about how to get back in school.
- Think about what type of job you might like to do.

### **There may be helpful programs in your community.**

Here are some ways to find them:

- Call the Friendship Centres, Lighthouses program, Boys and Girls Club, YM/YWCA, Big Brothers/Big Sisters or local Band office. Ask about programs for youth and young adults.
- Call or visit a local elder, or stop by a church or synagogue to talk to a priest, pastor or rabbi.
- Talk to your teacher or visit your school. The school may have after-school programs or counselling to offer you.
- Talk to your local Band counsellor or police officer in your community. They are there to support you.
- If you are on probation, talk to your probation officer about helping you.