





Change In Our Backyard is a project of WISH Drop-In Centre Society in Vancouver, BC, through the generous support of the Catherine Donnelly Foundation. Thank you.

Thank you to the wonderful women of WISH.
Thank you to our fellow sisters on the street.
Thank you to all our guest speakers and facilitators.
Thank you to our coordinators Betsy, Nate, Adriana, and Nora.
Thank you to Kate.
Thank you for all the good cheer and food.
Thank you to all our families and life partners.
Thank you dear reader.

Thank you, dear reader, for wanting to learn more about us. Thank you to the Creator.

## GLOSSARY

We have worked hard to make this book accessible for a wide spectrum of reading abilities. There are some academic words that are marked with a star (\*) symbol - the definitions for these words can be found at the back.

## TRIGGER WARNING

The pages at the back of the book deal with violence against sex workers which may bring up strong emotions for some folks. This section is marked by a red tab in the bottom of the page.

If you wish to skip this section, avoid pages with the red tab.

## WHAT IS "CHANGE IN OUR BACKYARD?"

yard came together as a group of women-identified sex-trade workers in Vancouver's Downtown Eastside. We set out to conduct a different kind of research and advocacy campaign focussing on our community's needs and voices.

From designing a questionnaire and interviewing 160 women, to analyzing the data and designing ways to present the information in a meaningful way, In their own words the women write about the two year process. \*\*\*\*\*\*\*\*\*\*\*

In 2013, Change In Our Back- Change in our Backyard is a groundbreaking peer led community consultation and survey process in which survival sex workers came together to learn formal research and interviewing skills. Over 2 years, we developed a thorough and thoughtful questionnaire which asked for the valuable insight of women of the DTES. It deals with self care, addiction, health, housing, tenant and patient rights, family, children, and working on the streets. 160 questionnaires were completed and through careful analysis and much hard work, produced

a 96 page resource booklet. The goal was to understand and gain street-based, peer reviewed knowledge from the mouths and hearts of the survival workers for their own consideration. We have made an effort to share stories and express what life is like in the DTES for working women.

During the first few months of the program, the women and facilitators were getting to know each other and define what CIOBY would be. We were trying to figure out where we wanted to go with our project, what we wanted to learn and how we wanted to go about the process.

We had many interesting classes and guest speakers from various agencies facilitate workshops.

After we developed a questionnaire, we started doing interviews with various women. The survey questions lasted anywhere from 20 months to 1.5 hours. We wrote down what women had to say about safety with dates, housing and home issues, health, addiction issues, and services. Most women really wanted to tell their personal stories of life in the DTES., about how they survived and struggles As trained peer researchers we learned to have empathy while confidently recording their answers.

After the completion of the surveys, we pored over the questionnaires

and tried to figure out the stats. We were really interested in the stories of the survival women who lived and worked down here. It was a huge stack of surveys and we were really surprised at how much important information was accumulated over weeks of surveying the women of WISH!

We all input the pages of each of the surveys into the computer, and we soon realized the magnitude of all the thoughtful answers given by all the women involved. It was very mind and eye opening when we keyed in the answers. Our fingers flew across the keyboard as we entered stats.

Data analysis occurred right after and we were really proud to learn

that our answers really reflected our demographic of our neighborhood.

We spent a lot of time choosing appropriate stats and having conversations about what graphs for including in our booklet. We were excited to see the evolution of our surveys into the booklet that you now hold in your hand. We were honored to add our own personal photos, cartoons, poems, paintings, memories and very best wishes to the booklet. Thank you for reading. "

For the sake of privacy we have not included any names of our group members. Creative writing, notes, and sections writen by a peer are signed with initials. All the art is original, made during class.



WHO ARE WE?

We live our lives on the territories of the Coast Salish peoples.

We are sisters, mothers, daughters, nieces, aunts, wives, grandmothers.

We are givers of life.

We are survivors, warriors, lovers, dreamers.

We love to laugh, eat and play.

We cry, we feel pain.

We are artists, dancers, singers, musicians, poets.

We are teachers, learners, story tellers, fire keepers.

We are healers, nurturers, listeners.

We are social justice advocates, knowledge sharers.

We are movers and shakers.

We go without for others and we plan for our futures.

We are members of a vibrant community.

We are a team. We are superheroes. We are friends.

We speak from the heart and we have scars.

We are a wealth of information.

We are courageous, brave.

We have been through hell and back.

We are the hidden parts of society.

We are misunderstood.

We are human.



We surveyed 160 woman identified sex trade workers in Vancouver's Downtown Eastside (DTES.)

We asked them questions about their lives, including their access to health care, housing, and services, as well as sex work and daily life. What we found is a diverse group of women, each with their own unique story.

#### AVERAGE AGE 44.3 years old

# AVERAGE YEARS IN THE SEX TRADE 17.7 years

## CURRENTLY ACTIVE

vs RETIRED

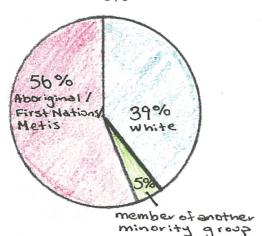
currently active: 62% retired: 37% no response: 1%

#### RACIALISED IDENTITY

Aboriginal/First Nations/Metis: 56%

White: 39%

A member of another minority group: 5%



While only **5.6%** of the Canadian population is Aboriginal/First Nations/Metis, they made up **56%** of the women we interviewed.

There are lots of reasons why First Nations women are over-represented in the sex-worker population in the DTES - including legacies of colonialism\* and marginalization\* – and this data shows that we need more culturally-appropriate resources for First Nations sex workers.

(source: 2011 National Household Survey as reported by Aboriginal Affairs and Northern Development Canada (AANDC), accessed at https://www.aadnc-aandc.gc.ca/eng/1303134042666/1303134337338)

27% of women interviewed were born in Vancouver. For the other 73%, their reasons for coming to Vancouver are diverse. Here are a few examples from the data.

To be Transgender

Tragedy with a man

Family & friends

Boyfriend

Moved here when I was 5yrs old

Child runaway A warrant

My mother died, and I lost everything

Drugs

I was running away from my abusive life. I wanted to meet Chief Dan George.

Marriage

Illness

Break-up

Jail

Treatment

Olympics

For school

Sex trade

Town too small

Weather and to get away from Saskatchewan

Harm reduction policy & services

Layover, couldn't cross border.



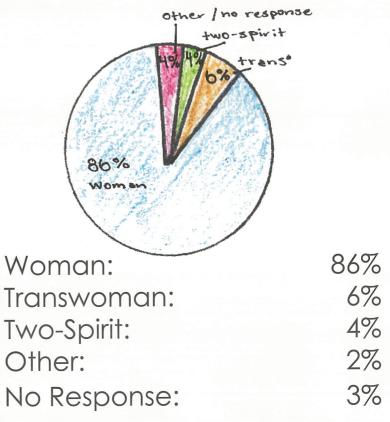
#### GENDER

In this booklet, we use the term 'woman' or 'woman-identified'. We want to acknowledge that for some of us, 'woman' is the best term that fits - but doesn't tell the full story of our experience with gender.

A member of our group reflected:

"If we were to do this project again, it would be important to make sure that there were Two-Spirit and Transwomen's voices represented in our group."

We would like to thank Vancouver Coastal Health's Prism Services and Qmunity for their workshops and help with this section.



\*\*This is how people identified their own gender.

#### DEFINITIONS

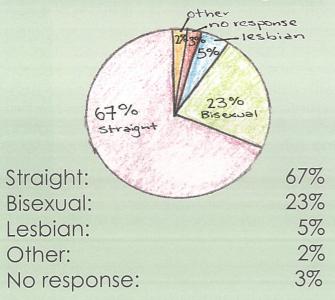
**Cisgender** Identifying with the same gender that one was assigned at birth. A gender identity that society considers to match the biological sex assigned at birth. A term used to call attention to the privlege of people who are not trans.

Transgender An umbrella term that describes a wide range of people whose gender identity and/or expression differs from conventional expectations based on their assigned biological birth sex. Identifying as transgender, trans is something that can only be decided by an individual for themselves and does not depend on criteria such as surgery or hormone treatment status. Transwomen identify and live their lives as women. Transwomen who do sex work face a higher level of violece and discrimination - even higher if they are trans-women of colour.

Two-Spirit A term used by some North American Aboriginal societies to describe people with diverse gender identities, expressions, roles, and sexual orientations. Two-spirited people have been and are viewed differently in different First Nations communities. Sometimes they have been seen without stigma and were considered seers, child-carers, warriors, mediators, or emissaries from the creator and treated with deference and respect, or even considered sacred, but other times this has not been the case. As one of the devastating effects of colonisation\* and profound changes in North American Aboriginal societies, many Two-Spirit folk have lost these community roles and this has had far-reaching impacts on their well-being.

#### SEXUAL ORIENTATION

Our group reflected on homophobia in the DTES, thinking about the violence that a lot of people face and noting friends who have gone "back into the closet" since moving here.



- "How can we make sex work and the DTES safer for people of all sexual orientations?"
- 1. Peer-led ally groups
- 2. Service providers with training on LGBTQ2S\* sensitivity

2	
U	•

4.\_\_\_\_\_

5.\_\_\_\_\_

6.\_\_\_\_\_

#### Do you have someone who is there for you in an

emergency? Preferrat tossy/
Pro response

No 9

No 9

No 9

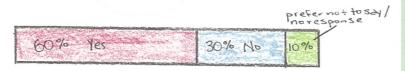
#### Do you friends you trust and feel safe with?

88% Yes 9% 3

## Do you have a partner? (boyfriend, girlfriend, spouse)

50% No 43% Yes 78

#### Is this a long term relationship?



#### RELATIONSHIPS

In addition to close friends and partners, our community is full of families that we choose.

Street moms and street sisters are people that show they care, show you the ropes, and are people you can really trust and relate to. A lot of the time, our street families are closer to us than the families we grew up with.

How can we support those in our community who don't have someone there for them? What resources might be helpful to these women?

#### CHILDREN AND PARENTING

We only asked one question about children in our survey. We realise that it's a painful topic for a lot of people - 67% of the women we interviewed have children. Many of them don't have custody of their kids. We didn't know how to meaningfully approach the subject when we were starting out but upon reflection our group had this to say:

Pregnant:

"It's hard getting enough food when you're pregnant"

"There aren't many safe places to talk about pregnancy and kids, I was worried about ministry involvement"

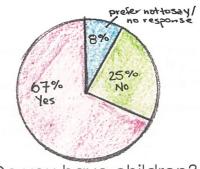
"I didn't want to think about it"

Parenting:

"It's hard finding childcare with a person that you can really trust"

"There aren't a ton of safe spaces to bring kids; you always have to be hyper-vigilant about your kids' safety"

"It was hard transitioning out of parenting drop-ins when my baby turned 1.5" "It's too hard to think about my kids. I don't have custody of them, I haven't seen them since they were babies."



Do you have children?

If you are in need of parent/child services try Sheway at 604-216-1699 or Aboriginal Mother Centre at 604-558-2627.

hey say you won't remember the pain once you actually give birth - they lie. I remember guite well the 24 hours of labour before the doctor decided to perform the cesarean section. I met my daughter at 5:42am on January 23rd. I had a pretty normal pregnancy - no heartburn, no swollen feet, no morning sickness - all was well - as long as I took my methadone everyday. I am an opiate addict. My daughter was born addicted to methadone, and had to be weaned off of the drugs. The guilt and shame was overwhelming. She was in the NICU for two and a half months as the neonatal team monitored

her withdrawals and gave her tiny doses of morphine. I did this to my child, feeling helpless as she sneezed and as her little legs kicked and she had spasms. She cried. She twitched - I cried, I prayed to take her pain onto myself. She also grew stronger, she smiled as she looked at her nurses and at her father and me. She charmed us all. I thanked God that she seemed to be developing at a normal rate. She met each milestone at the expected monthly age. When it was time for her to come home - she did not come home with me. The ministry put her in a foster home, until I was providing clean weekly urine drug screens. I

took the 45 minute bus ride every day to pick up my baby and brought her back at 4pm. The day visits quickly turned into overnight visits until I no longer had to bring her back. She was finally home! I had proved to the ministry and court that I was able to remain clean. I could care for my daughter properly. Those months in the foster home. in the hospital, were behind us and I was able to be a mom. My daughter will be 5 this January. She is healthy, bright, happy, and beautiful, she is full of laughter, curiosity and promise. I still thank God every day for my little angel my miracle.

There isn't one definition of self-care, because it means so many different things to different people. Self care is finding ways to ground yourself, keeping your body healthy, reflecting on yourself in a positive way, being a part of your community, pursuing spirituality, doing things to feel good in your own skin, making art, being outside in nature... the list goes on and on!

"self-care is like pressing the reset button on ourselves"

"self-care is loving yourself, respecting yourself, and having hope and faith"

"self-care is knowing when to let go"

"self-care is respecting your boundaries"

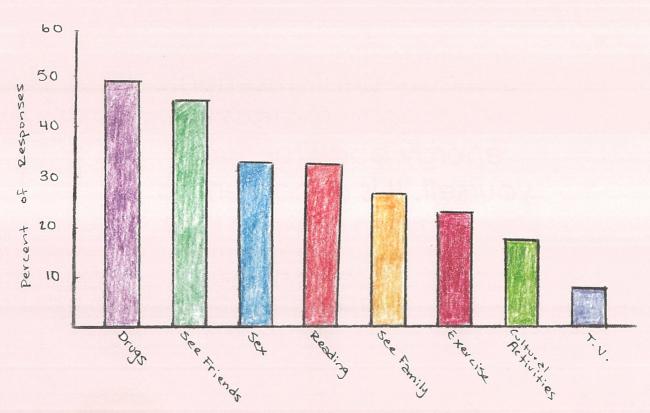
"self-care is taking time alone to pamper myself"

"self-care is reflecting on where I've been, and where I am now...
I'm here for a purpose, a positive purpose."

"self-care is sex, drugs, and rock n' roll!"



#### SELF - CARE PRACTICES



DEEP BREATHS

BELIEVING IN MY HIGHER POWER

AFFIRMATIONS

VOLUNTEER WORK SMIDGING

REFLECTING

WALKING IN NATURE

WATCHING PORN

How many do you identify with? What do you do for self-care?

DOODLING

WRITING POFTRY

WATCHING FUNNY CARTOONS

CRY IN THE SHOWER



## HEALTH

This year, before Halloween, I fell very ill with a severe skin reaction. When I went to the Downtown Community Health Clinic (DCHC), I was informed by the clerk that it had just been over two years since my last visit and my file was closed. I inquired if I could still be seen at DCHC as I have a history, live close by and I feel comfortable accepting medical history in my community - I was told that was not possible.

I chose the China Town Clinic, located in the very back corner of a tiny shopping mall. I had to explain myself and my condition first to the receptionist and to the new doctor. I did not feel comfortable, safe or secure. I felt the doctor wasn't interested or attentive. It seemed I was just another faceless case from the DTES.

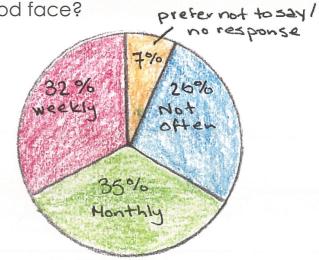
The medical system in the DTES needs to be looked at - how one is treated as a patient has a huge impact on their health, recovery and piece of mind.

## GENERAL HEALTH CARE

In general, the women we interviewed accessing have very high health care needs, with 67% of them seeing a doctor or nurse at least once a month. However, we found that fewer women were open to discussing their specific health struggles.

With such high numbers we need to ask questions such as-are enough preventative measures, including quality nutrition, adequate living conditions, free harm reduction supplies and access to mental health resources, being provided in the DTES? Are people getting the services they need, or is

accessing health care a revolving door? Are health care providers adequately trained to understand the barriers that people in this neighbourhood face?



How often do you see your doctor or go to a clinic?

We have diverse health-care needs! The women we interviewed said the following things were important to good health care:

<u>Continuity of care</u> - health care providers who know us, know our medical history, and with whom we have a good relationship

Flexibility - walk-in clinics and after-hours clinics so we can avoid trips to the hospital

<u>Location</u> - clinics that are easy to access. Some women need nurses in their building, and many women rely on Street Nurses so they can avoid going to a clinic.

We would like to acknowledge the Vancouver Women's Health Collective for providing workshop and information for this section.



#### BARRIERS

When we asked women about barriers to accessing health care, these were some of the results:

**74%** say their doctor or clinic is easily accessible.

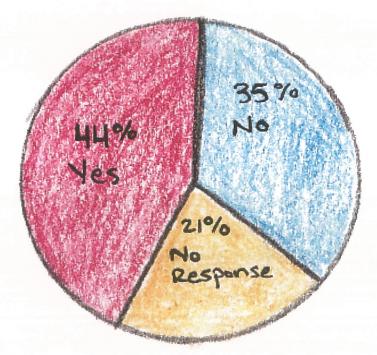
**65%** say they don't need an appointment to see their healthcare provider.

but...

**44%** of all women interviewed say there are barriers to accessing health care.

We've listed some of these barriers on the next page.

## Are there any barriers to accessing your doctor or clinic?



"I'm worried about my confidentiality"

"Anxiety"

"Too long a wait"

"Self-worth issues"

"My doctor "Lineups are

is too a hassle"

far

away"

"There are people there I have beef with"

"Prejudice against drug addicts"

"I have an issue with doctors not listening to my concerns'

"It's hard to get an appointment quickly"

"I struggle with self-care"

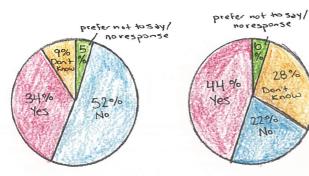
"Doctors don't listen to my concerns"

"Too many men"

"I have depression - I don't want to get out of bed"

## not sure/ no response 334% No

Does the gender of your doctor make a difference?



Do you make a point of going to women-only hours?

Are there enough women-only hours?

#### GENDER

When we looked at what people had to say about good health care providers, gender wasn't a main topic – a good health care practitioner is someone who is caring, compassionate, and who we have a relationship with, regardless of gender.

"For me, I want the best doctor – it doesn't matter if they're male or female"

"The gender of doctor only makes a difference when it's a gynecologist"

"There's a lack of female doctors"

"I think that there should be more women's only clinics"

#### WOMEN - ONLY HOURS

It's really important for some people to see a female doctor, and to access a women's-only health space. When we asked women about this in our interviews, some of our results surprised us: **52%** of women do not make a point of going to women-only clinic hours; **34%** of women try to go primarily for women-only hours, and **14%** of women interviewed didn't know or preferred not to say. Some women said that they weren't sure of when women-only hours took place, but were interested. Below are listings of women-only clinic hours in the DTES:

DT COMM HEALTH CLINIC 569 POWELL ST. 604.255.3151 Wednesday 5pm-8pm

CAREPOINT CENTRE 1623 COMMERCIAL DR. 604.254.5554 Tuesdays 12pm-4pm

NATIVE HEALTH CLINIC 449 E HASTINGS 604.255.9766 Wednesday 1:30pm-4pm

PENDER ST. CLINIC 59 W.PENDER ST. 604.669.9181 Thursday 5pm-7pm VANCOUVER WOMEN'S HEALTH COLLECTIVE 29 W. HASTNGS ST 604.736.5262

Resource Center Monday 9am - 5pm Tuesday to Thursday 12pm - 5pm Friday 9am - 2pm

Nurse Practicioner
Monday 9:30 am - 4:30 pm
Tuesday to Thursday 1:00 pm - 4:30pm
Friday 9:30 am - 1:30 pm

### NATIVE PLANT MEDICINES Written by T.B.

Many cultures and reli- Sage (Shkodawabuk\*): aions use sacred smoke from the plant medicines; this is called smudging in North America. Smudging is used for both purification (the cleansing of negative energy) and to symbolize the prayers carried up to the Creator. The four sacred medicines used by First Nations peoples are tobacco, Sweet-grass, sage and cedar.

Sage is used in many different ways; it helps to prepare for ceremonies and teachings. It also has many physical healing properties - you can boil sage and drink it as a tea, which cleanses the body of all infections. Sage is for releasing what is troubling the mind and for removing negative energies. It is used for cleansitems.

Sweet Grass (Weengush): Sweet grass is the sacred hair of Mother Earth; its sweet aroma reminds people of gentleness, love and kindness. This is why Native people pick it and braid it in strands of three. Sweet grass is used for smudging and purification of the spirits. When it is used in a healing or talking circle it has a calming effect. It is said ing houses and sacred to attract the good spirits.

#### Tobacco (Gemoh):

Tobacco is one of the most sacred of plants for Native people. It was given to us so that we can communicate with the spirit world. Tobacco is always offered before picking medicines; when you offer tobacco to a plant and let your intentions be known, it will let all other plants in the area know why you are picking them. The Elder leading the ceremonies is offered tobacco first, along with an honoring gift.

#### Cedar (Giizhik):

ing the home and also has many restorative medicinal uses. Baths mixed with cedar and tobacco is also very healing. When cedar and tobacco are

put in the fire it crackles

Cedar is used for purify- - calling the attention of the spirits. Cedar is used in sweat lodge and fasting ceremonies for protection. It is a guardian spirit and chases bad spirits away.

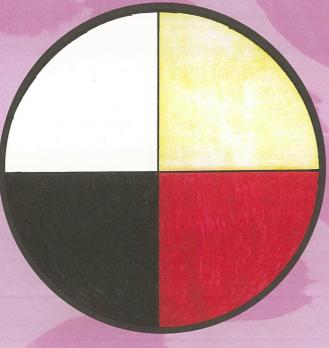


### MEDICINE WHEELI

The Medicine Wheel symbolizes the interconnections of all life, the cycles of nature, and how life represents a circular journey. The Medicine Wheel teachings are based on a circular pattern and always center around the individual.

White, north, winter, time of reflection, Eldership, deep connection to spirituality & understanding of life, fire element, sweetgrass.

Black, west, autumn, time of harvest, adulthood, deeper emotional understanding, water element, sage.



Yellow, east, spring, time of planting, birth, first & second chances, connection to the physical, air element, tobacco.

Red, south, summer, time of growth, adolescence, juvenile, development of mental capacities, earth element, cedar

Written by T.B.

To learn more about First Nations medicines, or to attend sweat lodges, drumming circles, healing circles, cultural based counselling, or to speak with an Elder please contact the following resources.

Vancouver Aboriginal Friendship Centre 1067 E. Hastings st. 604-251-4844

Hey-Way'-Noqu - Healing Circle for Addictions 4th floor 1638 E. Broadway 604-874-1831

Native Courtworker & Counselling Associations 207- 1999 Marine Dr. 604-985-5355

#### MENTAL HEALTH/ CAR 87

We realised after our interviews that we asked very few questions on mental health, and that this is a health concern for many folks in the DTES.

refer individuals to resources. Suicide risk and active psychosis (a condition where a person cannot distinguish between the real and the imagined) are encountered frequently.

Speak to your doctor or clinic for information on mental health supports!

Together the Car 87 team decides the best course of action for each case, which could include helping someone to seek medical attention.

For mental health emergencies, we want service providers to know about car 87.

Car 87 is a joint service of the VPD and Vancouver Coastal Health. Car 87 is a crisis response and emergency service that responds to calls involving people with apparent mental illness or in acute distress.

A member of the team can be reached around the clock at

Riding together in Car 87, a registered nurse and a police officer respond to calls together, assess for mental illness, help those in crisis and 604-874-7307 or via 911.

#### HEALTH RESOURCES IN THE DTES

#### **EMERGENCY ASSISTANCE**

Crisis Intervention / Suicide Prevention 24hrs 604.872.3311

Emergency Mental Health Services (Car87) 604.874.7307

WAVAW Rape Crisis Centre 604.255.6344

Battered Womens Support Service (BWSS) 604.687.1867

**Strathcona Mental Health** 604.253.4401

#### **HEALTH CLINICS**

**RAVEN SONG CLINIC** 200-2450 ONTARIO ST 604.709.6400

THREE BRIDGES CLINIC

1292 HORNBY ST 604.633.4220

**BUTE STREET CLINIC** 

1170 BUTE ST 604.707.2796

MID-MAIN CLINIC

3998 MAIN ST 604.873.3666

**REACH HEALTH CENTRE** 

1145 COMMERCIAL DR 604.254.1354

STI CLINIC

655 W 12TH AVE 604.707.5600

WEST END CLINIC

1757 ROBSON ST 604.689.1828

#### **HOSPITALS**

**BC WOMEN'S HOSPITAL** 4500 OAK ST 604.875.2424

MOUNT ST. JOSEPH'S
3080 PRINCE ALBERT ST.

604.874.1141

ST. PAUL'S HOSPITAL

1081 BURRARD ST. 604.682.2344

**VANCOUVER GENERAL HOSPITAL** 

899 W.12TH AVE. 604.875.4111

### PATIENTS' RIGHTS

#### As a patient you have the right to:

- \*Be treated with dignity and respect
- \*Enjoy confidentiality and privacy
- \*Ask questions about your health
- \*Receive clear explanations you can understand
- \*Have a friend/family member with you during your appointment and examination
- \*Disagree with your health care provider
- \*Get a second opinion
- \*Say no to, or refuse, treatment
- \*Have access to your medical records and read them
- \*Change doctors and find a new one
- \*Decide the future of your health care receive care in your preferred care language
- \*File a formal complaint if you are unsatisfied with your care.

#### A health care provider's responsibility is to:

- \*Treat you with dignity and respect
- \*Not make assumptions about your life
- \*Explain what they are doing, prior to and/or during the procedure
- \*Take the steps to prevent discomfort/harm to patients and to be gentile and professional during a physical exam
- \*Make a reasonable effort to communicate with you in a way that is easily understood
- \*Ask if you would like a female nurse present, if the practitioner is male
- \*Respect your right to a second opinion
- \*Respect your decision to accept/reject any medical recommended
- \*Accept your use of complimentary or traditional treatment
- \*Avoid public discussions or comments about patients
- \*Return phone calls in a reasonable amount of time.

### HOW TO FILE A COMPLAINT AGAINST A PHYSICIAN

Print, complete and submit a Complaint Form, available on the College's website (https://www.cpsbc.ca/files/pdf/Complaint-Form.pdf)

OR

A written letter is also acceptable with the following information:

Full name/ date of birth/ address/telephone number (day and evening)
The full name and address of the physician(s) involved a description of
the incident in as much detail as possible
the date of the incident
your signature

Send your written complaint to:
The Registrar
College of Physicians and Surgeons of BC
400 – 858 Beatty Street
Vancouver BC V6B 1C1



## HOUSING

#### A TOTAL CHANGE OF SCENERY WOULD BE GREAT

I'M HAVING A HOUSING PROBLEM,
SO ARE MANY OTHER WOMEN.
I'M IN SUPPORTIVE HOUSING,
AND IT SUCKS.
THERE ARE PASS KEYS,
SO THE STAFF CAN ENTER MY SUITE ANY TIME.
THERE ARE SUITE INSPECTIONS EVERY THREE MONTHS,
WHICH IS A TOTAL INVASTION OF PRIVACY.
THE STAFF ARE OBNOCIOUS, RUDE AND THEVES.
I HAVE NO BALCONY,
AND I FEEL LIKE I'M IN JAII.

SO I NEED TO MOVE.
A ONE BEDROOM WITH A BALCONY WOULD BE CHOICE.
PRIVACY WOULD BE AN ASSET.
AND QUIET.

M.S.

We feel a real push-and-pull happening within the housing section of our research. Here are the main themes from our data:

#### Guests and Visitors

77% of women said that not being allowed to have guests was intolerable; 64% said that even having guests in the daytime-only was intolerable

Guests were listed as the 4th greatest cause of buildings feeling unsafe

Controlled guests-entry was listed as the 4th greatest factor in making a building feel safe.

#### DTES

Living in the DTES, there's a strong sense of community pride, but the stigma of being from the the V6A postal code travels with you when dealing with potential landlords - as one woman said, "once you get the means to get out of the area, no-one will rent to you!"

Wanting to live outside of the DTES can offer anonymity and a chance at a 'normal' life, but it's much further from the community and resources. Being outside of the DTES can feel very isolating.

#### Rules and Structure

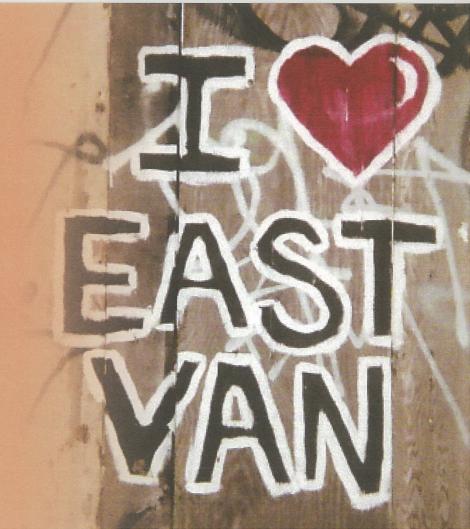
Some women expressed a need for housing with a lot of structure, and others want to live as little interference from others as possible.

A lot of women expressed frustration with the rules in their buildings not being followed.

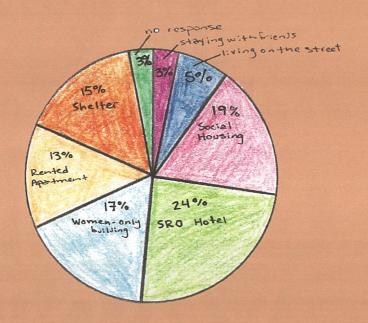
How do we balance people's needs for rules and interventions with others' need for low-barrier housing options?

How do we balance people's need for privacy and autonomy in seeing who they want, when they want, with a need for safety measures where visitors are concerned?

For girls working in their rooms, for example, having the front desk take photocopies of dates' ID's is a safety measure rather than an invasion of privacy.



### What kind of housing do you live in now?



If we were to ask this question again, we would have had clearer options. Some of these categories overlap, for example, "women-only " building and "social housing."

```
SRO*:
         24%
   Social Housing:
         19%
Women-only building:
         17%
       Shelter:
         15%
   Rented Apartment:
         13%
   Living on the street:
          6%
   Staying at friends:
          3%
    No Response:
          3%
```

Our demographics show sex workers in the DTES are an aging population who may have, or develop, specific support needs.

Elders should be the most respected members of our community, but the lack of housing and services for seniors tells a different story.

One woman we interviewed put it simply:

### "we need more senior housing for mature people."

Many members of our community struggle with mental wellness. The women we interviewed were concerned that there is not enough safe housing support for people who struggle with their mental health.

### DIFFERENT TYPES OF HOUSING IN THE DTES

#### **Rental properties**

rented apartments, houses, secondary suites, rooms in a house.

## Single Room Occupancy Hotels (SROs) That are not subsidized by BC Housing



#### Non-profit housing

Non-profit housing follows the Residential Tenancy Act, with some exceptions:

- your tenancy may end if you no longer qualify for your unit (ex: if your income increases, if your family size changes)
- •your rent may increase by more than the yearly limit.
- •you must report the income of everyone living in the unit.
- you may not sublet your unit.

Check out the Tenant Resource and Advisory Council at < www.http://tenants.bc.ca/>

### Supported Living Facilities

RainCity Housing, Bloom Group, Atira, Portland Hotel Society (PHS)

These are covered by the Residential Tenancy Act - but other terms may be included in your tenancy agreement, such as house rules, standards required by the Assisted Living Registrar, care plans, subsidy eligibility conditions, etc.

You can find specific details on amendments at www.rto.gov.bc.ca/documents/RTAAmendmentSummary.pdf

The Residential Tenancy Act DOES NOT APPLY to the following types of housing: Community care facilities, mental health facilities, emergency shelters

and transitional housing, rehabilitative or therapeutic treatment or services (rehab), or if you are living with the owner of your house.

Are you being discriminated against in your housing? Get an advocate! Advocates are listed at the end of this section. Contact a legal service to help you out, such as the BC Human Rights Coalition www.bchrcoalition.org

You have housing rights! Most are covered by the Residential Tenancy Act.

< http://www.bclaws.ca/civix/document/id/complete/statreg/02078\_01 > What makes a building safe?

What makes a building unsafe?

Is a shared kitchen tolerable?



Is a shared bathroom tolerable?



Is more than one gender living on your floor tolerable?



Is a no-guest policy tolerable?



Is having guests in the daytime only tolerable? 64 % NO 31% Ves Is a pet-friendly building tolerable? noresponse 82 % Yes 13%No Is living with loud music and other loud noises tolerable? 44% No 50% Yes Is living with pests (mice, cockroaches, bed bugs etc) tolerable? no 1 1520054

### TIPS ON NAVIGATING HOUSING IN THE DTES

### When you move into a new place:

- Keep your receipts, and keep copies of all your communication with your landlord or housing agency
- •Take photographs of your place when you move in to show any existing damage
- •Take photographs or keep an inventory of your belongings in case anything goes missing or gets damaged

 You can ask your landlord to change the locks on your door when you move in - you can't be charged for this

### Dealing with bugs and repairs:

- •It is your landlord's duty to deal with pests such as cockroaches, budbugs, or mice.
- •It is your landlord's duty to make repairs in a timely manner.



### GUESTS

- •It is illegal for your landlord or building to unreasonably restrict your right to have guests visit or stay overnight.
- It is illegal for your building to charge guest fees.
- •Restrictions are generally against guests 'moving in' often defined as staying for more than two weeks. Your rent may increase, or, if there

are provisions in your rental agreement for number of occupants in your suite, you may be evicted for violating your agreement.

•You are responsible for the actions of your guests while they're in your building - if they cause damage or disturbances, you may be issued a 1-month eviction notice.

Buildings subsidised by BC Housing fall under different regulations than the Residential Tenancy Act. They may restrict guest visiting hours, ban certain guests, or demand guest ID. You should ask to see their guest policy before moving in.

If you feel that your subsidized housing has unfair visitor regulations, speak to an advocate. Rulings have come down against organisations for restricting guest access and demanding ID.

### ADVOCATES TO THE RESCUE

Advocates can help with many different issues, including...

Residential tenancy advocacy

(if you are having a dispute with your housing provider)

- Referrals to drug and alcohol recovery programs
  - Referrals to transition and emergency housing
    - Applications for safe long-term housing
      - BC Benefits (welfare) advocacy
        - Disability advocacy
          - · Legal assistance

#### Carnegie Homeless Outreach Program

401 Main St (at Hastings) 604-968-1084 or 604-968-1825

### Community Legal Assistance Society (CLAS)

#300-1140 West Pender St (between Thurlow and Bute) 604-685-3425

### The Downtown Eastside Women's Centre

302 Columbia St (at Cordova) 604-681-8480

#### **First United Church**

320 East Hastings (at Gore) 604-681-8365

#### The Kettle Society

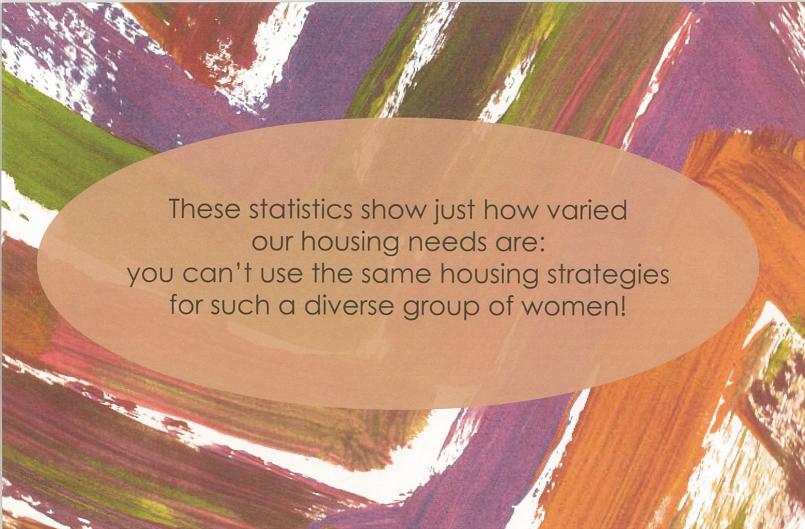
For mental health consumers 1725 Venables St (at Commercial Dr) 604-253-0669

### If you have immediate shelter needs...

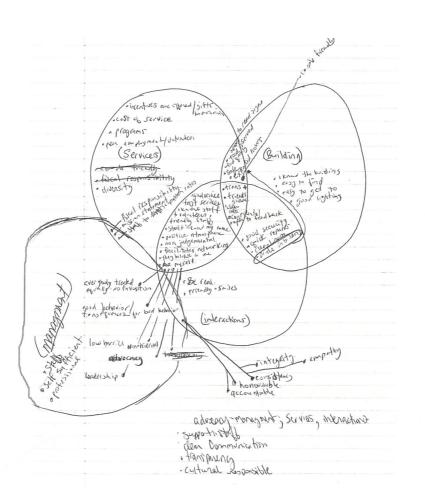
try the Shelter and Street Help Line for an up-to-date list of available shelter beds. They can also help with tenant advice in the middle of the night.

**Dial** 211







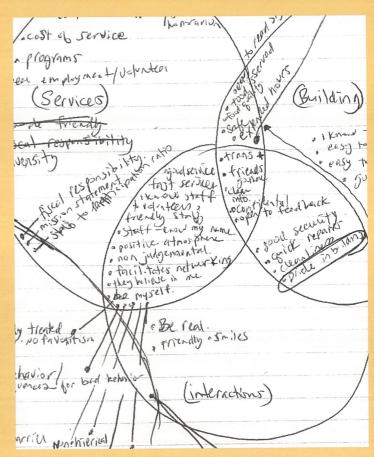


Notes by T.B.

This section proved to be the most difficult to translate from data, to discussion, to booklet. As you saw on the previous page, our discussion notes on the subject of services are complex.

As you can see in the image to to right, the majority of our service needs happens at the intersection of these four main categories: services, building, management, and interactions/ attitudes.

In hindsight, we would have approached this section with open ended questions versus a scale system in order to obtain clearer information on specific service needs.



### <u>Services</u>

For example:
Food served
Diverse programming
Incentives offered
(gifts/honorariums)

### Building

For example:
Easy to find
Easy to get to
Good lighting
Accessibility

(gifts/honorariums)

Most of our service needs exist

where these four areas overlap.

For example:

non-judgemental
good security
no favouritism
clear communication

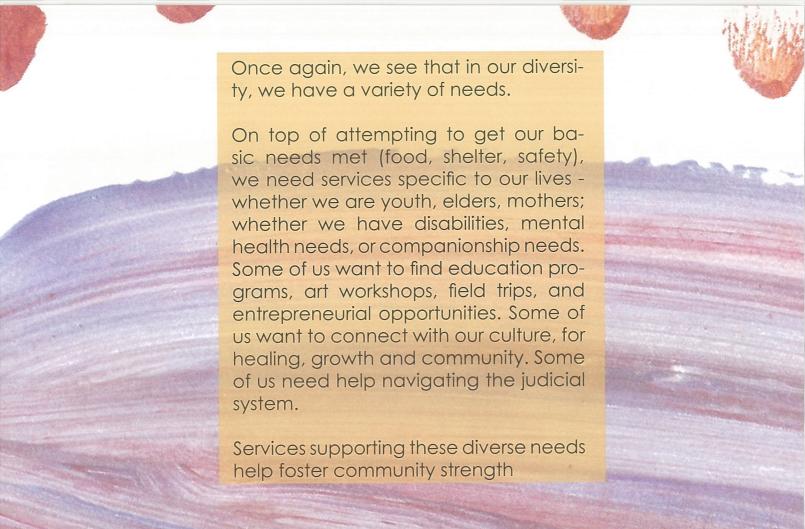
facilitates networking

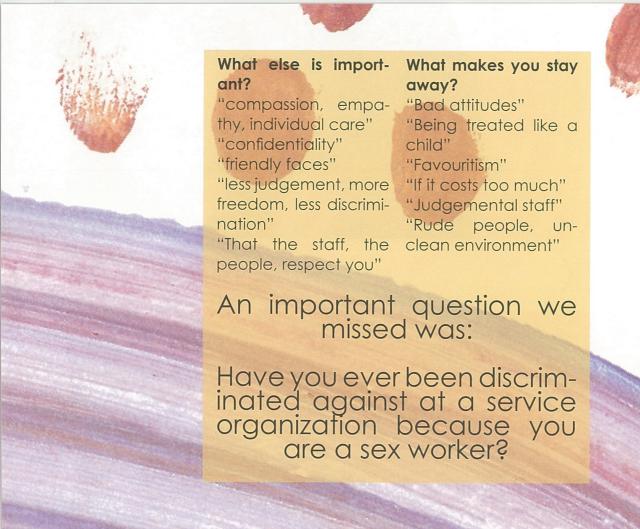
### Interactions/ Attitudes

For example:
Low barrier
Friends go there
Staff and volunteers
Know folks by name

### Management

For example:
Professional
Non-hierarchical
Fiscally responsible







## SEX WORK

### WE WANT TO ACKNOWLEDGE SOME OF OUR SKILLS AS SEX WORKERS, EVEN IF THESE SKILLS CAN'T BE PUT ON A RESUME.

We've got to...

Be resourceful self-starters, showing initiative and mastering networking skills while exercising discretion;

Be skilled in financial negotiation;

Be personable and charming, with well-developed interpersonal communication skills - receptive, empathetic listeners, counsellors, and caregivers;

Be able to effectively gauge situations, trust our intuition, and know our limits;

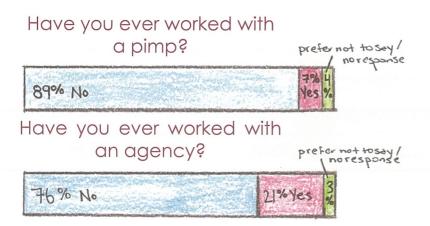
Be leaders and have excellent crisis intervention skills to keep our wits about us;

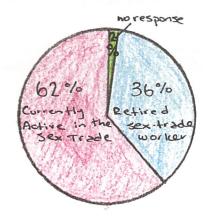
Be our own makeup artists, and our own fashion designers;

Wear many different hats, move between the different ways we present ourselves, and be skilled at being in the moment.

### SEX WORK IN THE DTES

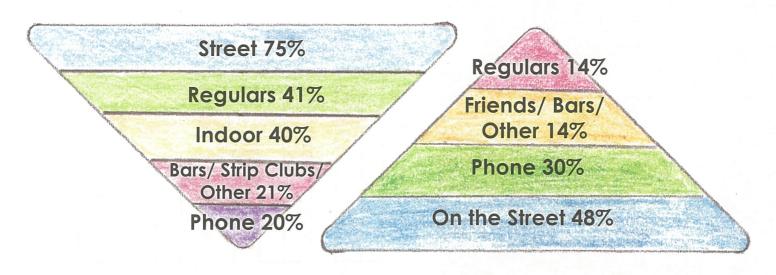
The women we interviewed are almost entirely sex workers from the DTES who access WISH Drop-In Centre. Our data is unique to street-based, survival sex work and not reflective of all sex workers' experiences. Survival sex work makes up only a small part of the fabric of sex work in Canada.





Active sex trade worker:
62%
Retired sex trade worker:
36%
No Response:
2%

### What kind of sex work do you do/ did you do in the past?



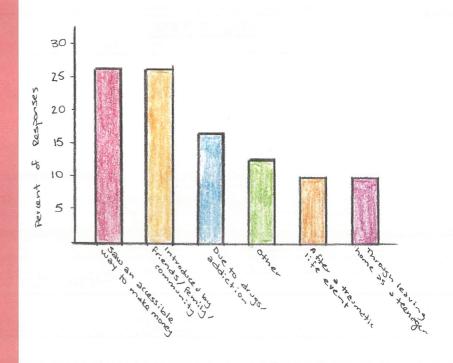
How do you connect with dates?

Women could pick more than one for these questions.

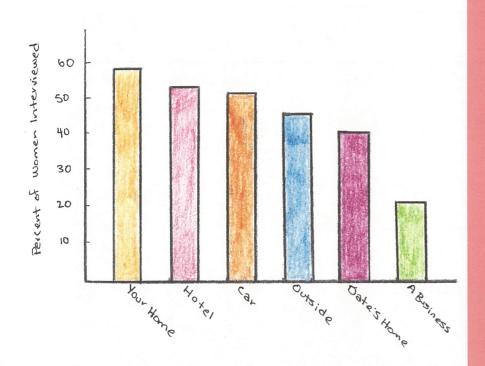
## Women told us how they started doing sex work in thier own words:

"I got out "I ran of jail with "My sisaway from home nothing" ter introwhen I duced me to it" was 13 "My husband died and grew "Homeless up on the and streets" needed and needmoney" ed fast "To supcash" port my "I wanted to" "My boyhabit" friend "Friends of "Drugs" begged me " mine got me into it" Ineeded money" "Curiosity"

## HOW DID YOU GET STARTED WORKING IN THE SEX TRADE?



### WHERE DO YOU DO DATES?



Street level sex workers are exposed to more dangers than folks doing other kinds of sex work.

Government initiatives such as Bill C-36 only push women further into the underground, which increases the dangers of working significantly.

If you would like more info on how Bill C-36 effects laws around sex work go to:

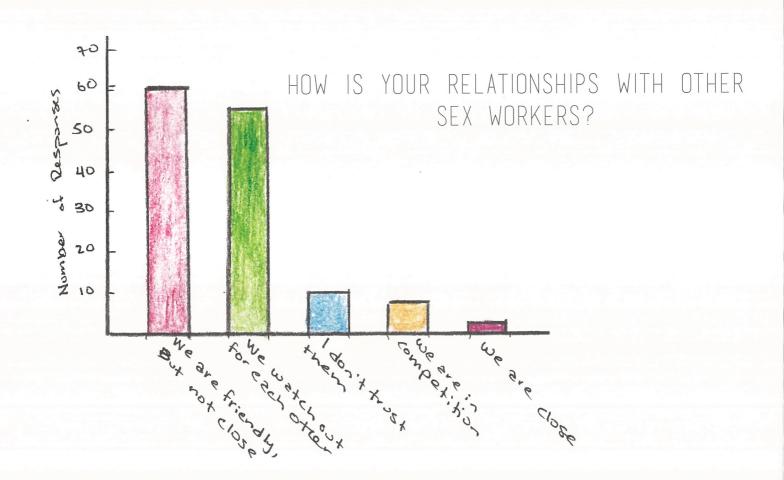
http://wish-vancouver. net/wp-content/uploads/2012/03/BILLC36-Information.pdf

### WHAT MAKES YOU SAY YES TO A DATE?

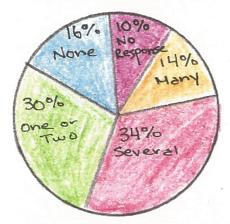
OMoney INTUITION A NICE TALKS	42%
Gut feeling / good vibes / intuition	29%
Cleanliness and good attitude	13%
Other MONEY GOOD VIBES INTUITION	7%
ADrugs TALKS GUT CLEAN	A 5%
If they're a regular	4%

### WHAT MAKES YOU SAY NO TO A DATE?

Gut feeling / bad vibes / intuition	36%
Not enough money	26%
Bad attitude GUY IS TOO CHEAP	19%
Bad hygiene PERSISTEN NO MONEY	14%
Drunk or high KNOW TOO CHEAP	BAD 5%
Other "NO MONEY IS 1101" INADDOC	2%



### How many close friends do you have in the sex trade?



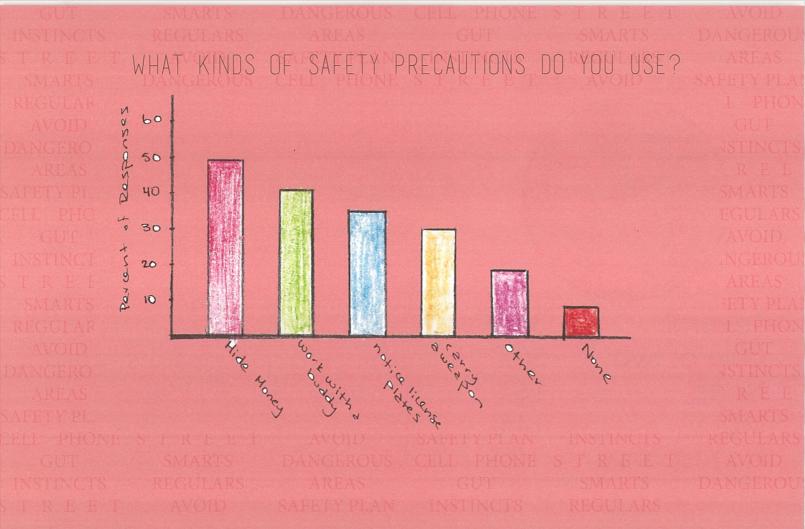
Several:	34%
One or two	30%
None	16%
Many	14%
No response 4% of women picked more than	10%
4% of women picked more than	one answer

# LATERAL VIOLENCE

Lateral violence happens when people who are both victims of a situation of dominance turn on each other rather than confront the system that oppresses them both.

Lateral violence occurs when oppressed groups/ individuals internalize feelings such as anger and rage, and manifest their feelings through behaviors such as gossip, jealousy, putdowns and blaming.

(http://definitions.uslegal.com/l/lateral-violence/)

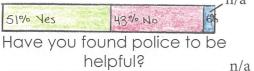


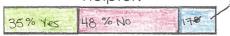
## POLICE

Our relationship with the police is one that dates back to early white settlers in BC. There are points in history where the relationship between police and sex workers was civil if not harmonious.

Today, however, our ties are weak - failures from the police have cost the lives of countless women and this is unacceptable.

Have you had negative runin's with the police?





Wish and the VPD are working on mending the divide; but, the scars run deep and our trust is broken. We ask that the Vancouver Police Department see us as people.

Do you have a criminla record as a result of sexwork?



The Vancouver Police Department (VPD) Sex Industry Liaison, Constable Linda Malcolm, provides a link between sex workers and the police, through support and intervention services.

"She's down to earth, I would call her a street mom. She's un-judgemental, very compassionate, empathetic, very resourceful. She helps with cell phones and helps with your ID issues. She's VPD, but she treats you like a daughter and a friend." - B.I.

Contact Linda at 604-516-9854 linda.malcolm@ vpd.ca

## RESOURCES FOR SEX WORKERS

### **WISH Drop-In Centre Society**

http://wish-vancouver.net/ 330 Alexander St 604-669-9474

WISH provides services to women working in survival sex work. The drop-in centre is the heart of the WISH programs—a safe place off the street where women can find acceptance, hot meals, makeup and clothing, showers, volunteer and employment programs, support services and more.



## MAP (Mobile Access Project)

Phone: 604-720-5686
MAP is operated by the WISH
Drop-In Centre Society in
partnership with PACE Society. It provides overnight outreach to sex workers (support,

condoms, needle exchange, basic first aid and emergency services) when no other services are available.

### **PACE Society**

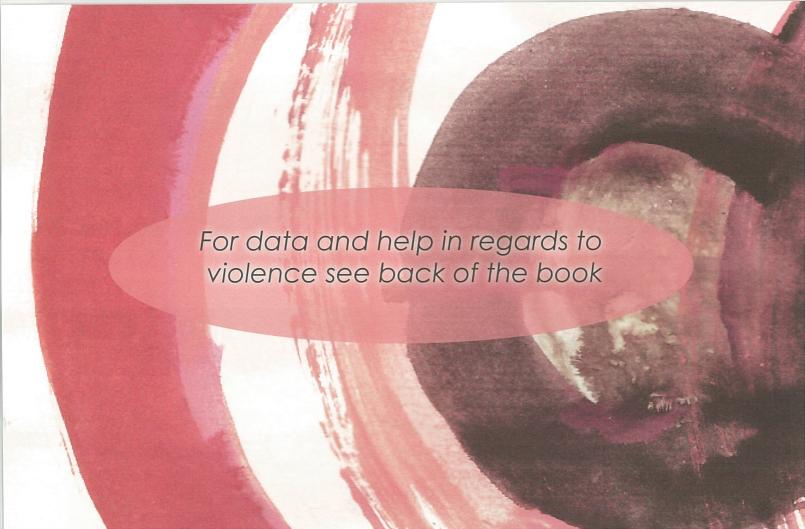
http://www.pace-society. org/ 49 West Cordova St, 604-872-7651 Resources and support run for and by sex workers.

# SWAN (Supporting Women's Alternatives Network) Vancouver Society

http://swanvancouver.ca/604-719-6343
Outreach, education, and advocacy for newcomer, migrant and immigrant women engaged in indoor sex work.

# HUSTLE (How U Survive This Life Everyday)

http://checkhimout.ca/hus-tle-at-him-blo/604-488-1001 ext 231 /778-868-1776
Outreach and support for self-identified men in the sex trade.





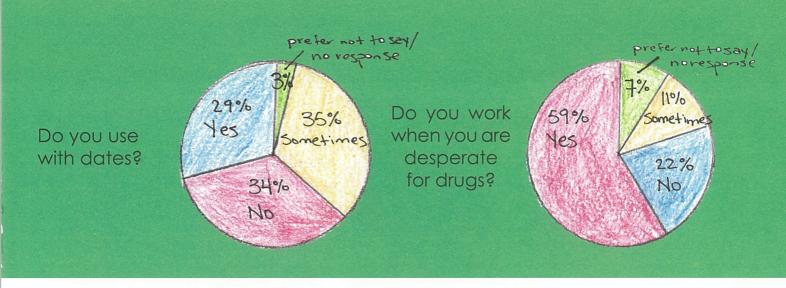
I catch a glimps of you From across the room -But of the corner of my eye I can't help the gasp that Escapes my lips- A shock I can't deny. Trancelike you draw me in -A face I know well; But rarely recognize Your smile, the one you gave so freely - Gone. Just lips now - twisted by fears & lies. Your eyes; how they danced and sparkled -And laughed - Alive!! Are now hardened - Cold & Dull From the life you barely survive. I force myself to turn away Swallow all shock & fear. Cursing now - To deny the truth Fuck that God damn mirror.

# LET'S TALK ABOUT STIGMA

As you read this section, you will find us reflecting on different ways we could have approached this research. We don't think our data on drugs reflects the realities of our community.

There is a lot of stigma around being labelled a drug user! Some women we interviewed might have had privacy concerns about sharing this information, and might have worried about what their interviewers thought of them. Because we are peers, we know each other and see each other every day.

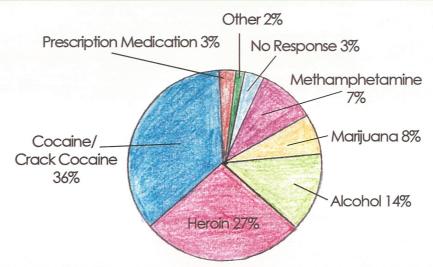
All of our interviews took place at WISH Drop In. WISH supports harm-reduction, but does not offer supplies and employs a no using policy. While this policy was developed at the Women's Advisory Group by WISH participants, we acknowledge that this might make it less comfortable to talk about our drug use. We know we won't be judged for doing sex work... but we still worry about the stigma of being a drug user.



Some of our questions were pretty loaded - for example: "Do you use with your date?".

We know that it's not the safest choice to use with a date, or to be paid in dope, and it can be scary or shameful to admit to these practices... We are worried about being judged by our peers. We need to keep our pride.

# DRUG OF CHOICE



When we asked women what their drug of choice was, some women only selected their top choice. We think this data isn't totally reflective for example, most people we know

drink and smoke weed. If we were to ask this question again, we'd ask:

"What drugs do you use, or have you used in the past?"

# HARM REDUCTION

Upon reviewing our data, some of our questions didn't get to the heart of the information we were after.

We wish we had asked questions about harm reduction, and that we had reworded some of the questions to reduce stigma.

These are questions service providers should ask themselves.

"Are there barriers to going to drug treatment centres?"

"What's the most comfortable place for you to use safely?"

"What are your experiences in safe injection sites?" "Are there barriers to using safe injection sites?"

"Where do you use most often?"

"Is it easy or difficult to get the harm reduction supplies you need?"

"What could be done to make using your drug of choice feel as safe as possible?"

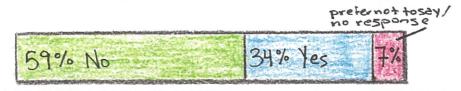
"Are there barriers to staying clean when you're trying not to use, or use less?"

Harm reduction aims to keep people safe and minimize death, disease, and injury from high risk behaviour.

# TREATMENT

We might have gotten different responses if we'd asked "Are you interested in quitting or minimizing your drug use?" There are many different approaches people take to using fewer drugs, quitting drugs, or just using drugs more safely, such as learning harm reduction techniques - drug treatment programs are only one option.

## Would you consider a drug treatment program?



No...

"I'd rather get high!"

"I've already tried a few times"

"The wait is too long"

"I'm not ready yet"

"Prefer to do it cold turkey"

"Been there, done that - I've got no intention of quitting, I like what I'm doing."

Yes...

"For stability"

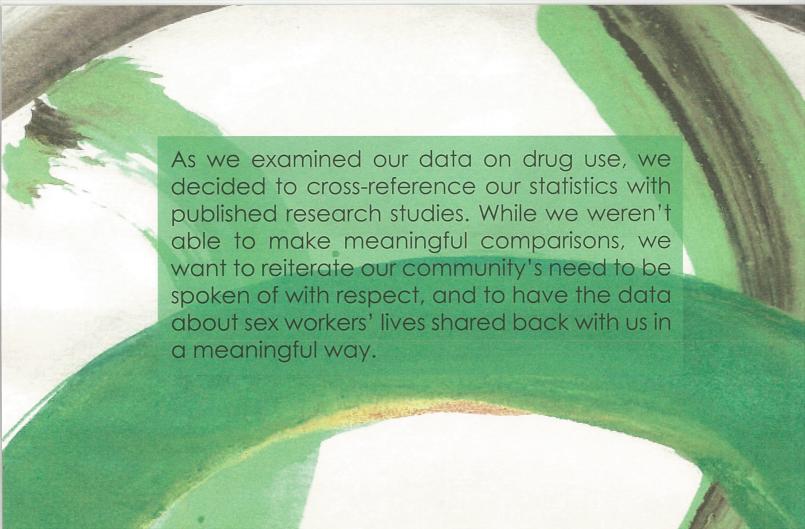
"To get clean"

"To get more access to my children"

"I'm older now, my body can't tolerate it"

"I want to get healthy"

"Because my son has been clean and sober for one year."





# VIOLENCE

# Trigger Warning

The following pages deal with violence against sex workers which may trigger strong emotions for some folks. This section is marked by a red tab in the bottom of the page.

If you wish to skip this section, flip the pages untill you no longer see the red tab

Have you experienced partner violence?



It is not easy escaping en choose to stay, have a safety plan. a violent relatioship, Remember it is not and it can be a very your fault and you are long time before a not alone. woman is ready to reasons why wom- en facing violence to

leave. Even then, Regardless of choice, there are many it is important for wom-

On the next age are agencies you can call for help.

# <u>DOMESTIC VIOLENCE QUICK RESOURCES</u>

### VictimLink BC

1-800-563-0808

www.victimlinkbc.ca
They are likely the most
helpful resource in terms of
ability to direct you to the
resources you need, give
advice, and connect you
with a Victim Services
worker.

Atira Women's Resource Society

604-331-1407 or transition house -604-531-4430

for counselling and transition housing

BWSS (Battered Women's Support Services)

604-687-1868 or

604-687-1867 (crisis line)

for counselling, advocacy, and accompaniment; as well as lots of programming catered to specific needs

MOSAIC: Multi-lingual
Orientation Services
Association for Immigrants

604-254-9626
for culturally sensitive counselling for immigrants in a variety of languages

Vancouver for counselling 604-279-4951 or 604-872-3311 (crisis line)

WAVAW
(Women Against
Violence
Against Women)
604-255-6228 or

604-255-6344

1-877-7583 (crisis line)

for counselling, advocacy, and accompaniment; as well as lots of programming catered to specific needs

A safety plan involves identifying action steps to increase your safety or the safety of someone you know, and to prepare in advance for the possibility of further violence.

- \*\*If you have proof of abuse bring it with you
  - Medication/prescriptions
- Phone cards/ Change
- Extra Keys 🕏
- Bank card/ credit card
- Money
- Cell phone and charger







- Photo of abuser
- Addess book
- Passport/citisenship/ immigration papers
- Clothes
- **Toiletries**
- Legal Papers
- Photo ID











The following are some tips for planning a safe escape from violence.

Practice how to get out safely.

What doors, windows, elevators, stairwells or fire escapes would you use? Think about safe areas of the house where there are no weapons, and at least two ways of escape.

Plan and rehearse
Plan and rehearse the
steps you will take if you
have to leave quickly, and learn them well.
what you will take, where
you will go?

Have a back-up plan ifyour partner finds outwhere you are going. Tell Someone

Tell a friend, family member, neighbour about the violence and ask them to call the police if they hear loud noises, yelling or screaming, slamming of doors, gun shots, squealing tires, breaking glass, coming from my house or if they can't locate you.

Plan a safe place
Have a plan for where
you are going to go: a
shelter, a transition house,
the police, a service organisation. Request a police escort or ask a friend,
neighbor or family member to accompany you
when you leave.

Do not tell your partner you are leaving.
Leave quickly.

If you are injured
Go to a doctor, emergency room or a clinic and report what happened to you. Ask them to document your visit.

Evidence
Consult a Victim Service
Worker. Keep any evidence of physical abuse,
such as photos. Keep a
journal of all violent incidents, noting dates,
events, threats and any
witnesses.

Remember
Clear your phone of the last number you called to avoid the abuser utilizing redial.

You are not alone.

# DATE VIOLENCE



How did it make you feel? We continue to be pushed into darker alleys and forced to take higer risks then neccesary. There are a few things we can do to ensure our safety such as:

**Furious** 

Humiliated

Like shit

Pissed off

•Telling someone you're going on a date

•Take note of the licence plate & car make

•Check the car for hidden people BEFORE getting in

Keep an eye on the women in your area

•Keep a phone on you

Emergency phones that only call 911 are available through Sister Watch. Get in touch with Linda Malcom if you do not have a phone at 604-516-9854.

Do you read the Red Light Alert (Bad Date Sheet)?

Do you report bad date reports?



If not, why?

"I don't trust cops"

"Will they believe me?"

"Police are discriminatory"

"Don't want to be called a rat"

Remember, the VPD Sex Industry Liaison Linda Malcolm is there to help after bad dates! You can reach her at 604-516-9854.

# BAD DATE REPORTS

Bad Date reports are taken by agencies througout the community, are assembled by WISH and are disseminated through a large network of service providers who are in contact with women working in the sex industry.

Bad Date Reports are then circulated in the Red Light Alert news letter, updated weekly.

Reports can be made in person between during drop-in hours, dropped off at our office or phone.

Call Wish and use the template on the next

page and relay the information. Staff will also ask if you have you reported this date anywhere else and if you would you like this to appear on the Red Light Alert.

Forms available online: <a href="http://wish-vancouver.net/bad-date-reporting">http://wish-vancouver.net/bad-date-reporting</a>

## <u>Please forward Bad Date Reports to WISH</u>

Call WISH at 604-669-9474

Fax: 604-669-9479

E-mail: wishdropincentre@shaw.ca

Deliver: 334 Alexander Street, Vancouver V6A 1C3

Time of incident: am pm	
Location picked up:	Location of incident:
Picked up by: [] Foot [] Car [] Truck [] Bicycle	
Description of vehicle: outside clean [] outside	dirty[]
Colour: License Plate:	
Smell: Size	SEDAN HATCH-BACK SPORTS CAR CONVERTIBLE
Anything on the seat?	
Old / NewMake of vehicle?	
	TATION WASON 200 Mills VAI
Suspect Description:	
Age:Name:	
Gender: Hair colour: Hair	
Facial Hair: Bui	ild: Hight:
Wearing: Tattoos (what and where	e): Scars (what and where):
Smell (Cologne? Substances? Dog?):A	Accent? : : : :
Ethnicity:	
What did suspect say?:	What did suspect say? :
What Happened?	
BUC FIRST SECTION SECT	
Robbed [ ] Raped [ ] Punched [ ] Kicked [ ] Strangled [ ] Threatened [ ] Weapons [ ] Visible injuries [ ]	
Visible injuries [] Medical attention [] Police Called []	

## GLOSSARY

## Colonisation

onisation has lasting negative fession, or drug user status. impacts on First Nations people.

## LGBTQ2S

A blanket term for people who are lesbian, gay, bisexual, transgender, queer, or two spirit.

## Marginalised

The process through which Euro- To be socially disadvantaged pean countries have seized con- and pushed to the fringes of sotrol of indigenous peoples' lands ciety, for reasons such as your through physical, economic, po-race, gender, class, health, age, litical and cultural violence. Col- sexual orientation, ability, pro-

## SRO

Single Room Occupancy housing in a multiple-tenant building.

