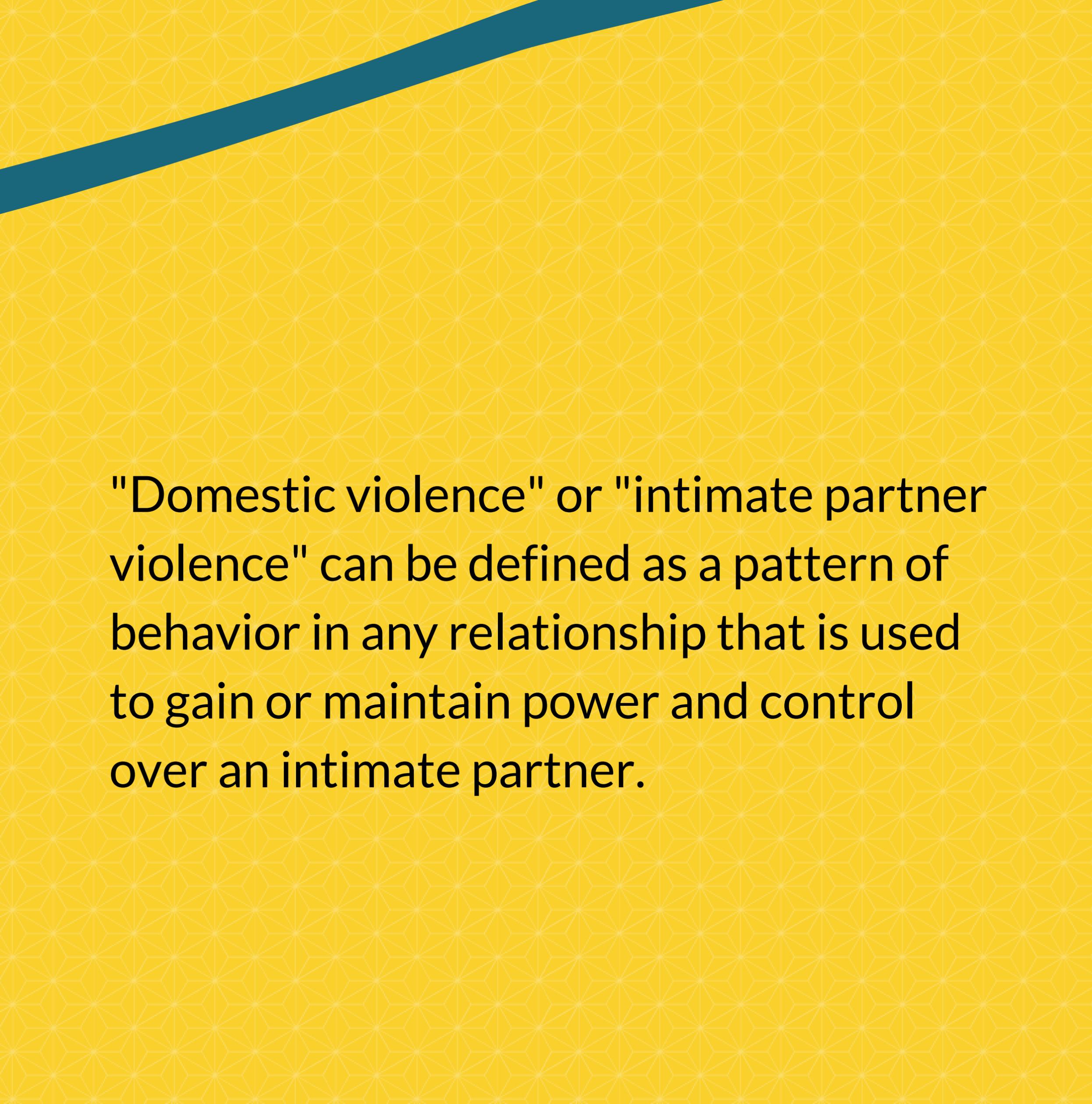




THIS RESOURCE CONTAINS  
DESCRIPTIONS OF DOMESTIC  
AND FAMILY VIOLENCE

# DOMESTIC VIOLENCE





"Domestic violence" or "intimate partner violence" can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner.

Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure, or wound someone.

Anyone can be a victim of domestic violence, regardless of age, race, gender, sexual orientation, faith or class.

It can occur within a range of relationships including couples who are married, living together or dating.

Domestic violence affects people of all socioeconomic backgrounds and education levels.

Domestic abuse doesn't just include couples.

Victims may also include a child or other relative, or any other household member.

Domestic abuse is typically manifested as a pattern of abusive behavior toward an intimate partner in a dating or family relationship, where the abuser exerts power and control over the victim.

Domestic abuse can be mental, physical, economic or sexual in nature. Incidents are rarely isolated, and usually escalate in frequency and severity. Domestic abuse may culminate in serious physical injury or death.

# Are You Being Abused?

Does your partner...

- Embarrass or make fun of you in front of your friends or family?
- Put down your accomplishments?
- Make you feel like you are unable to make decisions?
- Use intimidation or threats to gain compliance?
- Tell you that you are nothing without them?

# Recognizing the signs of domestic abuse

Does your partner...

- Treat you roughly—grab, push, pinch, shove or hit you?
- Call you several times a night or show up to make sure you are where you said you would be?
- Use drugs or alcohol as an excuse for saying hurtful things or abusing you?
- Blame you for how they feel or act?

# Are You Being Abused?

Does your partner...

- Make you feel like there is “no way out” of the relationship?
- Prevent you from doing things you want – like spending time with friends or family?
- Pressure you sexually for things you aren’t ready for?
- Try to keep you from leaving after a fight or leave you somewhere after a fight to “teach you a lesson”?

# Are You Being Abused?

Do you.....

- Sometimes feel scared of how your partner may behave?
- Constantly make excuses to other people for your partner's behaviour?
- Believe that you can help your partner change if only you changed something about yourself?
- Try not to do anything that would cause conflict or make your partner angry?
- Always do what your partner wants you to do instead of what you want?
- Stay with your partner because you are afraid of what your partner would do if you broke up?

## **If you are a victim of domestic violence remember ....**

- **NO ONE** deserves to be abused. The abuse is not your fault. You are not alone.
- **DON'T** worry about threats to your visa. We have information about visa options for your situation.
- **DON'T** worry if you do not speak the local language. We can get you help in many languages.

## Are You Being Emotionally Abused?

You may be in an emotionally abusive relationship if your partner:

- Calls you names, insults you or continually criticizes you.
- Does not trust you and acts in a jealous or possessive manner.
- Tries to isolate you from family or friends.
- Monitors where you go, whom you call and with whom you spend your time.
- Does not want you to work.

## Are You Being Emotionally Abused?

You may be in an emotionally abusive relationship if your partner:

- Controls finances or refuses to share money.
- Punishes you by withholding affection.
- Expects you to ask permission.
- Threatens to hurt you, the children, your family or your pets.
- Humiliates you in any way.

## **Psychological abuse:**

involves causing fear by intimidation; threatening physical harm to self, partner or children; destruction of pets and property; “mind games”; or forcing isolation from friends, family, school and/or work. Source: United Nation

## **Financial or economic abuse:**

involves making or attempting to make a person financially dependent by maintaining total control over financial resources, withholding access to money, and/or forbidding attendance at school or employment. Source: United Nation

## **Physical abuse:**

involves hurting or trying to hurt a partner by hitting, kicking, burning, grabbing, pinching, shoving, slapping, hair-pulling, biting, denying medical care or forcing alcohol and/or drug use, or using other physical force. Source: United Nation

## **Are You Being Physically Abused?**

You may be in a physically abusive relationship if your partner:

- Damages property when angry (throws objects, punches walls, kicks doors, etc.).
- Pushes, slaps, bites, kicks or chokes you.
- Abandons you in a dangerous or unfamiliar place.
- Scares you by driving recklessly.

## **Are You Being Physically Abused?**

You may be in a physically abusive relationship if your partner:

- Uses a weapon to threaten or hurt you.
- Forces you to leave your home.
- Traps you in your home or keeps you from leaving.

## **Are You Being Physically Abused?**

You may be in a physically abusive relationship if your partner:

- Prevents you from calling police or seeking medical attention.
- Hurts your children.
- Uses physical force in sexual situations.

## **Sexual abuse:**

involves forcing a partner to take part in a sex act when the partner does not consent. Source: United Nations

## **Are You Being Sexually Abused?**

You may be in a sexually abusive relationship if your partner:

- Accuses you of cheating or is often jealous of your outside relationships.
- Wants you to dress in a sexual way.
- Insults you in sexual ways or calls you sexual names.
- Has ever forced or manipulated you into having sex or performing sexual acts.

## Are You Being Sexually Abused?

You may be in a sexually abusive relationship if your partner:

- Holds you down during sex.
- Demands sex when you are sick, tired or after beating you.
- Hurts you with weapons or objects during sex.
- Involves other people in sexual activities with you.
- Ignores your feelings regarding sex.

## **Stalking:**

involves any pattern of behavior that serves no legitimate purpose and is intended to harass, annoy, or terrorize the victim. Typical stalking activities include repeated telephone calls, unwelcome letters or gifts by mail, surveillance at work, home and other places that the victim is known to frequent. Stalking usually escalates. Source: United Nations

## **Do you need help?**

No one deserves to be abused.

The abuse is not your fault.

You are not alone.

If you are in immediate danger, call 911

If you are experience domestic abuse, call the 24-hour  
Family Violence Helpline:

**1-866-606-7233**

If you need support to escape abuse, call the 24-Hour  
Alberta Works Helpline:

**1-866-644-5135**

## How Can You Help?

How you can help victims of domestic abuse?

- Listen and believe the abused person to let them know they are not alone.
- Encourage her/him seek support through a confidential hotline to connect with a professional in the field.
- Express concern for him/her, show support, and offer referrals to available resources.

Keep in mind that a survivor often makes several attempts to leave the abusive relationship before succeeding.