

Domestic Violence



What is Domestic Violence

- It comes in many forms that is marked by a pattern of power and control.
- It can be physical, emotional, verbal, sexual, economic, spiritual, harassment, it is caused and is the fault of the person committing it.

Myths about Domestic Violence

- Domestic Violence is a family matter
- Most of the time, **“It’s Not that SERIOUS”**
- Victims provoke their partners
- It was an accident **“I didn’t MEAN it!”**
- It doesn’t happen to: **my community, culture, my religion, my family**
- It is easy for a victim to leave their abuse
- She is making up the abuse to get attention
- He wouldn’t hit/nor beat his pregnant wife/girlfriend, children, or pets
- Services/Supports are trying to break our family apart
- You can’t leave, it is against your religion, beliefs

Facts about Domestic Violence

- It can happen to you, and people you may know
- Victim do not cause domestic violence
- Kids are also affected for life
- Abusers are fully responsible for causing domestic violence to their partner, children, family, friends, work place
- It can happen anywhere in the world
- It can happen to any age, gender, sexual orientation, or religious background
- Men, women, elders, teens, children, family, friends, pets can be victims of abuse in relationships
- It can result in physical harm, psychological trauma, or death
- It can be passed to the next generation and last a lifetime
- You can suffer from PTSD, Psychosomatic Illness/Disease (**After Effects from Trauma/Crisis**)

Types of Domestic Violence

1) Physical

Slapping, hitting, punching, kicking, physical restraint, forcing someone to take drugs

2) Emotional

Slapping, hitting, punching, kicking, physical restraint, forcing someone to take drugs

3) Verbal

Name calling, put downs, belittling, yelling, screaming

Making fun of how you look and dress

Humiliating and shaming you in public

Swearing at you constantly for everything

Blames you for things they did wrong



4) Sexual

- Forces you to have sex when you do not want to
- Accuses you of cheating
- Forces you to perform sexual acts that are not appropriate
- Forces you to have sex after being physically assaulted by your partner

5) Economic

- Refusing to making decisions together on finances in the home
- Not sharing their income with you
- Your income is their monies and not yours
- Giving away, or selling your property so you don't own anything
- Using monies to get control over your choices and to get what they want from you

6) Spiritual

- You and your children are controlled and forced to follow your partner's religious beliefs, practices and customs
- You are not allowed to continue following your religious beliefs and practices, neither allowed to teach your children about your spiritual beliefs

7) Harassment

- Hangs around your home and area
- Calls your phone, your home, your family over and over again
- Can force their way into your home, workplace, personal space
- Makes false allegations to police and cfs
- Even after your break up they believe you are still a couple.

8) Psychological

- Makes you to be an unfit parent
- Cries in front of the children, family and friends
- Threatens to take full custody of children, or pets
- Threatens to kidnap the children, or pets
- Threatens to harm you in any way
- Threatens to commit suicide
- Threatens to kill you or the children
- Plays mind games to control you



9) Other Controlling Behavior

- Controlling where the victim goes, talks to, who the victims sees, or what the victim does
- Preventing the victim from working, or going to work
- Controlling the victim's privacy
- Not allowing the victim to eat, sleep, wash, or practice their spiritual care
- Sending, or buying gifts for the victim that they do not want, or did not ask for

Controlling Phrases

- You spend way too much money. I will be in charge from now on!"
- "I will work and make the money and you will stay home and not work anymore!"
- "If you leave, nobody will love you like I do!"
- "Look at how you dress, you look ugly clown!"
- "You were nothing when I met you and you will always be a nobody!"
- "If you look away, I will beat you until nobody recognizes you!"

“I do not hear you praying, pray out loud so I can hear you!”

“You cannot go visit anyone without me ever!”

“I decide what we buy in this home!”

Warning Signs

Gets mad at you in public

- Does not let you make decisions
- Blames everything on you
- Has to know your constant whereabouts
- Decides how you feel, think, say or do
- Keeps you in isolation

- Humiliates you

- Forces you to have sex
- Controls all monies
- Jealous of your children, family, friends, etc.

Emotions and Feelings of Victim

- Wants the abuse to end
- Feeling isolated, hurt, angry, alone, withdraw
- Feeling depressed, helpless, afraid
- Feeling embarrassed and shame it is happening to you
- Still love your abuser
- Believe your abuse can, or will change
- Have suicidal thoughts
- Have no support from family
- Afraid to report abuse and fear of being judged
- Deny that abuse is taking place
- Make excuses for the abuser's behavior
- Fear of not being able to support yourself
- Fear of no one believing you
- Fear of losing children to abusive partner
- Fear of leaving pets with abusive partner
- Fear of religious beliefs, or customs to stay in the abusive relationship
- Fear of being dependant on abusive partner
- Fear of abusing alcohol and drugs
- Fear of being alone with no partner



Effects of Domestic Violence on Children

Children who experience and witness violence at home feel fear, do not feel safe, scared, afraid, feel threatened, unsure, that it becomes a normal lifestyle because of what they see and hear at home.

- Trouble sleeping
- Fear/Worry about danger of self/loved ones
- Emotional numbing (**hide emotions/make excuses**)
- Difficulty focusing in school, chores, life
- Acting out events of violence seen, heard, felt
- Bullying, lashing out, not listening, isolating self
- Feeling sick, or acting sick to get attention, or get out of a situation
- Fear if they tell, they might go into care and lose family
- Display aggressive and/or socially inappropriate behaviors

- Have low self-esteem and self-worth
- Show emotional distress, phobias, anxiety or depression

***Studies show that children who witness domestic violence who do not get supports/services will more likely to suffer in their adult years by coping with addictions (sex, gangs, Drugs, alcohol, inhalants, Weed, Meth, cocaine and other drugs)**

IMPORTANT TIPS

- Support a friend (**Do Not Ignore**)
- Safety plan (**Research/Ask**)
- Community resources (**Research/Ask**)
- Connect with your schools (**Supports**)
- Get Support for you and your children (**Counselling/Therapy/Support Groups** Self-Care is **KEY** to recovery)

How to get HELP

- 1) Tell Someone (**You TRUST**)
- 2) Take Warning Signs Seriously (**Always for Safety**)
- 3) Learn about the Risk Factors and Warning Signs
- 4) Support a friend by Being with Them
- 5) Seek Advice What Steps to Take
- 6) Ask Questions such as: **Is the Domestic Violence taking place at home, work, school, in public?**
- 7) Learn about Safety Plans
- 8) Check if "**Red Flags**" are not assumptions (**Danger**)
- 9) Seek Support for Yourself (**PTSD**)
- 10) Seek Legal Advice and Protection Services
- 11) Connect to Community resources

What Not to Say

- ✓ Leave Him/Her
- ✓ You are never going to leave
- ✓ Don't provoke him
- ✓ I can't believe you went back
- ✓ Tell Him/Her off and leave them
- ✓ You will go back
- ✓ I can't believe you put up with Him/Her
- ✓ You are stupid for being with Him/Her

What to Say

- ✓ You are not responsible for His/Her actions
- ✓ He/She is responsible for their actions
- ✓ The abuse is not your fault
- ✓ I hear you and I am here to help you when you are ready

- 1) I have noticed that...bruises, behavior
- 2) You have the right to be safe (**children, pets too**)
- 3) Can I connect you with supports (**resources**)?
- 4) How can you stay **SAFE** when you are alone?

Safety Thoughts: Before Reacting and Responding

- 1) Before Getting Involved: **Is it SAFE?**
- 2) Learn Safety Tips (**Reading Resources and Research online**)

- 3) Say Something (**You are not Alone**)
- 4) Learn what about the behavior and attitudes of Abusers
- 5) Learn what **SAFETY PLANNING** will work for you, or the person your helping

Safety Planning

(*See attached form)



PLANING TIPS

For Counselling and Support Services Contact (306) 953-7285:



**PRINCE ALBERT
GRAND COUNCIL**

- | | | |
|-----------------------|-------------------------|-------------------|
| Embracing Life | Addictions | Holistic Wellness |
| Domestic Violence | Grief & Loss | Yes Program |
| Suicide Prevention | Responsible Gambling | Anger Resolution |
| Traditional Parenting | Mental Health Providers | Hot Program |
| Land Based | Elder Support | |

- *Culturally Appropriate Programs
- *Individual, Group, Family Counselling, Referrals

OTHER SUPPORT HELP PHONE NUMBERS:

***911**

Kids Help Phone
Text: 686868
Chat at
KidsHelpPhone.ca
1-800-668-6868

24 Hour in SK
1-800-611-6349

First Nations and Inuit “Hope for Wellness”

Help Line
1-855-242-3310
***ONLINE Chat**
hopeforwellness.ca

PA Mobile Crisis
306-764-1104
Available Hours
4pm-8am
Monday to Friday and
24 hours per day on weekends





PLANING TIPS

DOMESTIC VIOLENCE

1. A way to **ESCAPE** Domestic Violence (**Leave your ABUSER**)
2. # of places they can go (**Safe**)
3. Who can help if they left (**Who to call**)
4. What to pack and bring (**Important Items**)
5. Change Routine (**Places to Avoid**)
6. Safety Plan for children
7. Back Up Escape Routes and Hide Escape Routes when leaving
8. Take PICS of children and Abuser (**If you have to make report for abduction**)
9. Memorize/Practice Safety Plan
10. Safety Plan your home (**Smoke Detectors, Locks, Lights, Security System**)
11. Have friends and neighbors to keep an eye on you
12. Do Not tell your children you are leaving
13. Read up and research topics on domestic violence

WHAT TO PACK: Checklist

Where will your emergency bag be at? (**Mom, Friend**)

Contact Emergency #, or CODE

Emergency Cash

Copies of I.D.'s (**Yours, Children**)

Driver's Licence, Banking Information, Credit Cards, Bills Information

Sentimental Value

Extra Clothes

Picture of Abuser

Cell Phone

Bus Tickets

Children's Favorite Toys

Medication



IMPORTANT

*Did you miss anything (**Review/Practice**)

***DO NOT** let your abuser **KNOW** the **SAFETY PLAN**

*Remember you, or your friend **are not alone**



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Holistic Wellness Centre

(306) 953-7285