



Introduction

RELATIONSHIPS WITHOUT ABUSE A PARTNERSHIP FOR A SAFE COMMUNITY

The issues of violence and abuse in relationships are complex and difficult, whether you are living with abuse or wishing to help someone else. This booklet is intended to offer information, support and hope for anyone who wants to know more about abuse in relationships.

This is the sixth edition of this collection of information and resources. The first edition was compiled in 1996 by participants and staff and the Family Violence Project. The second edition, *Relationships without Abuse, a Community Working together for Health*, was a revision and expansion produced by a partnership of anti-violence agencies including the Family Violence Project, Victoria Women's Transition House, Hill House, The Cridge Centre for the Family, and supported by a grant from the Capital Health Region Community Fund. The current revision includes a section on elder abuse and was supported by a grant from the City of Victoria.

We have included chapters on recognizing and understanding abuse, alcohol/drugs and abuse, the effects on children who witness abuse, gay and lesbian abuse, women who use violence, and how to help someone who is in an abusive relationship. A list of places to find help in Victoria and the Western Communities is provided at the end of the booklet, as well as useful web sites and reading resources (updated January 2010).

We hope you find what you need in this booklet and that you will let us know if you have comments or suggestions for improvement.

April 2010

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VICTORIA WOMEN'S TRANSITION HOUSE PROGRAMS

24-Hour Crisis Line 250-385-6611

Operated by compassionate, non-judgmental, professional staff and trained volunteers, the Crisis Line provides support and information for women who are either experiencing abuse now or have experienced abuse in the past. Family and friends of abused women and professionals can also call for support and information.

Emergency Shelter for Women and Children

The shelter provides safe and supportive accommodation for women, with or without children, escaping relationship abuse and violence. Support and counselling services, referral to other services in the community, child care and programs specifically for children, and assistance with transportation are also provided. All services are provided free of charge to women of all ages.

Spousal Assault Victim Support Program

Available to victims of assault, threats or criminal harassment by an intimate partner or ex-partner, clients are supported through the criminal justice system process, given referrals to community agencies and provided with short-term counselling and emotional support.

Stopping the Violence Counselling Program

Providing short- and long-term individual and group counselling for women who are currently experiencing abuse or who are leaving or have left their relationships, including services for women who may or may not have been in the shelter.

Domestic Violence Emergency Response System

Innovative program providing high-level emergency response for women at greatest risk of serious injury or death, including cell phones programmed for 911 only, plus alarm systems for the home. The program requires application and assessment by a team, including relevant police agencies.

Harrison Place

Opened in April 2007, and providing supportive transitional housing for single women aged 45 to 65 who have left abusive relationships, the facility has 23 affordable one-bedroom suites where women can stay for up to three years, becoming independent and self-reliant.

Children Who Witness Abuse Program

Providing intervention services that help stop inter-generational abuse. Counselling for children who have witnessed abuse helps them recognize abusive behaviour, look at alternatives to violence, and break the cycle of abuse, giving them the tools to deal with their feelings and experiences. The program also provides education about the effects of witnessing abuse, dating violence prevention presentations in public schools and other locations, and a summer day camp program each year.

Older Women's Outreach & Safe Home Program

Support for women over age 50 as they navigate the challenges of establishing a new life. Emergency shelter is provided in the shelter and a safe home, where women can stay for up to 30 days while they receive support, advocacy and counselling.

Community Education

Promoting prevention and increasing public awareness of Transition House services and the impact of violence and abuse on women and children, including educational workshops, presentations, displays and training materials to organizations, service clubs, professional groups, schools and the general community.

For more information

Call the Community Office, at 250-592-2927
To learn how you can support Transition House's work, contact the development team at 250-592-2927 (ext. 214)

Section one **RECOGNIZING AND UNDERSTANDING ABUSE**

EARLY WARNING SIGNS

Signs that someone will become abusive are sometimes hard to see at the beginning of a relationship. It may be unfair to expect a person to recognize that this person who seems so caring and attentive in the early, courting stage of the relationship could be so different once the relationship is secured.

Looking back, however, many victims of abuse recognize that although it may have been difficult to tell right away, it is possible to recognize warning signs that indicate someone could be abusive. Someone who will be abusive may not have all of the following characteristics, but is likely to have some of them.

Someone Who Becomes Abusive May:

- have low self-esteem
- blame you and others, hardly ever themselves
- not take responsibility for their actions
- have grown up in a home where they witnessed violence or abuse by a parent
- be overprotective to the point of being controlling
- have a short temper, or be explosive
- be obsessed with you; needy or clingy
- have rigid ideas about male and female roles
- use alcohol or drugs excessively
- not want you to go anywhere without them
- have a lack of empathy for others, and be centred on themselves
- appear tough and aggressive or passive
- have difficulty being appropriately assertive
- be possessive, very jealous, may even be jealous of the time you spend with your family and friends
- not communicate well about their feelings (except anger)

ABUSIVE BEHAVIOUR

Abusive behaviour is the use of anger, force, fear, manipulation and intimidation to gain power and control in a relationship. The following are some examples of abusive behaviour:

Using Controlling Behaviour Such as:

- telling you what to do or not do, where to go or not go
- stating who your friends “should” or “shouldn’t” be
- instructing you on what clothes to wear, how to wear your hair/makeup
- dictating how you should act in various situations
- commenting on how long your phone calls should be and who to talk/not talk to
- wanting you to account for where you’ve been
- phoning you at work to make sure you’re there

Signs that someone will become abusive are sometimes hard to see at the beginning of a relationship. It may be unfair to expect a person to recognize that this person who seems so caring and attentive in the early stages of the relationship could be so different once the relationship is secured.

Abusive behaviour is the use of anger, force, fear, manipulation, and intimidation to gain power and control in a relationship

- telling you what time to come home
- Not announcing when he or she is coming to visit, just arriving
- making the major decisions
- expecting you to be by the phone at all times, waiting for their call
- manipulating you to get what he/she wants

Invading Your Privacy by:

- going through your purse
- listening to your phone calls
- opening your mail
- going through your diary
- wanting to know your conversations word for word
- following you when you leave the room even though you want to be left alone
- asking friends and family about what you do

Attempting to Make You Dependent by:

- controlling the money
- not wanting you to work
- not wanting you to have your own bank account
- telling you that you don't have skills and couldn't make it on your own
- telling you "no one else will love you"
- telling you that you are stupid
- not wanting you to learn to drive
- encouraging you to quit school

Attempting to Isolate you by:

- being rude to your friends so that they will stop visiting you
- starting an argument with you right before you leave to go out with a friend
- telling you lies about what your friends have said about you
- not wanting you to go out with friends without him or her
- belittling your friends
- telling you not to see your family
- not wanting you to meet his/her friends
- wanting you to choose between him/her and your friends
- holding messages back from you

Using behaviour or Holding Attitudes Such as:

- negative attitudes about women (i.e., that they are inferior to men)
- condoning violence against women and pornography
- not respecting your sexual boundaries
- threatening to get sex elsewhere
- pressuring you to have sex when you don't want to
- being violent towards pets

- ruining items that you value
- damaging property in anger
- intimidating others
- preventing you from using the phone if you are feeling unsafe
- driving fast to intimidate you
- threatening to have you deported if you are an immigrant
- threatening to have you committed because you are “crazy”

Using Physical Force Against You, including:

- using aggressive gestures (e.g., smacking hand on furniture, clenching fist)
- making threats of violence
- pushing you
- slapping you
- kicking you
- punching you
- holding you down
- restraining you from leaving
- blocking doorways
- throwing things
- choking you
- grabbing you
- deliberately hurting you in any other way

ABUSE DURING PREGNANCY

For most women, pregnancy and the arrival of a new baby is a time when they are more focused on their baby’s needs. For the abusive partner, this change in attention is interpreted as rejection and isolation. The abusive partner may deal with his feelings of jealousy and anger by using violence or abuse to assert his power, and to bring the focus back to him.

For some women, pregnancy can be a time when the abuse by their partner begins or escalates. About 40% of abused women indicate that the abuse began during pregnancy. Pregnant women in abusive relationships have increased hospital admissions and the effects of the abuse and violence can be extremely damaging to the woman and to the baby. Abused pregnant women are twice as likely to miscarry and four times as likely to have low birth-weight infants as women who have not been abused.

The abuse tends to be even greater in the first three months after the birth of the child. The anxiety the woman feels because of the abuse and violence and the lack of a supportive partner puts her at a much greater risk of postpartum depression. Babies are also especially at physical risk during abuse, as they may be hit while in their mother’s arms or near their mother, or they maybe grabbed or thrown by the abuser.

Statistics Canada 1994. Juristat Services Bulletin: Wife Assault: The findings of a national survey. Canadian Centre for Justice Statistics. 14(9)

About 40% of abused women indicate that the abuse began during pregnancy ...Abused pregnant women are twice as likely to miscarry and four times as likely to have low birth-weight infants as women who have not been abused.

POWER AND CONTROL WHEEL



Developed by:
Domestic Abuse Intervention Project
202 East Superior Street
Duluth, MN 55802
218.722.4134

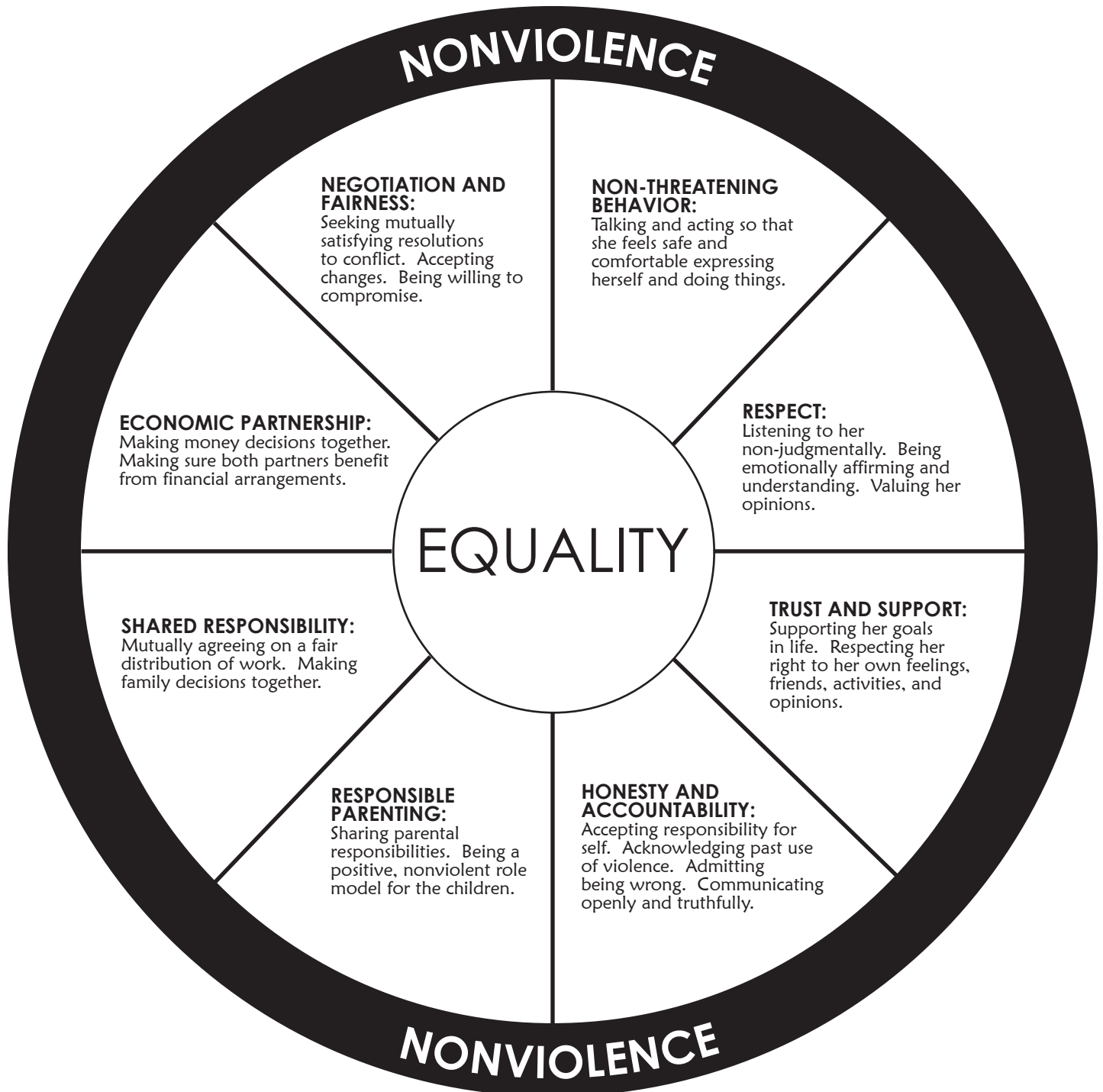
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on Domestic and Sexual Violence
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4612 Shoal Creek Blvd. • Austin, Texas 78756
512.407.9020 (phone and fax) • www.ncdsv.org

EQUALITY WHEEL



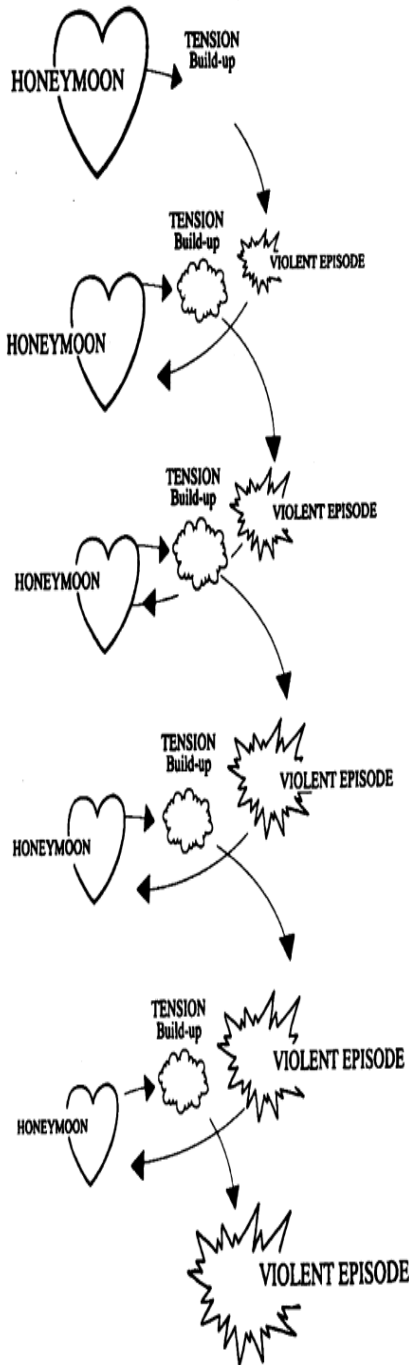
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The Cycle of Violence Over Time



From: Shirly Philippe and Bonnie Hutchinson,
*Breaking the Pattern-How Alberta Communities Can Help
Assaulted Women and Their Families.*
Alberta Social Services and Community Health, 1985

THE CYCLE OF ABUSE AND VIOLENCE

In many women's experiences, abusive behaviour follows a cycle or pattern. Understanding this cycle can help explain the dynamics of abusive relationships and why some women stay in or return to abusive relationships. At the same time, it is important to note not all women experience this cycle, particularly the honeymoon stage. Abuse is a systematic pattern of continual abusive behaviours aimed at maintaining power and control.

Phase One: Tension Building Stage

The abuser attacks the woman verbally with insults, put-downs and accusations. The abuser may use controlling or interrogation techniques. The woman tries to calm the abuser and tries to anticipate their every whim. Women have described this as feeling like, "walking on eggshells". As the tension builds, she becomes more passive, or she may try to fight back. Regardless of what she does, the abuser becomes more oppressive. The woman blames herself and often feels helpless. The tension becomes unbearable.

Phase Two: Abusive or Violent Incident

Tensions that built up in Phase One erupt into either violent acts or extreme verbal or psychological abuse. The incident is triggered by the abuser's perception of the situation, not by the woman's behaviour. Only the abuser can end this phase of the cycle. It is during this stage that the woman is most likely to be attacked, injured, is sexually assaulted or killed.

Phase Three: Honeymoon Phase

After the abusive or violent incident, there is an unusual period of calm. The abuser often feels shame and guilt and becomes extremely loving, kind and contrite. The abuser is fearful of losing the relationship and begs forgiveness, promising it will never happen again. As their relationship deteriorates, this loving behaviour is an extremely important factor in the denial of the abuse and why the woman stays. For a time, her partner seems like the person she fell in love with. However, it is not long before the loving behaviour gives way to an increase in tension and once again the cycle repeats itself.

Over time, the honeymoon period becomes shorter and may disappear. Tension and violence increase and promises are replaced by threats.

Adapted from Lenore Walker's The Battered Woman (1979)

WHY WOMEN STAY IN ABUSIVE RELATIONSHIPS

At one time or another, it is likely that many of us have wondered by women stay in abusive relationships. We think, “why does she take it, why doesn’t she leave?” or “I would never put up with that kind of treatment”, or even “I’d hit him back if he ever tried to hit me!” Even women who have survived and left abusive relationships find it hard to understand why they stayed for so long with someone who was abusive.

For most abused women there are many reasons why they stay in, or return to abusive relationships. The following is a list of some of the circumstances, beliefs and dynamics that abused women encounter.

Honeymoon Period

After a violent or abusive episode has occurred, the abuser usually begs forgiveness and promises not to be abusive or violent again. The abuser will often charm the woman and behaves in an extremely loving and caring manner - as a result, both partners act as if the incident did not occur at all or was of little significance. Their mutual denial and the intensity of their emotions draws them closer, making them even more dependent on one another.

Hope that the Abuser will Change

Particularly in the early stages of the relationship, the woman sincerely hopes and believes that her partner will change. She wants to believe the promises that the abuse will stop and that she will be able to continue in the relationship.

Fear

Fear can be a strong factor in why a woman stays. If her partner has threatened to harm her if she leaves, she may fear for her own safety. She may also fear for the safety of her children if her partner has threatened to follow her and kill or abduct the children. She may worry about her family and friends if her partner has threatened to harm any of them. She may be afraid that her partner will commit suicide if she leaves.

Responsibility

The woman may feel it is her responsibility to keep the family together. She may feel responsible for her partner’s abuse and violence, especially since her partner likely blames her for all the problems in the relationship. ‘She may also believe that, “I can help my partner get better”.

Self-Blame

Some abused women believe that somehow they must have provoked the abuse and that they are responsible for its occurrence. She may think, “I nagged him” or “the house was a mess”. She will often minimize her hurt and pain in order to cope.

Isolation

Many abused women are isolated from family, friends, community resources, or the work force. If her partner has become her only source of feedback about herself, her self-image has probably deteriorated. The woman may feel ashamed, embarrassed or humiliated about the abuse.

Impact of Trauma

When people live in unending terror and stress, their ability to react gets worn away. They become confused, exhausted and lack energy to make necessary changes. This may be reinforced by the response of family, friends and helping professionals who ignore the problem, don't believe it is really happening and/or blame the woman.

Low Self-Esteem

As a result of the abuse, the woman may no longer believe she is worthwhile or loveable. She may believe that she needs a partner, and that a little love is better than no love at all. She may also believe that no one else would want to be in a relationship with her.

Children

She may not want to uproot the children and change their school and friends. Many women are raised with the belief that children need their father in the home. She may also fear that she may not be able to cope with the children alone.

Religious/Cultural Beliefs

There is often pressure on the woman to keep the family together. She may hold a belief that because she married this man she has to remain in the relationship with him no matter how he treats her.

Financial Reasons*Money*

Some women may not have any income of their own - their partner may have controlled all the family finances and assets. She may be reluctant to go on income assistance.

Housing

There is a lack of affordable, permanent housing for both single women and families.

Employment

The woman may face barriers to obtaining jobs, particularly one with decent wages.

Childcare

Daycare subsidies are insufficient and there is a shortage of affordable daycare.

Section two

IF YOU ARE BEING ABUSED

WHAT YOU CAN DO

- Reach out to people you trust for support and help. Talk to family or friends, call a crisis line, or talk to your doctor about the abuse. Don't share with your partner that you are reaching out to others for support. This is the opposite of what your partner hopes will happen as they try to gain power and control in the relationship.
- Plan ahead to protect yourself against abuse or violence. Call **Victoria Women's Transition House, 250-385-6611 (24 hours a day)**, or **Cridge Transition House, 250-479-3963 (24 hours a day)** for help in making a safety plan. If you are in immediate danger, call **911** for help from the police. Don't make your safety dependent on your partner's promises to change or to get help. Your partner may not change.
- Call one of the services listed in this booklet to talk to a counsellor for help in dealing with the effects of abuse on your feelings and behaviour.
- Consider staying at a transition house for support and safety. Often when women stay with family or friends, their partner easily finds them.
- Talk to someone at the Law Centre or a lawyer to get information about custody and access, restraining orders, sole occupancy orders, or other legal issues. A lawyer who is familiar with the issues of abuse can recommend an appropriate plan of action. You can call transition houses for names of lawyers who are familiar with abuse and its dynamics.

Reach out to people you trust for support and help. Talk to family or friends, call a crisis line, or talk to your doctor about the abuse.

WHAT YOU NEED TO KNOW

- No one deserves to be abused. You have the right to be treated with respect at all times.
- You are not to blame for the abuse. Your partner is responsible for his/her own behaviour.
- Spousal assault is a crime. You deserve to be safe in your own home. Violence in the family is no less serious than violence in the street. The police will investigate assaults, threats, and stalking behaviour.
- Alcohol and drugs don't cause abuse, but being under the influence increases the probability and severity of violence. Although it may help to dull the emotional pain of abuse, your ability to use your safety plan is impaired if you drink or use drugs yourself.
- Abuse does not need to be physical to hurt. Emotional abuse can be as devastating. Counselling services and women's shelters also provide support and shelter to women experiencing emotional abuse in their relationship.

- Most abusive men use isolation as a way of maintaining power and control. They may limit your contact with family or friends, sabotage your work or school, or even move you to an isolated area. It is okay to reach out to others for support and help, even if it means you have to do this secretly.
- When children witness abuse in their home, they learn that violence and abuse are acceptable ways of behaving. This message is dangerous and it increases the chance they will grow up to repeat the cycle. Children deserve to live in an abuse-free environment.
- If you decide to leave your abusive partner, always try to take your children with you. Leaving your children with an abusive partner can affect your chances of gaining custody later on.
- You do not need to share with your partner your plan to leave. Violence can escalate when women are trying to leave an abusive relationship. If your partner learns that you intend to leave, they will try to maintain control and stop you from leaving. It is more important to ensure that you and your children are safe than to disclose your plans to your partner.
- Couples counselling does not work when there is violence or abuse in the relationship. It can create the impression that both partners share responsibility for the abuse and violence. counselling together can only work after the abuse has stopped and the woman feels completely safe to talk freely without fear of punishment. Most professionals recommend that couple counselling be delayed until the man has received the help he needs to stop all violence and to take responsibility for his own behaviour, rather than blaming his partner, and the woman has received support and is no longer feeling fearful.
- Mediation is not recommended to address legal issues surrounding custody and access, child support or property settlement when there has been abuse. Mediation only works well when there has been neither physical nor psychological abuse, and both parties have equal power in the relationship.
- It is normal to feel confused and overwhelmed as you try to decide what to do. Take care of yourself as well as you can and reach out for support as you are ready.

If you are being threatened or harmed by anyone call 911 for help

WHERE YOU CAN GO FOR HELP

Victoria Women's Transition House (VWTH) provides services to women with or without children who are fleeing abuse, whether or not they stay in the shelter. VWTH provides a range of support, shelter and community outreach services to help you in any decision you may need to make.

- **24-hour Crisis Line, 250-385-6611** - support and information for women who are experiencing abuse now or in the past, for friends, family and professionals.
- **Shelter Services** - safe, supportive accommodation for up to 30 days for women with or without children.
- **In-House Children's Program** - support and programs for children staying with their mothers in the Shelter.
- **Children who Witness Abuse Program** - individual and group counselling for children who have witnessed abuse.
- **Stopping the Violence Counselling Program** - individual and group counselling for women who are in an abusive relationship now or in the past.
- **Spousal Assault Victim Support Program** - support and court preparation for victims of abuse in intimate relationships.

For further information on these and other VWTH programs and services, call 250-592-2927.

HOW THE POLICE AND CRIMINAL JUSTICE SYSTEM CAN HELP

- Physical abuse is against the law. It is not okay for your partner to physically intimidate or harm you. Assault against anyone is a crime.
- Sexual assault is also against the law. It is not okay for your partner to force you to have sex if you don't want to - your partner can be charged for this.
- Harassing behaviour after a relationship is over is against the law if it causes you to fear for your safety or the safety of anyone known to you.
- If a past partner is harassing you, document all incidents (date, time, description of what happened, other witnesses etc.). Make a report to the police.
- Call a transition house for help to make a safety plan for yourself.
- Consider getting a restraining order (through a lawyer) or applying for a Peace Bond (through the police). A restraining order or a Peace Bond may offer you some protection and give your ex-partner a clear message that you do not want to be contacted or harassed.
- If you are being threatened, harmed or harassed and you call the police, it is up to the police to decide whether to arrest the person - if there is any evidence of an assault the police are required to make an arrest. The police will send a report to Crown Counsel (lawyers for the government) who will decide whether charges will be laid. It is not the responsibility of the victim to lay charges.
- If the police attend an incident, they can provide you with information about resources in the community. They should also give you the police file number, their name and telephone number.
- If your partner is arrested, the police will hold your partner for a few hours, or overnight. Either the police or a Judge will then normally release the accused. Usually someone is released with conditions that state the accused cannot contact the victim (this is called a no-contact order) or return home, except for one time with the police to collect some belongings.
- If your partner is released with a no-contact order and attempts to contact you in any way (e.g. comes to your house, speaks to you, telephones or writes to you, etc.), contact the police and make a statement in writing. It is also a good idea to tell their bail officer they have broken the no-contact order. You can find out their bail officer's name by calling the courthouse at 250-387-6321.
- The accused person will have court appearances and possibly a trial and sentencing, all of which can take several months to complete.
- First offences that do not involve injury often result in probation and can require the offender to attend an assaultive men's treatment program (such as the Family Violence Project).
- **The Spousal Assault Victim Support Program** offers support and court preparation for victims of abuse in intimate relationships. They can help abuse victims when they are dealing with any aspect of the criminal justice system or have questions about police involvement. They can be reached at 250-356-1201 (downtown office) or 250-391-2864 (Colwood office).

It is not the responsibility of the victim to lay charges.

ARE YOU ABUSING YOUR PARTNER?

You don't have to hit someone to be abusive. Before you can change a problem, you have to be able to recognize it. Using pain, fear or humiliation to get your own way is abusive. Abuse includes physical and sexual assaults, but also verbal and emotional abuse, and abuse of property and pets.

Abuse includes physical and sexual assaults, but also verbal and emotional abuse, and abuse of property and pets.

PSYCHOLOGICAL ABUSE

It's abusive to hurt another person's feelings so that you can get your own way. It is easier to dominate and control a person who is feeling hurt and insecure, but many people underestimate the damage caused by verbal and emotional abuse. It breaks down the other person's self confidence, and the damage may last longer than bruises or even broken bones. Because there are so many ways of being psychologically abusive, it is hard to recognize and stop them all.

The most common form of psychological abuse is name-calling and criticism. Using sexually loaded words like "bitch" and "slut" increases the hurt. Criticism hurts more if you pick on things that your partner really cares about, like her intelligence, her appearance, or being a good mother. Criticism or sarcasm that is passed off as a joke still hurts. Criticizing her in front of others is humiliating.

Criticizing or putting down the people she cares about, like her family or friends, also hurts her and may be a way of manipulating her to give up the support she needs from other people. If you are afraid of losing her, it may seem attractive to isolate her from others so you are her only source of support, but it is not fair and it will hurt her self confidence.

It's abusive to control where your partner can go or whom she can see, whether you do it directly by giving her orders or indirectly by pressure and manipulation. She has the right to live her life without having to ask for permission or to account for every minute. Following her or putting her under secret surveillance is disrespectful and frightening. Repeatedly calling her at home or at work to check up on her, or uninvited visits when living separately, is harassment.

Jealousy is common, especially if you love someone and feel insecure, but it is not an excuse for controlling her activities, for getting angry with her when men pay attention to her, or for subjecting her to the "third degree" with questions and accusations.

Not respecting your partner's privacy is abusive. For example, going into her purse without her permission, opening her mail, or reading her private diary or letters.

Blaming her for everything that goes wrong is abusive, especially when she is blamed for causing an assault. Twisting the truth and playing mind games can cause your partner to doubt herself. Sometimes this kind of abuse goes so far as trying to convince her that she is crazy, or threatening to put her into a mental institution.

Trying to control the family money by not letting her know how much is in the bank, or not letting her be an equal partner in financial decisions, is abusive. So is controlling her by not letting her have any money.

Causing fear by using threats is psychological abuse. Threatening to hurt or kill her is also against the law. Intimidating her by towering over her, or making it look like you might hit her, is threatening,

and even more frightening if she has been hit before. Even certain looks can be effective threats. Taking out a gun or a knife during an argument is a serious threat.

Sometimes people threaten to hurt themselves or commit suicide as a way to frighten or hurt their partner.

Driving dangerously with her in the car is a way of punishing or frightening her. It threatens her safety, as well as that of the children if they are present.

Threatening to leave the relationship every time there is a problem makes the other person feel insecure. Sometimes a man will threaten to hunt a woman down if she ever leaves him, or to hurt or kill her if she ever has another relationship, or to take away the children if she leaves. Sometimes a man will try to get custody of the children just to punish her for leaving.

If the woman has come from another country, the threat might be to have her deported or to get her in trouble with the authorities.

Being harsh or threatening to the children is also a way of hurting her.

PROPERTY ABUSE

If you punch the wall or break something she may not get hurt but the message is clear, “It could have been you”. Damaging or destroying property controls the other person through fear and punishment. It is especially frightening if there has been physical abuse in the past.

Certain kinds of property abuse are especially hurtful, for example, when something of special meaning to the other person is destroyed. Gifts, pictures, family heirlooms, jewelry, and ornaments often have sentimental attachments. Damaging or destroying clothing, especially favourite clothes, is very hurtful to a woman. If it is lingerie or a sexy dress that is damaged, it is an even more personal message.

Ripping out or breaking the phone is a way of making the other person powerless to get help, which increases the fear.

Throwing or intentionally spilling food or drinks is abusive. Making a mess and forcing her to clean it up is humiliating and degrading.

Abuse of pets, including hurting and threatening them, can hurt as much as being hurt yourself.

PHYSICAL ABUSE

Everyone recognizes hitting, slapping, punching and backhanding as physical abuse, although sometimes we minimize it by saying “she wasn’t really hurt” or “I could have hit her a lot harder”, or “she bruises easily”.

Physical abuse usually starts with pushing, grabbing and restraining her by:

- Holding her wrist,
- Pinning her up against the wall,
- Pinning her down on the bed or couch,
- Physically preventing her from leaving.

You might force her into or out of a room, make her get into or out of a car, or even physically drag her or carry her from one place to another.

Damaging or destroying property controls the other person through fear and punishment . It is especially frightening if there has been physical abuse in the past.

A push or a shove, or chasing her when she is trying to get away, can cause her to fall down or into something, and this is a frequent cause of injury. Sometimes the abusive partners say, “she fell down and hurt herself”, but the truth is that they hurt her by causing her to fall.

Pinching, poking and twisting skin can hurt as much as being hit. Shaking her, twisting her arm or throwing her are frightening ways of showing her that she is physically over-powered.

One of the most frightening forms of physical abuse is choking, grabbing around the neck, or using a hand or a pillow to cut off her breathing. You may think it’s not serious because you know you aren’t going to kill her, but that doesn’t help her. Women often think they are going to die.

Use of weapons such as a knife or gun, attacks with an object or a moving vehicle, all increase the danger of serious injury or death.

Any method of inflicting pain is physical abuse. For example, pulling her hair, stepping on her, biting her, head butting, burning with a cigarette, or spilling hot liquids on her is physical abuse.

Some kinds of physical abuse are meant to be humiliating, such as forcing her to her knees, spitting on her, kicking her from behind, spanking, or forcing her to do something as punishment.

All forms of physical abuse and threats of physical abuse are against the law, whether or not anyone gets hurt.

SEXUAL ABUSE

Abusing your power in a sexual relationship can include anything from having the attitude that sex is your right in the relationship and that she is supposed to do it for you, to actually forcing her to have sex. If you don’t treat your partner like an equal and respect her feelings as much as your own, she will lose the trust and respect that allow her to desire you and to enjoy sexual contact with you.

Insisting on having sex when you want it, whether she wants to or not, or holding back on sex and affection to punish her, is not treating her with equality and respect.

Verbally pressuring your partner to have sex when she doesn’t want to, especially if you try to make her feel bad by using guilt and put-downs is abusive. For example, it is abusive to threaten to get another lover unless she gives in, or to tell her she is sexually inadequate. A woman may give in just to stop the pressure, but she will resent it. Women also feel resentful and abused if you keep on touching and grabbing her in public or when she doesn’t want sexual touches.

Pressuring her to do sexual things she doesn’t enjoy or finds degrading is abusive to her. An example would be making her watch or act out pornography, or pressuring her to get involved in group sex for the kicks you get out of it. Using objects or deliberately hurting her in sexual parts of her body can be humiliating and abusive.

After an abusive incident, a man may feel badly and want to have sex to “make up” and to be reassured that he is still loved. For a woman who has been hurt and frightened by the man, sex may be the last thing she wants, but she may give in because she is afraid to say no. He thinks he is making up; she feels like she is being raped.

Using physical force or fear to have sex is rape whether or not you are married. Marriage provides an opportunity to show affection through sex, not the right to have sex.

THE FAMILY VIOLENCE PROJECT

*The Family Violence Project provides assessment and counselling for men who have been violent or abusive with women in relationships. Call the **Family Violence Project 250-380-1955** for information or to make an appointment.*

Do You Ever ...

- call your partner names or degrade her?
- control her activities and friendships?
- check up on her by phoning, following or spying on her?
- threaten or physically intimidate her?
- punch the wall, slam doors or break things?
- pressure her for sex when she says no?
- slap or push her around?
...and promise it will never happen again?

Abuse means using pain, fear or humiliation to gain control in a relationship. Even with the best of intentions, it is difficult to change behaviours like these without help.

THE PROGRAM FOR MEN

The men's program includes a confidential assessment interview, a 4 session Orientation, a minimum of 12 weeks in Phase I, and an optional Phase II group for ongoing support. Orientation consists of four weekly education sessions, which help men to recognize and understand abuse, its effects on the family, and how to prevent it. Phase I groups provide support and guidance to practice the skills and attitudes needed to replace abuse with respect and equality. Phase II groups help men who have been successful in stopping violence to maintain and continue the recovery process.

The Family Violence Project depends on client fees to maintain our services in the community. Charitable donations from the United Way and other donors make it possible to offer a limited number of subsidies for men who cannot pay the full fee.

SUPPORT FOR WOMEN PARTNERS

The safety of women is our priority. Women are contacted as part of the assessment process and during the time that the man attends the program. Education and support services are available to all women partners of men who come to the program. The women's program raises awareness of the dynamics of abuse and supports women to make healthy choices for themselves and their children.

THERE IS NO EXCUSE FOR ABUSE

Stopping violence and abuse is the responsibility of the person using abuse. Victims are not responsible for their partner's abuse - their highest priority is to keep themselves and their children safe.

The Family Violence Project can help you to :

- Stop the abuse
- Learn tools for building a healthy relationship
- Regain your self respect

The Family Violence Prevention Society is a registered charity and a member of the United Way.

THE TOOL CHEST

Having the right "tools" can help you stop using abuse in a relationship. Here are some tools that others have found useful to change themselves and build a healthy relationship:

No Excuses

The first thing you have to do to stop violence and other abuse is to stop making excuses and blaming your partner. You can't force the other person to change, but you can change yourself. Make a commitment to yourself that you will not be violent or abusive, no matter what happens.

Remember this slogan, "*there is no excuse for abuse*".

Time Out

The most important tool is simply to take a time out when you feel yourself getting angry. It's **simple**, but it's not always **easy**, so here are some tips:

- Tell your partner you are taking a time out **before** you leave so that she knows why you're leaving and approximately how long you will be away.
- Recognize your symptoms of anger, things like a knot in the stomach, tight chest, or clenched fists,
- When you start to feel the symptoms, **leave the situation**, immediately, no matter where or when it happens,
- Stay away long enough to cool down, usually about one hour, but don't stay away to get even or to punish your partner,
- Don't drink, do drugs, or drive while you are angry,
- Don't go over the argument and other resentments while you are away - calm down,
- If you can talk about what upset you when you return, do it, but be prepared to leave again if you are too angry to listen.

Most men feel they have to "finish the fight", "not wimp out", "stand up for my rights", and that's what leads to violence. If you take a time out **every time** you need to, you'll never be violent or abusive. Your partner also has a right to take a time out.

Your anger is your responsibility. It's not your partner's responsibility to tell you to take a time out, this is something you need to do because of **your** feelings. By taking a time out you are taking responsibility for your feelings and for preventing abusive behaviour.

Many men make the mistake of using time out to avoid talking about difficult issues. A time out is an emergency measure. It doesn't solve anything. Your relationship will still fall apart if you can't listen to and talk about the issues that are important to your partner.

Time outs allow you to regain your self-control, and this helps you to be able to hear the other person's point of view. When you come back, describe your feelings by using "I statements" instead of "you statements" which blame the other person.

Taking a time out can be a healthy step towards recovery and better communication.

Talking Yourself Down

You may not realize it, but you make **yourself** angry. Most anger is caused by what we say to ourselves about the situation, not what happens or what other people do.

Just listen to what you say to yourself when you are upset. You may hear yourself blaming, calling people names, and threatening. It's called "talking yourself up".

You can make yourself so angry that it seems natural to be violent or abusive. Instead, try "talking yourself down" when you get upset. Invent some words that help, like "this isn't worth getting angry about", or "I need to be calm before I talk about this".

When you take a time out, you need to talk yourself down.

Listening

Most of us are so busy thinking about defending our own point of view that we don't really listen to the other person. Your relationship will improve if you listen to the thoughts and feelings of your partner. Better yet, if you can repeat back to her what she has said without arguing or blaming, she will know you have heard and understood her. Listening to what other people say helps you to gain a new perspective and to feel less angry.

Try "talking yourself down" when you get upset. Invent some words that help, like "this isn't worth getting angry about."

Breaking the Silence

Usually, when there is violence or abuse in the family, it is a secret. Keeping it in the dark helps the problem grow and prevents you from getting new ideas and support for change. You may have promised your partner many times that you would change. This time, share your problem and your commitment to change with someone you trust and who can support your best efforts.

Men, especially men who are abusive or violent, don't usually talk to other people about their feelings. This means that the pressure rises. Talking to someone else helps ease the emotional pressure. Call someone you trust when you feel bored, depressed, or angry.

If you don't have close friends, you are very dependent on being understood by your wife or girlfriend. It's a set-up for anger and abuse.

Don't Drink or Use Drugs

Many people who have a problem with violence and abuse also have a problem with alcohol or other drugs. Both problems need work.

Usually people with both problems need to stop abusing alcohol and drugs before they can stop violence and other abuse in their relationships. After you are sober, you may still have a problem with anger and violent feelings, but at least you have a chance to work on the problem. If you try to stop the violence without getting rid of the alcohol and drugs, it doesn't work.

But whether you have a problem or not, drinking or using drugs makes you less able to recognize and control your feelings. Don't drink or use drugs when you are upset. If you are impaired, you won't be good at using these tools.

WHAT ABOUT WOMEN WHO USE VIOLENCE?

The Differences Between Men's and Women's Use of Violence

Women's use of physical violence usually differs from that of men's in its extent, severity and motivation. Due to physical differences between men and women, the damage and injuries cause by male violence are usually more serious than those caused by women.

Typically male violence can be seen as a way the abuser gains power and control within their intimate relationship. This attempt to cause fear is common among abusive men, but is shared by only a small number of women who use violence.

When both partners use violence, many women say they do so to express their frustration at being controlled, invalidated, or not heard by their partners. Women who use violence say things like, "I wanted him to listen to me", or "I wanted to show him how I felt". Men claim that when they use violence, they are trying to stop partners from talking, prevent them from leaving, or showing the consequences for defying them.

The Women Using Violence Program

There are some women who identify themselves as being the violent one in their relationship, or that they are just as violent as their male or female partners. Most of the women who use violence state a strong, sometimes desperate desire to stop using violence toward their partners.

The Women Using Violence Program is for women who use severe violence or who use violence on a regular basis. This service is not designed for women who have used violence in self-defense or in periodic episodes of retaliation against an abusive partner. These women are referred to other counselling services such as support services for abused women.

*For more information contact **Women Using Violence, 889-4930***

SAME-SEX RELATIONSHIP ABUSE

Abuse also happens in same-sex couples. Abuse in same-sex relationships occurs when one partner maintains power and control in the relationship, often through emotional, sexual or physical abuse. In lesbian or gay relationships, homophobia can also be used to control a partner through threats to “out” the person to family, workmates, or other people.

Same-sex abuse is not mutual abuse or fighting. When both partners hit, it usually becomes evident that one of the partners is hitting in self-defense.

The reasons that a lesbian or a gay man has difficulty deciding to leave an abusive partner are as complex as the reasons why women stay with abusive men. Reasons range from hope that the abuser will change, to fear, to self-blame, to worrying about the effects on the children.

No one deserves to be abused. If you are being threatened or abused by your partner, call 911 for help from the police. If you are not in immediate danger you can call one of the listed services for support and help to create a safety plan.

If you are injured and you go to the emergency room, ask to talk privately with a medical person. If your partner is in the room with you, the medical staff may not realize that your companion is the one who injured you. Tell someone the details of what happened and who injured you. By honestly sharing, you will ensure your injury and the circumstances are properly documented. The medical staff can also involve hospital security and/or call the police for you if you want.

If you are going to make a statement to the police, it might be helpful to have a friend or advocate with you for support, as it will be necessary to disclose detailed information about your relationship. It can be helpful to have someone with you to clarify information or to witness the reporting and police response.

Document the abuse. If you have to go to court around child custody, property settlement, or about an assault it helps to have clearly written information for back up. Lesbians and gay men often need to show as much evidence as they can that they were abused.

Don't let fear of discrimination and homophobia keep you silent. People in same-sex relationships have the right to equal and respectful treatment when they report abuse or ask for help. Discrimination is against the law. Couples counselling is not appropriate when one partner is violent or abusive. Couples counselling may work if there is absolutely no violence or threat of violence, and if the abused partner feels completely safe to talk freely without any fear of punishment.

Mediation is not advised because of the power imbalance that exists in abusive relationships. Lawyers are more appropriate to resolve custody or division of property issues when there has been abuse in the relationship. It may be tempting for lesbians or gay men to try to utilize mediation, however mediation is very difficult if there has been abuse and it can offer an ongoing opportunity for the abusive partner to try to manipulate circumstances to their advantage. It is important for people within the gay and lesbian community to offer support to victims of abuse in same- sex relationships. It is equally important for the community to offer help to abusers as they work towards changing their behaviour.

Acknowledging abuse within the gay and lesbian community has been difficult because it has meant letting go of the belief that all lesbian and gay relationships are based on equality.

DO YOU HAVE AN ALCOHOL OR SUBSTANCE ABUSE PROBLEM?

Alcohol or drug dependence is a pattern of behaviour in which a person continues to drink or use drugs in spite of serious consequences to health, family, or work.

Ask yourself the questions below. If you answer yes to any of them, you may need help.

When drinking, he is more likely to be violent and to hurt his partner severely, but this does not mean that the alcohol caused the violence. The way he thinks about his partner and reacts to his own emotions causes his violence

- Have you had problems with family members, co-workers, employers, or neighbours because of your drinking or drug use?
- Do you say or do things when drinking or using that you'd never do if you had been sober?
- Have you ever missed work because of a hangover or because you were under the influence of drugs or alcohol?
- Are you vague or deliberately deceitful about how much you drink or use?
- Do you drink or use drugs because you are unhappy with the way things are going in your life?
- Do you get irritated or angry when someone suggests you might be drinking or using drugs too much?
- Do you forget things you said or did while drinking or using drugs? Do you have blackouts?
- Have you ever put your family or friends in danger while under the influence of alcohol or drugs?
- Do you feel more comfortable when you are drunk or high? (and uncomfortable when alcohol or drugs are not available?)
- Do you ever feel ashamed of the things you have done or been told you did while under the influence?
- Do you drink or use drugs before going to work?
- Do you say you can cut back or quit but never find the right time to do so?

section five

ALCOHOL, DRUGS AND VIOLENCE

Many men who use violence and other forms of abuse in relationships also use the “chemical crutches” of alcohol and other mood changing drugs. The Family Violence Project has found that about two thirds of the men who come for help report heavy use of alcohol or other drugs.

Frequently these men are violent with their partners when they are drinking.

Although it is tempting to conclude that alcohol and drugs cause violence, this does not seem to be the case. Many men who are violent when drunk also abuse their partners when sober. Also, some men who are violent never get drunk and never use drugs.

Drinking reduces inhibitions and the fear of consequences. A man who is under the influence of drugs or alcohol may do things that he would only think about, but not ordinarily do, while sober. When drinking, he is more likely to be violent, and once started, more likely to hurt his partner severely. This does not mean that the alcohol cause the violence. He needs help with both problems. Usually people with both problems need to stop using alcohol and drugs before they can stop violence and other abuse in their relationships.

When people use alcohol or other drugs as an excuse for their violent and abusive behaviour, that’s just what it is, and excuse. Alcohol doesn’t cause violence, and it is not an excuse for abuse.

WOMEN AND ALCOHOL AND DRUGS

Some women may drink or use drugs, both illegal or prescribed, to deaden the emotional pain of being physically and psychologically abused. This is sad and dangerous because the woman is less likely to be able to protect herself from danger or to leave the relationship when she is under the influence. She needs to get help for two problems, both her use of chemicals and the effects of being abused.

When a woman drinks or uses drugs, she is less careful about what she says or does. If she is with a man who uses anger and abuse to control her, she is very likely to get hurt, especially if he has been drinking or using drugs too. Often when this happens, the woman is blamed for causing the violence, as if she deserved to be beaten because she was drunk. No one deserves to be beaten.

For help with alcohol or drug problems, call:

Alcohol and Drug Information and Referral Service, 1-800-663-1441.

Alcohol or drug dependence is a pattern of behaviour in which a person continues to drink or use drugs in spite of serious consequences to health, family, or work.

HOW CHILDREN GET HURT

CHILDREN WHO WITNESS ABUSE

Children who are exposed to the assault of their mothers are as traumatized as children who are physically abused themselves.

Exposing a child to domestic violence is, in reality, another form of victimization, of child abuse.

Witnessing spousal assault has the same impact on children as physical and sexual abuse. In fact, it is sometimes worse to see someone you love being hurt and not be able to do anything about it than it is to be hurt yourself.

- Children may be injured trying to protect their mother or their brothers or sisters.
- Children are hurt and confused by being told, "your mother is no good" or that she deserves to be punished. The children may even be told to "come and see what your mother deserves".
- Children who are abused or see others abused in the family learn that "might is right" and that pain and coercion are the way to get what you want. Being exposed to this message at home, at school, or on TV damages children.
- Children are forced into dishonesty by having to keep the family secret of violence and abuse, and they suffer shame as a result.
- Children may be used as spies, and interrogated about their mother's behaviour.
- Children may be used as hostages. The abuser may insist that the mother leave some of the children at home if she goes out so she can't run away. The abuser may tell her that if she leaves she will never see the children again.

Unwilling Witnesses

Violence against women in relationships is a serious crime that often goes unreported. It typically happens in secret and many parents minimize or deny the presence of children during incidents of wife assault by suggesting that the children were asleep or playing outside. However when children are interviewed, almost all can describe detailed accounts of violent behaviour that their mother or father never realized they had witnessed. In most cases, these children are dealing with this knowledge alone and in silence, without help and without hope that the violence or abuse will stop.

A man who abuses his partner will not necessarily abuse his children directly. But researchers estimate the extent of overlap between wife assault and child physical abuse to be approximately 30% to 40%. **Children who are exposed to the assault of their mothers are as traumatized as children who are physically abused themselves. Exposing a child to domestic violence is, in reality, another form of victimization, of child abuse.**

Growing up in a War Zone

Home is supposed to be a safe place for children. But our society, while publicly condemning violence, often tolerates the kind of violence that takes place in private homes. The children who grow up watching their mother being abused develop many different ways of coping with their anxiety, fear and

insecurity. Most of these reactions are negative and self-destructive. It takes a long time and a special kind of professional help for these children to recover. Many children never do get the help they need. Many go on to repeat the cycle of violence, as victims or abusers, in their own adult family lives. Offering effective early intervention and support to such families, children as well as adults, is very important.

How These Children Feel

Children cope with exposure to abuse in many different ways but, when interviewed, they describe a number of common feelings:

- They often feel **guilty** or **responsible** for the violence, fearing they are the cause or are to **blame** for it.
- They feel they are **alone** because the violence takes place “in secret” and they cannot share the problem with outsiders. They are ashamed or unwilling to betray the **family secret** by revealing what’s going on to a teacher, a relative or other helpful adult. They may love and/or fear their father and feel prevented from telling the police or authorities which could lead to his arrest. If the father is abusing them directly, they have an even greater threat hanging over them. And finally, children are practical. If Dad is the provider and goes to jail, where will the money come from?
- Many children feel **confused** and **powerless**, trapped in an impossible situation. It is a situation they cannot turn away from or ignore because it threatens their mother and her ability to look after them. These children want to know what’s going on, to reassure themselves that she is okay, and to call for help if she is not. In some cases they try to intervene, to stop dad from hurting her.

The Effects

No one child who witnesses violence or abuse reacts in exactly the same way as another. Children may be withdrawn or demanding in response to the tensions and strains in the family. They may be needy and anxious or aggressively act out their need for reassurance. And of course there are many other reasons that can account for a child’s problems. But the following is a short list of commonly observed characteristics:

- Acting overly responsible (including high achievers who become adult before their time)
- Sleep disturbances (i.e., insomnia, nightmares, bed-wetting)
- Eating problems (under and over-eating)
- Sickness (i.e., stomach-aches, headaches, nausea)
- Poor concentration
- Depression (sadness, withdrawal, fantasizing, lethargy, denial of feelings)
- Aggression (bullying, hyperactivity, anger, tantrums, especially in boys)
- Defiance (attention seeking, truancy, running away, substance abuse)

Breaking the Cycle

Boys who see their fathers abuse their mothers are four times as likely to grow up to abuse the women they love.

Studies have concluded that violence is a learned behaviour passed on from generation to generation. Children who have witnessed violence and abuse in the home are more likely to commit violent acts against property or other people when they are teenagers. Boys who see their fathers abuse their mothers are four times as likely to grow up to abuse the women they love. Women in violent marriages are twice as likely to have witnessed their own fathers assaulting their mothers, as women in non-violent marriages. But while the risk is higher, it is not inevitable. Boys and girls who witness violence are not doomed to a life of violence themselves. What is learned can be replaced with healthy attitudes and behaviours. Those who avoid repeating the patterns of abuse are those who have had a strong role model or caring source of support to help them learn that abuse is not acceptable.

What Can be Done for Children Who Witness Abuse?

If you suspect a child is at risk for abuse or neglect, you have a legal obligation to report those suspicions to the police or the Ministry for Children and Families. You can report a suspected child abuse by calling (250) 310-1234.

The first priority is physical safety, for both adults and children. If you see or hear a child being abused or violence between adults in the family, call 911 to report it. No one deserves to be beaten and a child may be caught in the middle of the violence. If you suspect a child is at risk for abuse or neglect, you have a legal obligation to report those suspicions to the police or the Ministry of Children and Family Services. You can report suspected child abuse by calling 310-1234.

Children who have witnessed violence in the family need to be taught a safety plan and how to use it if they are ever again in a violent situation. Children should be taught that they are not responsible for the violence and they should not try to intervene and risk being hurt. They need to know that violence is wrong, dangerous, and against the law. A safety plan should include knowing a safe place to go and how to find and ask for help. The plan should be personalized to suit each child's age, abilities, and environment.

Children need love and security. If the family is separated, as may happen if a woman leaves for her own safety or a man is arrested because of violence, the children need to know they can see their dad if it is safe, that they will not be abandoned. They need to know they are not responsible for the breakup of the family, or the problems and the sad feelings of their parents. They need regular routines and familiar surroundings. Children need to be told what is happening and how it will affect them. Children who witness violence need help to express their feelings, to understand the violence is not their fault, and to know they are lovable and worthwhile.

CHILDREN WHO WITNESS ABUSE PROGRAM

Victoria Women's Transition House has programs for children, which provide the help and support they need. If you know of children (age 3 to 18) who have witnessed family violence, please encourage their parents to call 250-592-2927, for information and assessment. The Children Who Witness Abuse Program offers both individual and group counselling. Groups consist of 10 sessions, and are held in various locations in Victoria and the Western Communities. Experienced counselors provide education and

discussion about family conflict, expressing feelings, communication, problem solving, safety skills and improved self-esteem. Groups are age appropriate and are as fun-filled as possible.

OTHER TYPES OF CHILD ABUSE

Physical abuse is causing pain or injury to a child, and is often excused as discipline or deserved punishment.

- Verbal abuse includes yelling and shouting, calling children names, telling them they are no good, making threats, saying degrading sexist words and comments.
- Sexual abuse is any behaviour that forces, tricks, threatens or coerces a child into any sexual activity, from touching children inappropriately or showing them pornographic pictures to sexual intercourse.
- Neglect is failure to provide the basic necessities of life, including failure to show love and support for the child.

IS SPANKING GOOD FOR KIDS?

Children who receive physical punishment tend to have more behaviour problems than those who aren't spanked. Children who are spanked grow up to believe that hitting is okay. As children they are more likely to be aggressive with other children. As adults, they are more likely to resolve conflicts with their spouses and their own children with violence.

Spanking also teaches children to be good out of fear of being hit. They learn that bad behaviour is okay as long as they aren't caught at it. It is preferable for children to learn the reason for behaving appropriately. We need to help children to develop self-discipline, understanding the feelings of others, and good judgment. It takes more than the threat of being hurt to guide good behaviour

Some people are afraid that if we don't spank children, they will get into trouble. In fact, the opposite is true. Most children who get into trouble with the law have been spanked. The more frequently children are spanked the more likely they are to get into trouble. Spanking leads to feelings of powerlessness in children and they often try to make themselves feel more powerful by doing risky things. Physical punishment also leads to anger. Children who are angry tend to take their anger out on others who are smaller and weaker than them.

The fact that a child is not spanked does not necessarily mean that he or she is not being disciplined. Discipline means setting firm limits, letting children know when they are making good choices, and fully informing them. These goals can be accomplished without hitting children.

What can I do instead?

We need to remember that children are much more physically vulnerable than adults; **they need to know that we can control ourselves** and protect them from injury. It is important that children feel a sense of control over their own bodies. Children are better able to protect themselves from physical

Children are better able to protect themselves from physical and sexual abuse if we teach them that their bodies are to be respected. When children are hit their sense of "self" is violated.

and sexual abuse if we teach them that their bodies are to be respected. When children are hit their sense of “self” is violated.

- Give your child a short “time out” away from company and activities as a non-violent consequence.
- When you get frustrated, put the baby in a crib or playpen and leave the room until you calm down. It is important to understand age appropriate behaviour. Babies and young children communicate through crying. They are expressing a need, not trying to annoy you.
- Show disappointment or fear instead of spanking when your child does something dangerous. Get down to their eye level, look directly at them, and tell them how scared you are. This is a lot more effective than hitting them and is a much more effective manner of communicating.
- Show and tell your child what you want him or her to do. Acknowledge and reward their attempts at being good, even if they are not perfect. Children need clear guidelines and good models in order to learn.
- Open channels of communication so that you and your child can express your needs in ways that resolve, rather than increase, conflict.
- **Remove yourself** immediately if you start to get angry. This will keep both of you safe! Remember that your children value your attention, so when they lose it they are actually experiencing an unpleasant consequence of their behaviour.
- Give attention to your child - a child needs to know that their needs matter and that their parents are **listening** to them.
- **Set clear rules and follow through.** If you threaten a consequence for misbehaviour follow through with it. Make your words count. Just make sure that the consequence is fair and enforceable.

Parents who want help for themselves can call the Parent Help line at 1-800-603-9100 or the Need Crisis Line 250-386-6323, for support and referral to services available in the community.

This information on spanking is adapted from Spanking: Should I or Shouldn't I?

To order copies of this booklet, please contact: Dr. Joan E. Durrant, Department of Family Studies, University of Manitoba, Winnipeg, Manitoba R3T 2N2

Other information in this section is adapted from Children of Battered Women (1990). Jaffe, I., Wolfe, D.A. and Wilson S.K. CA: Sage Publications and Judith Blackwell for the B.C./Yukon Society of Transition Houses.

section seven

ABUSE OF OLDER ADULTS

Abuse of older adults, commonly known as senior abuse or elder abuse, refers to actions that harm an older person, or jeopardizes the person's health or welfare.

Abuse of older adults most often occurs within the family, by a spouse, children and/or grandchildren, but can also include friends, neighbours, paid care providers, landlords and staff or any individual in a position of power, trust or authority. Abuse of older adults may reflect ageism, be part of a cycle of family violence, or be opportunistic behaviour.

Older Adults May Experience More than One Form of Abuse and Neglect:

- **Physical abuse** includes any deliberate act of violence or rough treatment, even if it does not leave an injury; threat of physical force; use of restraint. A push that might not hurt a younger person can be very harmful to an older adult
- **Emotional abuse** involves any act that diminishes an older adult's sense of identity, dignity, and self-worth and includes ageism, name-calling, humiliation, intimidation, threats, yelling, ignoring or socially isolating the older person. Emotional abuse often accompanies other forms of abuse
- **Sexual Abuse** involves any sexual behaviour directed towards an adult without that adult's full consent, including sexual harassment, non-consensual sexual touching, and using pornography
- **Financial abuse** involves the improper, illegal or unauthorized use of an adult's resources for someone else's benefit. It may include, but is not limited to, fraud, theft, coercion, misuse of power of attorney, unauthorized use of credit cards, forgery or misappropriation of money
- **Medication abuse** involves misuse of an adult's medications, including withholding medication and overmedicating
- **Violation of rights** involves ignoring an older adult's entitlement to basic rights and freedoms, such as rights to privacy, access to information or community supports. It may include restricting visitors, making decisions about health, personal care or restricting the person's liberty and freedom
- **Neglect** involves the failure to provide necessary care, assistance, or guidance or attention, which causes the person, or is reasonably likely to cause the person physical, mental or emotional harm, or substantial damage to, or loss of assets

A victim may experience more than one form of abuse and neglect: physical, emotional, sexual, financial, medication, violation of rights, or neglect.

How many Older Adults are Affected by Abuse or Neglect?

Canadian research indicates that between 4 and 10% of older adults experience one or more forms of abuse or neglect at some point in their later years. Under-reporting and inconsistencies in collecting information suggests these figures are conservative. It is estimated there are between 23,470 and 58,680 abused or neglected seniors in British Columbia. One in 12 seniors in BC has been financially abused in amounts that averaged more than \$20,000 (Spencer, 1997). Age, race, poverty, disability, and isolation all are factors that increase the risk of being abused.

For many older men, their first experience with abuse may occur in later life, and it may begin after the man has developed a disabling condition and is relying on others for help. For older men, the abuse is most likely from his adult children or a friend.

ABUSE OF OLDER WOMEN

Two out of every three adults who experience abuse in their later life are women and in most cases, the woman experiences abuse from her partner, or her adult children. A 2004 report in the United States studied 92,000 women aged 50 to 79 at health clinics and found 11% reported experiencing some form of abuse in the past year (Moulton et al 2004)

For some older women, abuse may start in childhood from a parent or other relative, and continue through marriage. For some it may be a new development experienced at the hands of a new partner, adult child, or grandchild. For social, legal, and economic reasons, leaving the abusive situation does not appear to be a viable option for many older women.

Barriers to seeking assistance or leaving:

Older adults have difficulty seeking assistance because they may:

- be unaware that what they are experiencing is abuse
- be unaware that help is available or know whom to call Older women May not realize that they can utilize transition house shelters and services
- be afraid of the abuser
- have a physical or mental disability which makes reporting difficult or impossible
- rely on their partner for daily car. They may fear being placed in an institution if they report the abuse
- blame themselves
- be ashamed or embarrassed
- want to protect the abuser from consequences, e.g., if it is their son or daughter
- continue to hope that the abuse will stop without their action
- be uncertain about how they will manage financially. They may be reluctant to leave a family home, and disrupt familiar routines and family friendships. Many older women may not have worked outside the home and may not have skills for today's market. Age further reduces opportunities for employment
- Fear they will not be allowed to see their friends or grandchildren
- Have an expectation of not being believed, or being blamed for the abuse
- Feel an obligation to stay and be the caregiver if their partner is not in good health
- Have language barriers and if they are newly immigrated, may fear deportation. If the woman has not been in Canada for the required number of years, she may not be eligible for BC benefits or pension
- Have received and internalized social messages that they chose their partner and are obliged to stay in a relationship "no matter what." They may be from a generation that

saw seeking help as a sign of weakness, whereas in actuality, it may be a path to significant support that promotes health and well being

- May not be supported by family or friends who may deny abuse is occurring

It is important for older women to know:

- Many older women have broken the silence and regained their self-esteem and rebuilt their lives.
- Supports such as individual counselling, groups, outreach support, and shelter services are available for older women, whether they remain in the abusive relationship, or choose to leave.

What about adults who are unable to seek assistance themselves?

There is no legal requirement to report adult abuse in BC. However, as a concerned citizen you may wish to report a concern, particularly a situation where an adult cannot seek help on their own because of a physical disability, restraint, or an illness, disease or other condition (such as dementia, brain injury or stroke) that affects their ability to make decisions. If you do report a situation of abuse, neglect or self-neglect of someone who cannot seek assistance on their own, the **Adult Guardianship Act (Part 3)** in BC ensures that designated agencies will take steps to look into your concern (reports are confidential).

For further information see: <http://www.trustee.bc.ca>

To report a concern of abuse, neglect, or self-neglect of a vulnerable adult:

- **In an emergency:** If the situation is an emergency and someone's safety or life is at risk you can call the police emergency number: 911
- **If it is not an emergency but there is still reason for concern:** If there is a bit of time to take action, you can do one or more of the following:
- Talk to the adult if you feel safe and comfortable doing so to find out if they need assistance and if there is someone you can contact for them.
- Phone Vancouver Island Crisis for support at 1-888-494-3888.
- Phone the Designated Agency Number for your community if you have any doubt about whether the adult can seek help on their own:

Vancouver Island Health Authority, South Island, Home and community care 250 388 2273

Vancouver Island Health Authority, Gulf Islands [(888) 553-2273] or online

Sources:

<http://www.cnpea.ca>

<http://www.vchreact.ca>

For more information on Abuse of Older Adults:

Public Guardian and Trustee of BC www.trustbee.bc.ca

BC Centre for Elder Advocacy and Support (BCCEAS) <http://www.bcceas.ca>

BC Association of Community Response Networks <http://www.bccrns.ca>

Canadian Centre for Elder Law Studies <http://www.ccels.ca/forolderadults.html>

International Network for the Prevention of Elder Abuse (INPEA)
<http://www.inpea.net>

National Clearinghouse on Family Violence
<http://www.phac-aspc.gc.ca/ncfv-cnivf/familyviolence/index.html>

section eight

HOW TO HELP A FRIEND

HOW TO HELP SOMEONE WHO IS BEING ABUSED

Let your friend know that you believe what she has told you - chances are, the situation is worse than she is letting on. Reassure her that she does not cause the abuse. An abusive partner learned to use violence or abuse as a way of expressing anger or frustration long before they met. Encourage, but do not pressure, her to talk about the violence or abuse. Allow her to say as much or as little as she wants in her own words.

Make physical safety the first priority. Women frequently minimize the violence but physical violence usually gets worse as time goes on. Explain this to your friend or relative and help her to make an emergency plan by obtaining transition house phone numbers and considering police and legal protection. Encourage her to call a transition house to make a detailed safety plan.

Call the police if you hear her, or anyone, being abused. Do not be afraid to phone and make a police report even if you only suspect abuse. You can remain anonymous.

Offer to accompany your friend or relative to the police, a transition house or any other place she is frightened to approach for help. Your presence will help her to be strong and will show her in ways that words can never do, that she is not alone.

Provide a place for her and her children to stay for an afternoon or evening during these times. Be a telephone buddy - sometimes that is the only way she can have contact with others.

Support her emotions such as fear, anger, hope or grief about the loss of the relationship. Don't bad-mouth her partner, no matter how tempting it is to do. Many women love their partners and want the violence and abuse to stop, but they may want the relationship to continue.

Allow her to decide which option is best for her. It is important for women who have been controlled and abused to be given the opportunity to start to make their own decisions. Never judge or condemn her if she does choose to go back to her partner.

Help with the children. They need support for their feelings, to know the reality of what is going on, and to know they are not to blame. Tell her about the Children Who Witness Abuse Program.

Remember that abuse is not only physical. It can take many forms from sexual assaults, verbal abuse and put downs, to psychological mind games and harassment. The more informed you are, the better able you will be to help her.

Recommended: *Getting Free* by Ginny Nicarchy. This is a valuable guidebook for women who are considering leaving their abusive relationships.

Remember that abuse is not only physical. It can take many forms from sexual assaults, verbal abuse and put downs, to psychological mind games and harassment. The more informed you are, the better you will be able to help her.

HOW TO HELP SOMEONE WHO IS BEING ABUSIVE

The trap of abusive behaviour is that the abuser finds other people to blame and is waiting for them to change. He has the power to change himself and to stop the abuse. He cannot change others.

Don't ignore abuse. Too often, we turn away because of embarrassment or fear. It is helpful to say, "I don't agree with what you just did" or "Things don't seem to be going too well. Would you like to talk about it"?

Listen to the person, man or woman, who is willing to talk to you about abuse. It is rare to be trusted with this disclosure. It is important to understand his feelings, which may include shame, frustration, remorse or righteous indignation, but be careful not to agree with his justifications for abuse.

Suggest alternatives. There are always alternatives to using violence or abuse. Sometimes just walking away is the easiest, but it is the last thing a person who is upset thinks of doing.

Provide temporary shelter if he needs somewhere else to stay. It is often better for the abuser to leave the home than for the woman and her children to have to go to a transition house or other shelter. A separation maybe the crisis that leads to positive change. Help him to respect his partner's right to make a decision that protects her safety.

Help him to focus on what he can change in himself, rather than focusing on his partner. The trap of abusive behaviour is that the abuser finds other people to blame and is waiting for them to change. He has the power to change himself and to stop the abuse. He cannot change others.

If you have had similar experiences, share your own experiences of taking responsibility for yourself and finding other alternatives to punishment and revenge.

Encourage him to seek help for himself. A program that is focused directly on abuse will be most helpful. Couple counselling should wait until after he has learned about abuse and is able to take responsibility to make better choices.

section nine

HOW TO HELP A PATIENT OR CLIENT

Violence in relationships is a serious health problem and is far more extensive than usually recognized by health care professionals. Health care workers are often not aware that abuse is a direct or indirect cause of injury, illness or emotional distress. The information in this booklet is provided to assist health care workers to be proactive and effective in recognizing and responding to abuse in relationships. Because women are more likely to be the victims of injury-causing and ongoing violence, we have focused on abuse of women by men. We recognize, however, that abuse in relationships has many variations, and strongly support an approach that is respectful and open to both victims and offenders regardless of gender, sexual orientation, age or other differences.

Violence in relationships is a serious health problem and is far more extensive than usually recognized by health care professionals.

INDICATORS OF ABUSE

If some of the following indicators are occurring for your patient, abuse may be occurring in the family.

- A delay between time of injury and time of seeking help
- The injuries sustained are not likely to be caused by the accident reported; the report is illogical or inconsistent
- Repeat visits to health service providers especially with increasing frequency and severity
- An overprotective partner who answers for the patient, offers unrealistic explanations or tries to control the health worker
- Emotional distress disproportionate to the seriousness of the injury
- Reports of feeling exhausted, anxious, overwhelmed or depressed
- Using medications, either prescription or non-prescription to cope
- Having thoughts of suicide
- Unexplained health problems (i.e., heart palpitations, difficulty breathing, loss of appetite, loss of sexual interest, pregnancy problems)

POSSIBLE SCREENING QUESTIONS

If you wish to screen all patients, male and female, for either experiencing or using abuse in relationships, we recommend these questions. Because abuse and violence in intimate relationships is so common, we ask everyone the following questions:

- Do you feel safe and respected in your current intimate relationship?
- Have you been shoved, kicked, grabbed or threatened by someone in the past year?
- Do you hurt your partner when you are angry and regret it later?

Other screening questions to identify victims of abuse may include:

- We know abuse and violence in the home affects many women and that it directly affects health. I wonder if you ever experience emotional or physical abuse or violence at home?

Allow her to tell her story without disbelief, interruption or immediate pressure to begin problem solving. When professionals do not take the time to understand, deny the abuse, or blame her, women experience “secondary wounding.”

- Have there been times during your relationship when your partner has physically hurt you?
- Do you feel that your partner controls your behaviour?
Has your partner ever called you names or put you down?
- Does your partner prevent you from seeing family and friends, going to school or getting a job?
- Are you afraid of your partner or a former partner?
- Does your partner blame you for all the problems in your relationship?
- Since you’ve been pregnant have you been slapped or pushed, or physically hurt in any other way by your partner?
- Has your partner ever forced you to have sex when you did not want to?

INTERVIEWING WOMEN EXPERIENCING ABUSE

If a woman who is being abused comes to a medical facility or a mental health facility, it is an opportunity to talk with her and offer her help. This opportunity may be rare for her, as most abusive partners use isolation as a way of maintaining power and control. Although you may not change her life today, she may reach out for help again in the future.

- Always interview the woman alone.
- Reassure her about confidentiality - tell her you will not discuss what she tells you with her partner.
- Allow her to tell her story without disbelief, interruption or immediate pressure to begin problem solving. When professionals do not take the time to understand, deny the abuse or blame her, women experience “secondary wounding”.
- Acknowledge the seriousness of abuse and tell her that assault against anyone is a crime.
- Do not put her partner down. Many women love their partners and want the violence and abuse to stop but they may want the relationship to continue.
- Perform a thorough physical exam.
- Obtain consent prior to making any referrals (this includes contacting the police only if the woman agrees - the exception to this is if a child under age of 19 has been abused by their parent).
- Determine if there are children at risk. Let her know you will have to report to the Ministry for Children and Families if she discloses child abuse or indicates children may have witnessed abusive incidents.
- Respect her choices and decisions. She may not be ready to make big changes in her life. Each time she talks to someone about the abuse or reaches out for help, she is making progress.

OFFERING HELP TO WOMEN

If there has been an assault, ask her if she would like you to call the police.

- Tell her about transition house services - Hill House and the Victoria Women's Transition House both offer a safe, confidential shelter and counselling and support to women who are experiencing abuse in their intimate relationships. Encourage her to call a transition house for support and information when she is ready.
- Abuse usually gets worse and becomes more frequent with time. Encourage the woman to call a transition house to talk about a safety plan if she is returning home with her partner, or is planning to stay with family or friends.
- If the woman is returning home, remind her about the use of 911 and encourage her to call the police if she is feeling threatened or in danger.
- The risk is highest for a woman to be seriously injured or murdered when she is trying to leave an abusive relationship - encourage her to seek supports if she is thinking of leaving and to keep her plans private from her partner.
- If you are working with a woman who is being abused you can call **Transition House at 250-385-6611** or **The Cridge Transition House at 250-479-3963** to consult, or for more information.

Adapted from The Woman Abuse Response Program at B.C. Women's Hospital, and Victoria Women's Transition House Materials.

The safety of the victim must be the first priority. Do not assume she is safe because she has left.

HELPING WOMEN WHO USE ABUSE

Women can also use violence and abuse in relationships, although we know that men are much less likely to be injured, killed, or to live in fear of violence. Some women use abuse in same sex relationships, although this is often hidden. Women who admit using abuse against a partner in an intimate relationship deserve to be heard and taken seriously.

Be aware that some women who use violence are living with men who are violent and abusive, and may be at risk. Her use of violence is likely to increase her risk of injury, and to encourage his continued use of violence in the relationship. She may need help to keep herself safe, as well as to stop her own use of violence.

If her violence is primarily in self-defence, she must be referred to a service for abused women, such as **Victoria Women's Transition House, 250-385-6611**, or **Cridge Transition House, 250-479-3963**.

If the woman is in a lesbian relationship, refer only to programs and counsellors who are knowledgeable and accepting of same-sex relationships

counselling for women who use violence in relationships with either men or women is available from **Women Using Violence, 889-4930**.

HELPING MEN WHO USE ABUSE

Do you hurt your partner when you are angry and regret it later?"

Many men will recognize themselves in this screening question as moving in the cycle of violence from an explosive outburst to remorse. Asking about violence and abuse signals that you are willing to discuss this issue, which is usually avoided, even if he is not able to be honest right away.

A man who uses abuse and violence in relationships will often deny or justify his abuse to avoid judgment or because he cannot admit to himself that he has done something he would judge in others. You can help him if you communicate clearly that his abusive behaviour is unacceptable, but that you believe in his ability to change.

Do not accept his justifications for abuse. Many abusive men blame their partners and claim that she is equally or more violent than he. Ask "Who is most likely to be injured?" "Who is most afraid?" It is helpful to remind him that he can only control his own behaviour, and that no matter how frustrated, hurt and angry he feels, he always has a choice in how he reacts.

Help the man to consider the consequences of abuse - the possibility of criminal charges, loss of a valued relationship, injury and emotional damage to his partner, damage to the healthy development of his children, loss of self-respect.

The safety of the victim must be the first priority. Do not assume she is safe because she has left.

Recognize that most men who use violence and abuse have promised themselves and their partners many times that they would stop. He needs help to understand what is happening before he acts, skills to avoid abuse, and support to maintain changes in both his behaviour and his beliefs about relationships that trigger his reactions.

Drinking and using drugs increases the level of risk and lowers his ability to make good choices. He may need help to stop or decrease his use of substances but he will also need to get help to stop the violence and abuse.

The Family Violence Project, 250-380-1955, provides assessment and counselling for men who use abuse and support for their women partners.

WHY ANGER MANAGEMENT IS NOT ENOUGH

Treatment programs for men who have been violent or abusive toward their partners start by teaching anger management techniques, but anger is not the whole problem. A man who is violent and psychologically abusive in an intimate relationship is using force, threats and intimidation to gain power and control over his partner. He may or may not be angry when he undermines her confidence or controls where she can go or what she can wear.

An assault is not usually an isolated incident, even though many people would like to think so. Abuse and violence happen in a context of misuse of power and control. Men who are abusive need to change their beliefs about women and relationships, not just their anger.

Anger management techniques are a necessary part of treatment, but they are not sufficient to eliminate the problem, especially that of psychological abuse because it is old attitudes and false expectations that underlie the problem.

COUPLE COUNSELLING

Couple counselling is not the best first intervention. The initial focus must be on the safety of the victim and the responsibility of the abuser. Relationship issues can only be safely and effectively addressed when all contemptuous, violent and threatening behaviour has stopped. Many experts recommend that male abusers successfully complete a program for men who abuse women in relationships before undertaking couple counselling. Until he has learned to accept responsibility for his own behaviour, he is likely to waste time in attempts to prove to the counsellor that his partner is the problem. His controlling behaviour will undermine the trust and honesty necessary to explore and solve relationship problems. He may punish her for what she has said after the session. Until he can accept feedback and confrontation without reacting with abuse, couple counselling is not safe. Let him know that he will get more out of it if he does some work on himself first.

Abuse and violence happen in a context of misuse of power and the control. Men who are abusive need to change their beliefs about women and relationships, not just their anger.

COMMUNITY RESOURCES

SHELTERS FOR WOMEN

Victoria Women's Transition House

250-385-6611 24-hour crisis line www.transitionhouse.net

Emergency shelter, information, support and counselling for abused women and their children

Cridge Transition House for Women

250-479-3963 24-hour crisis line www.cridge.org

Emergency shelter, information, support and counselling for abused women and their children.

Women's Transition House (Sooke) www.sooke.org/vwth

250-642-2591 250-480-5461 24-hour pager Fax:250-642-2589

Emergency shelter, information, support and counselling for abused women and their children

Margaret Laurence House- Greater Victoria Women's Shelter Society

250-995-0058

Safe and supportive second stage housing for women who have left abusive relationships.

VICTIM SERVICES

Spousal Assault Victim Support Program

(Victoria) 250-356-1201 (Western Communities) 250-391-2864

Support and court preparation to victims of abuse in intimate relationships. Information about the role of the criminal justice system and police involvement.

Greater Victoria Police Victim Services

250-995-7351

Provides emotional support, police/court information and updates, and community referrals to victims of crime and sudden trauma.

COUNSELLING /SUPPORT FOR WOMEN

Stopping the Violence Program

(Victoria) 250-592-2927 Ext. 202 (Western Communities) 250-391-2864

Individual and group counselling for women who are currently experiencing abuse or who are survivors of abuse in an intimate relationship.

Western Communities Women's Support Groups 250-995-6404

Support and education groups for women living in the Western Communities who have experienced or are experiencing abuse and/or violence in their intimate relationships.

Cridge Centre for the Family 250-384-8058 www.cridge.org

Programs include: individual counselling and support groups for women leaving abusive relationships, low cost rental housing, daycare.

Outreach and Safe Home for Older Women 250-592-2927 ext 223 or 250-385-6611

Individual support and support and education groups for women 5+ who are currently experiencing abuse or who are survivors of abuse.

Women Using Violence Counselling Program

889-4930

For women who use violence towards an intimate partner.

Women's Sexual Assault Centre

383-3232 24-hour crisis line www.vwsac.com
Individual and group counselling for survivors of sexual assault. Assistance in reporting to police, and court and hospital accompaniment.

COUNSELLING FOR MEN**Pacific Centre Family Services Association**

250- 478-8357 1-866-478-8357
The Family Violence Project provides assessment and counselling for men who have abuse their wives or girlfriends and want to stop. Women's program for partners of men in the men's program.
www.pacificcentrefamilyservices.org

Men's Trauma Centre

250-382-MENS (6367) Fax: 250-381-3679 Toll free: 1-866-793-6367
www.menstrauma.com
Individual and group counselling and specialized victim services for male victims of abuse.

CHILDREN'S AND PARENTING SERVICES**Children Who Witness Abuse Program**

250-592-2927 ext 204 &205
Helps children aged 3 to 18 recognize abusive behaviour, look at alternatives to violence and break the intergenerational cycle of abuse. Individual and groups. Support for caregivers.

Child Abuse Prevention and Counselling Society (Mary Manning Centre)

250-385-6111 www.marymanning.com
Services to children and families who have experienced sexual abuse, including child and family counselling, support groups for parents, teens and children. Victim assistance program provides police accompaniment, court preparation and accompaniment and support through the criminal justice process.

Helpline for Children

250-310-1234
call to report child abuse and neglect.

Parent Support Services of B.C.

250-384-8042
Support groups and educational workshops for parents and grandparents of children aged 0-13, aboriginal parent awareness groups.

Parents Together

250-6468
Problem solving and support groups for parents who are concerned about their teenager's behaviour.

INFORMATION/REFERRAL LINES**VictimLINK**

1-800-563-0808 24 hour service, 7 days a week
Trained resource people give advice and information about the services in your community to help victims of crime.

Vancouver Island Crisis Line

1-888-494-3888 www.cvics.ca

24 hours a day Call for crisis intervention, suicide prevention, and service referral information., including emergency mental health services.

Alcohol/Drug Information and Referral Service

1-800-663-1441 24 hour service 7 days a week

For information on alcohol and other drugs, the names and locations of local counselling services, and self-help groups such as Alcoholics Anonymous, AlAnon, Adult Children of Alcoholics, Narcotics Anonymous and others.

OTHER SERVICES**BC Families in Transition**

250-386-4331 www.bcfrit.org

Pre-separation consultation and individual counselling for people of all ages affected by divorce or separation. Groups for adults and children on issues related to family separation.

Inter-Cultural Association

250-388-4728 www.icavictoria.org

Counselling and other services for people who experience difficulty accessing services because of language and cultural barriers.

Victoria Immigrant and Refugee Centre Society

250-361-9433 www.vircs.bc.ca

A service to help immigrants and refugees, including counselling, settlement workers, referrals and accompaniment.

Native Friendship Centre

250-384-3211 www.vnfc.ca

Services and programs such as education, employment, social, health and community outreach for urban aboriginal people.

WEBSITES

Education Wife Assault: www.womanabuseprevention.com/html/index.htm

Family Violence Project: www.pacificcentrefamilyservices.org; www.familyviolence.ca

Law and Abused Women: www.violetnet.org

www.phac-aspc.gc.ca/ncfv-chivf/family_violence/index.html

National Clearinghouse, Family Violence Prevention Unit: www.gc-sc.gc.ca/nc-cn

Victoria Women's Transition House: www.transitionhouse.net

Springtide Resources: www.springtideresources.org

BOOKS AND FACT SHEETS

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Ending Domestic Violence: Changing Public Perceptions/Halting the epidemic. Klein, Campbell, Soler & Ghez, editors. Thousand Oaks, CA: Sage Press, 1997.

Getting Free: You Can End Abuse and Take Back Your Life. Ginny NiCarthy. Seattle: Seal Press, 1997.

Handbook for Health and Social Service Providers and Educators on Children Exposed to Woman Abuse/Family Violence. Ottawa: National Clearinghouse on Family Violence. 1-800-267-1291.

Health Canada Fact Sheets. Ottawa: National Clearinghouse on Family Violence. 1-800-267-1291.

Keeping the Faith: Guidance for Christian Women Facing Abuse. Marie M. Fortune. New York: Harper Collins Publishers, 1987.

Learning to Live Without Violence: a Handbook for Men. Daniel Sonkin and Michael Durphy. Volcano California: Volcano Press, 1989.

Naming the Violence: Speaking Out About Lesbian Battering. Edited by Kerry Lobel. Seattle: Seal Press, 1986.

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The Verbally Abusive Relationship. Patricia Evans. Bob Evans Inc. 1996.

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You Can Be Free: An Easy-to-Read Handbook for Abused Women. Ginny NiCarthy and Sue Davidson. Seattle: Seal Press, 1989.

You are Not Alone - A Guide for Battered Women. Linda P. Rouse, Holmes Beach, Florida: Learning Publications Inc. 1986.

