

**MIYKIWAN TOOLKIT
FACT SHEET**

**DOMESTIC
VIOLENCE**

WHAT IS

Domestic violence is any form of abuse or neglect that an adult inflicts on another adult family member. When this takes place between two persons who have an intimate relationship, this is known as intimate partner violence.

The abuser makes an attempt to gain power over someone by hurting and controlling another family member who is supposed to be able to trust in that person and is dependent on them.



“Have you ever looked into the face of a woman with visible bruises on her body and wondered, “How did that happen?”

Did you then look closer into her eyes and see the helplessness, the pain that reaches beneath the skin’s surface, to the very depth of her soul?

You are in fact looking at a woman that has been abused by her partner, and a child that has felt fear, his entire life.”

KEY THINGS TO KNOW

- In 2009, Aboriginal people were more often to report being to being subjected to the most serious forms of violence as opposed to non-Aboriginal people
- Aboriginal people were almost twice as likely to be assaulted or forced to engage in an unwanted sexual act with a spouse or partner as opposed to non-Aboriginal people (2009)
- Aboriginal women were in greater danger of being the victims of domestic violence as opposed to non-Aboriginal women (2009)
- From 2004-2009, more Aboriginal people were likely to report being a victim of domestic violence to police as opposed to non-Aboriginal people
- 40% of Aboriginal people who were victims of domestic violence responded that they did not call the police due to the fact that they thought the incident was not too serious (2009)
- Reasons given for not calling the police included that the person victimized did not want to get involved with the police or that the incident ended up being resolved in some way or another (2009)
- 33% of Aboriginal people who were subjected to domestic violence reached out for help from a service provider such as a community centre or victim service

FORMS OF DOMESTIC ABUSE

While there are many forms of domestic violence, these are the most common:

- **Physical abuse**—causing injury or the death of an adult or child
- **Sexual abuse**—forcing unwanted sexual activity on an adult or child
- **Emotional, Psychological or Spiritual abuse**—using hurtful words or actions to control or frighten an adult or child, or to attempt to destroy their own self-respect
- **Financial abuse**—control, or misuse of a person’s money or property
- **Neglect**—denying a person basic needs such as food, clothing, shelter

WARNING SIGNS

There are several signs that can make you aware of someone who is being domestically abused. Here are some of the most significant ones:

- He/she puts you down most or all of the time
- He/she talks over you and dominates the conversation
- He/she plays the victim and acts depressed
- He/she attempts to keep your friends away from you
- He/she acts as if they own you like a piece of property
- He/she acts like they are better than you

HIGH RISK SIGNS

A number of high risk signs include:

- He/she has access to a weapon such as a gun or a knife
- He/she has previously hit you, choked you
- He/she has a history of abuse with you and/or others as well
- He/she follows and monitors all of your actions
- He/she has threatened to harm or kill you if you try to leave
- He/she has made threats to harm your children, pets or property

DEALING WITH DOMESTIC VIOLENCE

If you stay - live more safely

- Try to think about your partner's past use of level of force. You may be able to predict what type of danger you and your children might have to deal with and when you should leave.
- Have a plan to get out of your household safely and practice it with your children.

If you are planning to leave

- Contact a local shelter. Tell them that you are planning to leave a violent situation and ask for help in planning your safety.
- Remember to take steps for your safety after you leave; many people have been victimized by the abuser after the relationship has ended.

If you need help or someone to talk to please contact the National Office for Victims Services Center, toll free at: **1-866-525-0554** or Kids Help Phone, toll free at: 1-800-668-6868, www.kidshelpphone.ca

To obtain more information regarding the CAP Family Violence Prevention Awareness Toolkit, please contact the Congress of Aboriginal Peoples at www.abo-peoples.org or call 1-613-747-6022.
