

MIYKIWAN TOOLKIT
FACT SHEET

EMOTIONAL VIOLENCE

WHAT IS

Violence is not just about hitting. You do not need to be physically assaulted to be a victim of family violence. Being subjected to emotional, psychological or spiritual violence is just as harmful.

Emotional violence may be manifested in the form of threats, insults, denial of life's necessities and manipulation among many others. Common examples of emotional violence include: being constantly humiliated; threats of violence, abandonment, and isolation; destruction of personal property; denying a person's right to spiritual beliefs and practices.



“There is also abuse which leaves no physical marks...”

Emotional abuse is as bad if not worse than physical abuse. With physical abuse, the bruises fade and the scars eventually heal, with emotional abuse, the scars stay for a long time.”

KEY THINGS TO KNOW

- In 2009, twice as many Aboriginal people stated that they feared for their lives in a family environment as opposed to non-Aboriginal people
- Besides having to deal with fearing for their lives, Aboriginal people reported suffering emotional and social consequences as a result of being abused; the most common being anger, confusion or frustration
- 34% of Aboriginal women stated that a partner (current or former) had been abusive either emotionally or financially (2004-2009)
- Of those Aboriginal women who had been assaulted physically and sexually by a partner (current or former), 9 out of 10 had dealt with emotional or financial abuse
- 61% of Aboriginal women reported being insulted or called names by a partner in order to bring them down (2009)
- Other common forms of emotional abuse that were listed by Aboriginal women included: demanding to know where they had been at all times (60%), not being allowed to talk to other men or women (56%), having contact limited with family and friends (45%), in addition to having their possessions or property being either damaged or destroyed by a partner (30%E)

FORMS OF EMOTIONAL VIOLENCE

Emotional violence occurs when a partner, spouse or family member says or does something to make a person feel worthless, instill fear, gain control, humiliate or dominate. There are many ways in which emotional violence can be inflicted upon someone. Here are some of the most significant examples:

- Choosing to blame all problems in a relationship on the person
- The abuser constantly humiliates or makes fun of the person
- Continued and forceful intimidation of the person
- Threatening the person by saying that they will harm them or their family if they try to leave
- Direct or indirect threats of violence against the person
- Direct or indirect threats of abandonment or isolation
- Abuser stalks or harasses the person
- Willful destruction of personal property
- Abuser does not allow the person to follow their own spiritual or religious traditions
- Abuser forces their own spiritual beliefs or practices upon another person
- Abuser makes fun of or insult another person's religion or beliefs
- Abuser uses their own spiritual or religious position, authority or practices to either manipulate, dominate or control another person

STRATEGIES AND NEXT STEPS

Being the victim of emotional violence brings with it many painful experiences such as hurt, fear, confusion and depression. Please remember:

People care about you: reach out and get the help and protection you need; there are family members, friends, elders, co-workers, Aboriginal groups, and service providers for you

HOW YOU CAN HELP A FAMILY MEMBER OR FRIEND:

- If you believe that someone you know is being the victim of sexual violence, talk to them about it; they may be just waiting for someone to help them open up about the pain and fear they are going through.
- Do not just think that the person's problems will go away; if the signs of abuse are there, they will only get worse if the person does not get help.
- If the person comes to you and wants to talk about being abused, one of the best things you can do to support them is to listen openly, calmly and do not judge them.
- Encourage the person to get in touch with the police so that they able to get the help and protection they deserve
- If you see your friend being hurt in any way, physically or emotionally, call the police or 9-1-1 right away; do not wait.

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.
