What is Family Violence?

- Domestic violence, also known as domestic abuse, spousal abuse, child abuse or intimate partner violence (IPV), can be broadly defined as a pattern of abusive behaviours by one or both partners in an intimate relationship such as marriage, dating, family, friends or cohabitation. ...
- Any form of maltreatment of another family member.
- Conduct (whether actual or threatened) by a person towards a family member, or property of a family member, that causes reasonable fear (or reasonable apprehension) for his/her personal wellbeing or safety.
- Includes child maltreatment, neglect and abuse, intimate partner violence, sibling violence, elder abuse and mistreatment.
- Domestic abuse or child abuse, including physical or emotional harm.

**Violence is not power, but the absence of power.**

~ Ralph Waldo Emerson~

The Cycle of Violence

- **Violence occurs** (Hitting, Damaging property, Yelling, Making Threats, Pushing, Punching, Etc.)
- **Honeymoon Phase** Often marked by apologies, excuses, remorse, doing things to try and "make up" for your actions, saying "it won't happen again," buying presents, etc.
- **Rising Tension** Old feelings and thoughts come back, fighting increases, being critical or disrespectful towards your partner, being judgmental, personal anger increases.

**Over time the cycle becomes smaller/tighter and faster.**
Emotional/verbal abuse almost will lead to physical abuse down the road. **The cycle does not stop without intervention. Life can be different.**

It’s NOT Your Fault!

- You did NOT cause the abuse. No one has the right to abuse you.
- Most children raised with abuse learn to use violence as one way to control others by using power and force.
- Relationships based on fear, power and control are abusive.
- Others understand why you would want to stay and that leaving a relationship is not easy.

What can FVPP do for you??

- Safe Shelter for Women/Children and Transportation to shelter
- Help in obtaining an Emergency Protection Order (EPO) or similar
- Information about domestic violence, sexual assault and child abuse
- Telephone Support
- Access to other resources like:
  - Housing
  - Social Services
  - Supportive Listening
  - Education
  - Counselling
  - Alcohol and Drug Treatment
  - Medical treatment
  - Someone to go with you to court or the hospital
How To Protect Yourself

- Find out about shelters and safe houses BEFORE you need them.
- Have photos taken of your injuries; you can use them later.
- Keep money, important papers, clothes, car keys and other essential items in a safe place (Safe Plan!)
- Teach children to contact the RCMP in case of emergency.
- Meet with an advocate from a shelter or other program designed to help or with a friend and make a safety plan. Practice this plan with your children.

Together we can break the Violence Silence.

IT SHOULDN'T HURT TO GO HOME...

FAMILY VIOLENCE PREVENTION PROGRAM (FVPP)

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Shelter On Call: 867.983.5232