

National Domestic Abuse Hotline. (2016). *Help for a Friend or Family Member*. Retrieved from <http://www.thehotline.org/help/help-for-friends-and-family/>

HELP AND RESOURCES INFORMATION

WHERE CAN YOU GO FOR HELP?

Emergency and after hours

- Kahnawà:ke Peacekeepers 450-632-6505
- Off reserve 911

Kahnawà:ke Shakotiià'takéhhnhas Community Services

- 450-632-6880

Services available:

- » Crisis intervention
- » Youth criminal justice
- » Psychological assessments
- » Addictions
- » Supportive counseling
- » Foster care
- » Assessment/referrals
- » Prevention services available:
- » Parenting programs
- » Support groups
- » Youth groups (elementary and high school)
- » School groups
- » Traditional approaches to wellness

Assisted Living Services

- 450-632-7730

Services Available:

- » Independent Living Center
- » Life skills workers
- » Family support caseworkers

- » Young Adults Program
- » Teen Social Club

Home and Community Care Services

- 450-632-5499

Services available

- » Elder caseworkers
- » Home care & nursing
- » Adult and elders service counsellor (estate planning, government programs)
- » Activities

Family and Wellness Center

- 450-638-0408

Services available

- » Traditional approaches to wellness
- » Parenting support

CLSC Chateauguay

- 450-699-3333

McGill Domestic Violence Clinic

- 514-398-2686

McGill Sexual Assault Center

- 514-398-8500

SOS Conjugal Violence (24 HRS)

- 1-800-363-9010
- 514-873-9010



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WHAT IS FAMILY VIOLENCE?



AIÉTEWASTE' NE KA'NIKONHRÍ:IO
WE SHALL USE A GOOD MIND



FAMILY VIOLENCE

WHAT IS FAMILY VIOLENCE?

Family violence is violence or abuse that happens between family members or intimate partners. It takes many different forms and involves the abuse of power and betrayal of trust.

It can include many different forms of physical abuse, emotional abuse, sexual abuse and neglect. It can include a single act of violence or multiple acts of abuse.

Family violence crosses all socio-economic, religious and ethno-cultural boundaries.

Anyone can be a victim of family violence. Victims are women, children, seniors and men. Children and youth who are exposed to any type of family violence can be considered grounds for child protection under provincial and territorial laws.

Government of Canada (2016). About Family Violence. Retrieved from <http://www.justice.gc.ca/eng/cj-jp/fv-vfl/about-apos.html>

WHO ARE THE PERPETRATORS OF FAMILY VIOLENCE?

Family violence can be committed by anyone that has a close relationship with another person in the family. Family violence is not limited to the immediate family and can include extended family members and blended family members. For example, this can include a grandparent abusing a child or a couple living together.

DIFFERENT FORMS OF ABUSE

WHAT ARE THE DIFFERENT FORMS OF FAMILY VIOLENCE?

PHYSICAL ABUSE: using force to hurt family members.
PSYCHOLOGICAL ABUSE: Threatening members of the family, destroying their things or making them fear for their safety.

EMOTIONAL ABUSE: Treating a family member in a way that destroys their confidence and self-esteem.

FINANCIAL ABUSE: when someone uses money or property to control or exploit another family member.

ABUSIVE CONTROL: controlling a family member's daily activities and who they can interact with.

SEXUAL ABUSE: Unwanted sexual touching, forced sexual activity or rape.

NEGLECT: Not providing the necessities of life to those who cannot care for themselves.

CYBER ABUSE: Harm caused by someone using the internet, cell phones and other technologies in a repeated and hostile manner.

SPIRITUAL ABUSE: when a religious figure uses his position to inflict abuse or humiliation or misrepresents religious information for his own needs.

ELDER ABUSE: any family member's action, behavior or failing to act to protect an older adult that causes risk or harm.

CHILD ABUSE: a family member who commits any physical, sexual, emotional abuse along with neglect.

WITNESSING/EXPOSURE TO VIOLENCE: Seeing violence towards a family member.

Coalition Against Family Violence Northwest Territories. (2016). What is Family Violence? Retrieved <http://www.statusofwomen.nt.ca/pdf/FVAW%20Kit/2015%20FVAW/cafv%20fv%20pamphlet.pdf>

SPOTTING THE SIGNS OF ABUSE

HOW DO YOU KNOW SOMEONE IS EXPERIENCING FAMILY VIOLENCE?

Anyone can experience family violence, here are some signs that someone may be the victim of family violence:

- There may be a lot of accidents with strange injuries that do not seem likely.
- They might seem afraid or uncomfortable around specific people.

- They may stop contacting people or going out like they used to.
- They may try to medicate themselves with drugs or other substances.
- They may always seem to be on the phone explaining where they are and why.

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WHAT CAN YOU DO TO HELP SOMEONE SUFFERING FROM FAMILY VIOLENCE?

- Acknowledge the abusive situation they are in, and be supportive and listen. They need to know it's not their fault and you are there to support them.
- Be non-judgmental with them. There are a variety of reasons for someone to stay in an abusive relationship. Do not criticize their decisions.
- If they decide to end the relationship, be supportive of the person. Even if it was an abusive relationship, they may still need to mourn the loss of the relationship.
- Encourage them to participate in activities outside of the relationship with friends and family. Support is critical, and the more they feel supported, the easier it can be for them to feel safe.
- Encourage them to seek out resources that can help them. If they need help or guidance, encourage them to seek out counseling or support groups.
- Help them to develop a safety plan. A safety plan is an action plan for a victim to use in an emergency situation. There are many resources on the Internet that can help you create a safety plan.
- Find support for yourself in order to help others. Know your resources.