

## 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

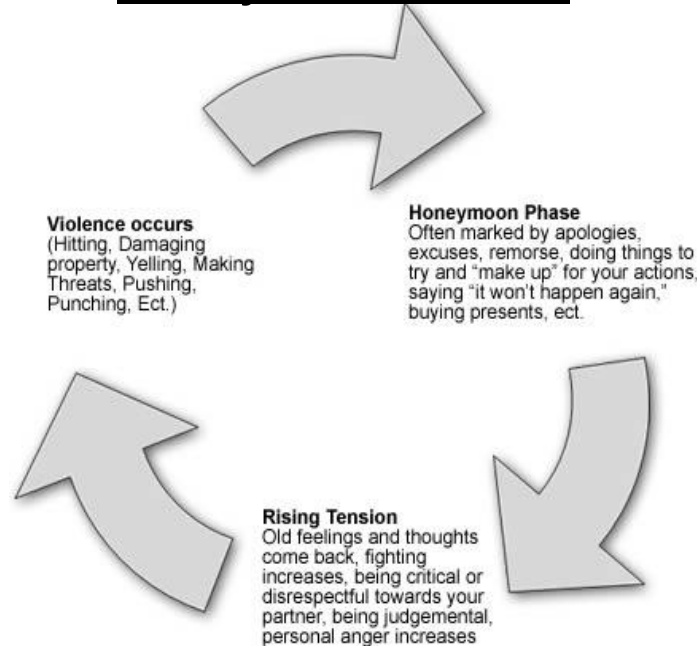
*Violence is not power, but the absence of power.*

*~ Ralph Waldo Emerson~*

*Violence is not merely killing another. It is violence when we use a sharp word, when we make a gesture to brush away a person, when we obey because there is fear...violence isn't merely organized butchery...violence is much more subtle, much deeper..."*

*~Jiddu Krishnamurti~*

## The Cycle of Violence



**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:



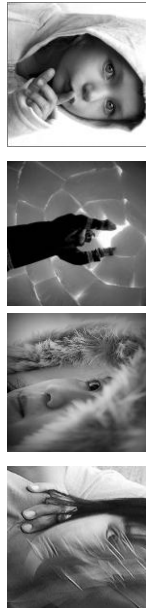
- Housing
- Social Services
- Supportive Listening
- Education
- Counselling
- Alcohol and Drug Treatment
- Medical treatment
- Someone to go with you to court or the hospital

# How To Protect Yourself

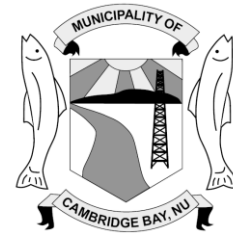
- ✓ Find out about shelters and safe houses BEFORE you need them.
- ✓ Have photos taken of your injuries; you can use them later.
- ✓ Keep money, important papers, clothes, car keys and other essential items in a safe place (Safe Plan!)
- ✓ Teach children to contact the RCMP in case of emergency.
- ✓ 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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