

INTIMATE PARTNER VIOLENCE



CAMROSE POLICE SERVICE
TRAUMA AND CRIME SUPPORT SERVICES
780-672-4570

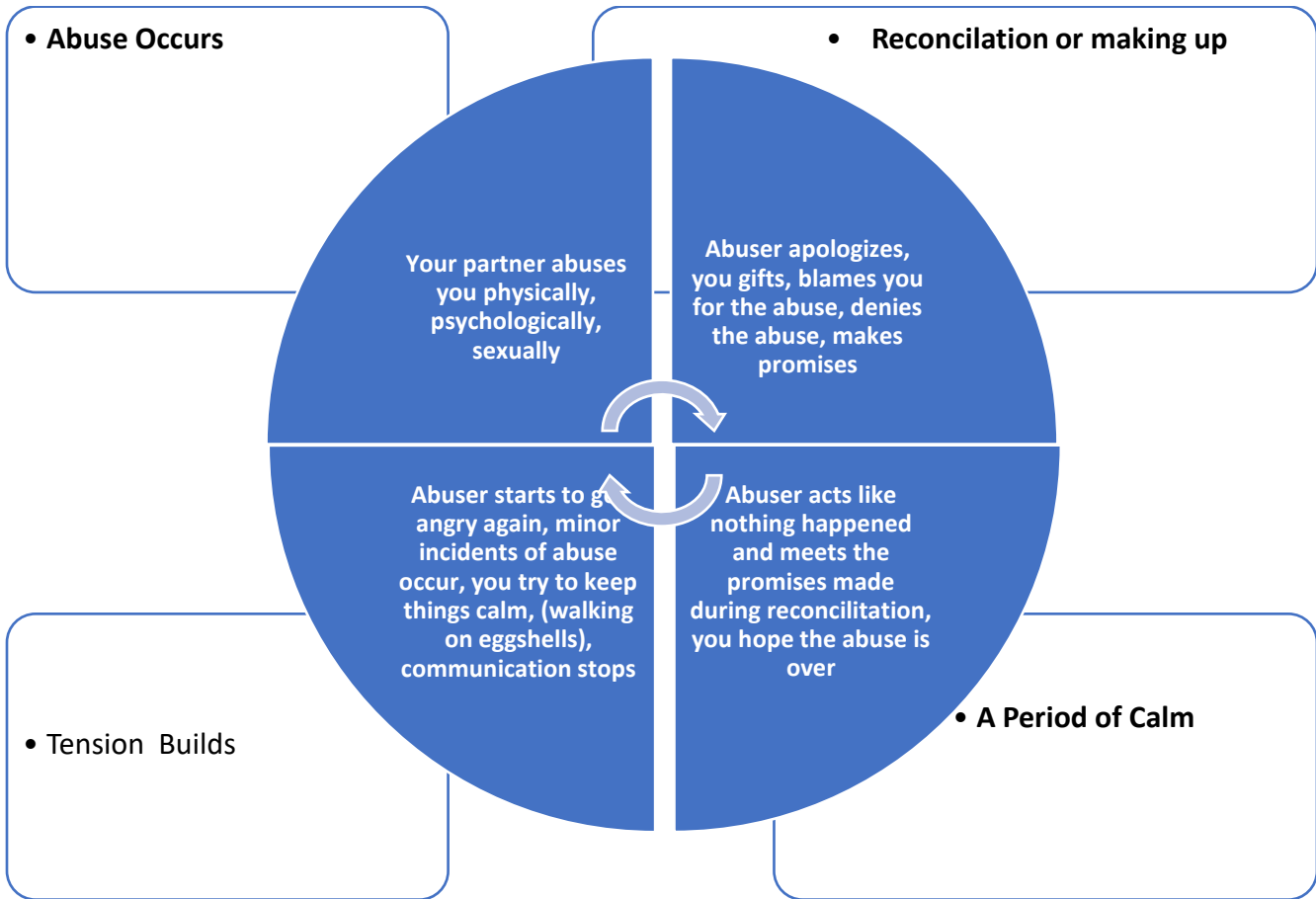
IF YOU ARE EXPERIENCING ONE OF THE FOLLOWING, YOU MAY BE A VICTIM OF INTIMATE PARTNER VIOLENCE

- ❖ Your partner calls you names, belittles you, humiliates you in front of others, or disregards your options
- ❖ Your partner isolates you by refusing to let you contact friends, family, or co-workers.
- ❖ Your partner follows you, calls you repeatedly, shows up at your work place, or does not let you go anywhere alone.
- ❖ Your partner hits, shoves, kicks, or shakes you. These actions may or may not result in injuries.
- ❖ Your partner chokes you.
- ❖ Your partner forces you to engage in any type of sexual activity that is unwanted including forcing you to watch porn; having sex with others, or in front of others.
- ❖ Your partner controls your money, spends your money without your permission, forbids you a bank account or spends all of the money leaving nothing to support the family.
- ❖ Your partner refuses to let you practice your beliefs or follow your cultural practices.
- ❖ Your partner threatens to harm your property or pets.

Not all these actions are considered criminal but all are indicative of Intimate Partner Violence.

Abuse is the use of controlling behaviors in order to exert power over a partner or prevent someone from leaving a relationship. Abuse is about control through fear and intimidation.

Domestic Abuse is committed by a current or previous partner (despite marital status), a biological or adoptive parent of a shared child(ren), or someone with care or custody of you via a court order.



If you are staying in the relationship:

- Are you aware of any weapons in the house and how they are secured?
- Tell someone you trust what is going on. Establish safe words or action to use if you need help.
- Can you get into a safe room or place if the episode is violent and you are in danger? A room with a lock and no weapons available.
- Do you have a cell phone (pay as you go) that your abuser does not have access to?
- Do you have a safety pack? (List on next page)
- Do you know how to protect yourself in a violent attack? (curl up in a ball, protect your head and hands, cover your face as much as possible)
- Do you have a list of local resources or friends/family you can rely on if you have to leave in a hurry?

The abuser wants you to feel:

- *You are alone.*

YOU ARE NOT ALONE! Many people, in many types of relationships have experienced abuse. Friends, family, community agencies are available to support you. Abusive actions in a relationship are a crime and can be reported to police.

- *You are worthless, ugly, stupid or unlovable.*

YOU ARE A NORMAL PERSON IN A BAD RELATIONSHIP! The abuser uses his behavior to try to destroy your self-esteem, self-confidence, and self-image in order to control you.

- *You can't tell anyone. No one will believe you.*

YOU CAN TELL! Find someone you trust and tell them what is going on—a doctor, a friend, a social worker, a family member. They will believe you and you take away some of your abuser's power when the secrecy blanket is lifted. You can also report the abuse to the police.

- *You are to blame for the abuse*

YOU ARE NOT TO BLAME! Abusive behavior is a choice your partner has made. You did not cause this—no matter what you cooked, wore or said. He is responsible for his actions.

- *Abuse will not happen again. He promised.*

ABUSE DOES NOT STOP UNTIL SOMEONE DOES SOMETHING TO STOP IT! Abuse is an ongoing pattern of behavior used to control you and keep you in the relationship. It will happen again and usually increases in severity and frequency rather than decrease.

- *You should accept the abuse to keep the family together.*

YOU NEVER NEED TO ACCEPT ABUSE FOR ANY REASON! When you entered the relationship, you did not agree to live with abuse and fear dominating your life. You did not agree to be insulted, hurt, or sexually assaulted. If your family is living in an abusive relationship than your family unit is not together now even though you are in the same house. Abuse harms you and your children living in that house.

- *He loves you and they are just jealous (stressed, drunk).*

ABUSE IS NEVER ACCEPTABLE! Abuse is about power not love. Your abuser is trying to keep you isolated and scared. How he decided to



Healthy Relationship

My partner:

- Makes me feel safe
- Makes me feel comfortable
- Listens to me
- Values my opinions and treats me as an equal
- Supports what I want to do in life
- Is truthful with me
- Admits to being wrong
- Respects me
- Always tries to understand how I feel
- Likes that I have friends and family
- Makes me laugh
- Trusts me
- Accepts me as I am

Children in Abusive Environments

Staying in an abusive relationship for the “sake of the children” does not provide the children with the home you think you are providing. Children are affected by violence in the home even if not directly involved or witnessing the abuse.

Children are affected by abuse.

- Witnessing or experiencing ongoing abuse in their home causes changes in the development and functioning of their brains. They start to use a larger portion of their brain in finding ways to feel safe and less for learning and developing.
- The world becomes an unsafe place and the child becomes fearful and anxious.
- The child may start lashing out at others, become aggressive and bully others.
- Their school performance may decrease as they are so busy using their brain to deal with the stress of the abuse.
- They start to learn abuse as the normal way to do things and become an abuser themselves or to be abused.

Types of Abuse Children Experience

Neglect: not receiving adequate food, clothing, shelter, health care or protection. Not receiving affection or sense of belonging/safety.

Emotional injury: chronic drug or alcohol use, rejection, inappropriate criticisms, threats, humiliation, accusations, unrealistic expectations.

Physical or sexual abuse

Leaving an Abuse Relationship

Leaving an abusive relationship is not a single event but a process.

Stage 1: Denying the Abuse: You play down what is happening, blame yourself, try to make the relationship work. The abuse is a secret between you and your abuser.

Stage 2: Admitting the Abuse: You see the reality of your relationship and may start to tell people about the abuse.

Stage 3: **Telling** someone you trust about the abuse, start to find out more information about abusive relationships and help. The blanket of secrecy is being removed and you are starting to see another path. You build your safety plan.

Stage 4: **Moving** away from the relationship emotionally and mentally. You may leave physically and return. But at this stage you are starting to stand up mentally and emotionally to the abuser's power and control over you. You are considering the alternatives as serious options.

Stage 5: **Act** and leave the relationship. This can be a time of increased danger as the abuser starts to lose control over you. Be extra aware of your and your children's safety. Look at court orders to prevent your abuser from contacting you. Start letting go. Seek resources to help you move forward.

Stage 6: **Heal**. Learn and seek counselling. Start looking at healthy relationships. Start a life free of abuse.

SAFETY PLAN

Assessing the Risk of Decreased Safety

- The violence is getting more severe and more frequent
- The woman seeking a divorce, custody, or starting a new relationship
- Increased restrictions on the women's freedom and activity
- Increased isolation in the home and lack of access to community supports
- The woman's inability or unwillingness to disclose abuse or take legal action
- Changes in the abuser's access to the woman or children

Planning for Safety

1. Tell someone you are in an abusive relationship. Let them know how they can help you, let them know the signs of danger, tell them of any legal orders/no contact orders/custody papers.
2. Plan a safe place to go if you need to go. Arrange for someone to know beforehand that you may need to stay somewhere and have a key or passcode. Be aware of 24/7 businesses in your area.
3. Memorize emergency numbers or put in a pay as you go phone the abuser has no access to.
4. Educate yourself about legal routes to help you stay safe if you leave.
5. Erase you call history and search history in your computer.
6. Pack a safety pack and keep it hidden or somewhere outside the home.

7. Report any harassment or stalking to the police. Keep a log. Tell friends, family, schools, co-workers about any no contact orders or stalking.
8. If you have children, talk to them about what to do in an emergency.

Safety Pack

WHILE A SAFETY PACK IS A USEFUL TOOL IT CAN ALERT THE ABUSER, YOU ARE THINKING OF LEAVING. KEEP THE PACK WELL HIDDEN. YOU CAN LEAVE THE PACK IN A SAFE PLACE SUCH AS A SHELTER OR FRIEND'S HOUSE.

1. Identification for you and your children. Copies or upload to a safe account on the internet.
 - a. Driver's license & passports
 - b. Health Cards and any benefit plans
 - c. Birth certificates
 - d. Marriage certificate/divorce decree
 - e. Status card
2. Copies of any custody orders/restraining orders/EPO
3. Any work permits or immigration papers
4. Recent pictures of you and your kids
5. Cash cards or credit card
6. Medications, hearing aids, glasses
7. Keys to the car, house, safety deposit box
8. Extra clothing for you and your kids
9. Address book with important contacts
10. Cell phone (pay as you go)
11. Baby food, diapers



Legal Options for Safety

Emergency Protection Orders (EPO)

When you report violent or threatening behavior and need immediate protection, police can order an EPO when investigating. This can be done even if charges are not laid. The abuser does not need to know. The information is provided by the police to a Justice of the Peace who then reviews the information and determines if the order is to be granted. The police serve the order to the abuser. The order will be reviewed in the Court of King's Bench within 9 days. Legal assistance is recommended and can be accessed via Legal Aid.

King's Bench Protection Order

If the need is less urgent but still necessary. Similar to EPO but may contain additional conditions such as reimbursement for monetary losses, temporary possession of assets such as the home, requirement to post bond to ensure compliance, mandatory counselling for the accused, and counselling for any children involved without requiring consent from the abuse partner. The abuser is given notice.

Restraining Orders

If you fear for your personal safety you can apply to Court of King's Bench for a Restraining Order. These are reviewed at a set date. The order is good for 3 months and can become permanent. There is no cost to applying. If breached the person can be arrested.

As the person who applied for the order, no contact goes both ways in these agreements. You cannot contact the other person as they cannot contact you.



For more information on available programs and supports

Safer Spaces: A program that supports persons fleeing family violence to end a lease agreement without financial penalty. The person leaving does not have to tell their abuser they are cancelling the lease. Safer Spaces Alberta website <http://www.alberta.ca/safer-spaces-certificate.aspx>

Family Violence Information Line Call or text 310-1818: A 24/7 help line for those or are experiencing family violence or know someone who is being abused.

Escaping Abuse Benefit: Financial help if you are in an abusive situation and cannot afford to leave or have left and do not have funds for day to day expenses. Available to Canadian citizens, refugees and refugee claimants. Call 24/7 1-866-644-5135

Abuse Helpline 1-855-443-5722

Child Abuse Hotline 1-800-387-5437

Mental Health Helpline 1-877-303-2642

Men's Helpline 1-833-327-6367

The Today Center: Provides support for any adult (no consideration of gender, sexual orientation, socioeconomic status, race, or culture) who are experiencing family violence. 780-455-6880

Brite Line: 24/7 support for members of the 2SLGBTQIA+ community experiencing mental health needs. 1-844-702-7483

Legal Aid: 1-866-845-3425

RESOURCES

EMERGENCY 911

Camrose Police Service (CPS) **780-672-4444**

CPS Trauma and Crime Support Services **780-672-4570**

Camrose Women's Shelter **780-672-1035**

Counselling and Support

Family and Community Support Services: Changing Ways

Programing aimed at reducing the occurrence and impact of family violence. **780-672-0141**

Camrose Women's Shelter Outreach Program

Can be accessed without staying in the shelter. Supportive listening and education for anyone experiencing abuse in a relationship (all ethnicities, sexual orientation, and gender identities). Also provides support to children and youth who have experienced or witnessed family violence.

780-672-1035

Association of Communities Against Abuse (ACAA)

Specialized counselling, specialized crisis supports for individuals and families; help with accompaniment, transportation, paperwork, advocacy and system navigation.

403-742-3558