



A STRONGER HOME

Resources

Learn More About Family Violence and Gender-Based Violence

What is Family Violence | Domestic Abuse?

Domestic abuse, also called “domestic violence” or “intimate partner violence”, can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner.

Abuse is hurting another person. It can be physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviors that frighten, manipulate or harm someone.

Domestic abuse can happen to anyone of any race, age, sexual orientation, religion or gender. It can happen within a range of relationships including couples who are married, living together or dating.

Victims of domestic abuse may also include a child or other relative, or any other household member.

Domestic abuse is typically shown as a pattern of abusive behavior toward an intimate partner in a dating or family relationship where the abuser exerts power and control over the victim. Domestic violence affects people of all socioeconomic backgrounds and education levels.

Domestic abuse incidents are rarely isolated and usually escalate in frequency and severity. Domestic abuse may culminate in serious physical injury or death.

Here are a few links for anyone dealing with domestic violence. Please, if you need help, seek it out.



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Resources in Canada

Sheltersafe.ca—Provides information and a clickable map to help connect women and their children across Canada with the nearest shelter for safety and support.

iHEAL app—A free, private and secure app to help Canadian women who have experienced abuse from a current or past partner find personalized ways to stay safe and be well.

Kids Help Phone—Call 1-800-668-6868 (toll-free) or text **CONNECT** to 686868. Available 24 hours a day to anyone in Canada aged 5 to 29 who wants confidential and anonymous care from trained responders.

You Are Not Alone—A toolkit for Indigenous women, girls and gender diverse people escaping domestic violence, put together by the Native Women's Association of Canada.

Battered Women's Support Services (BWSS)—a BC-based non-profit that provides education, advocacy and support services to assist all victims and survivors of gender-based violence, including specialized programs for Indigenous survivors.

Resources in the United States:

The National Domestic Violence Hotline—A non-profit organization that provides real-time crisis intervention, information and referrals as well as online resources. You can do a live chat, text **"START"** to 88788 or call 1-800-799-SAFE (7233).

The National Sexual Assault Hotline—A confidential, secure service that provides live help through the Rape, Abuse and Incest National Network. Call 1-800-656 HOPE (4673).

Domestic Shelters—The first and largest online and mobile searchable directory of domestic violence programs and shelters in the U.S. and Canada.

National Child Abuse Helpline—Call 1-800-422-4453 or text HELP to the same number to reach counsellors there who support people concerned about or affected by child abuse.

The Women's Law Organization—Provides legal advice and advocacy based on state statutes.

Further Reading

And for more information to educate yourself about domestic abuse, here are a few helpful websites:

United Nations: 16 days of activism: un.org/en/observances/ending-violence-against-women-day

World Health Organization—Violence against women facts:
who.int/news-room/fact-sheets/detail/violence-against-women

Canada Public Health—Learn about family violence:
canada.ca/en/public-health/services/health-promotion/stop-family-violence/learn-about-family-violence.html

United States National Resource Center on Domestic Violence: nrcdv.org/

