

VIOLENCE PREVENTION

Help for people experiencing violence and for concerned individuals



STOP! NO MORE VIOLENCE

Sylvan Lake and Area

Violence Prevention And Supports

A Community Response



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Violence Support and Prevention Principles

What is Violence?

Violence is the intentional use of physical force, power, or threats against oneself, another person, animals, a group or a community.

Violence is:

- About power and control.
- Unacceptable and should not be ignored.
- Preventable.

Types of Violence

- Self-harm or self-injury including but is not limited to self-mutilation, drugs and alcohol abuse, and consuming poisonous substances.
- Suicide including suicidal thoughts and attempts
- Family and Intimate Partner Violence
 - » Child Abuse and Neglect
 - » Partner Violence
 - » Elder Abuse
 - » Dating Violence
 - » Animal Violence
 - » Stalking
- Community Violence
 - » Deliberate acts intended to cause physical or emotional harm against a person or persons in the community.

Violent behaviours include

- **Physical Abuse:** Any kind of physical assault that results in pain, discomfort, and/or injury.
- **Sexual Abuse:** Any unwanted sexual activity, behaviour, assault, or harassment.
- **Mental Abuse:** Any mental abuse leading to intense fear, anxiety, or unbearable stress.
- **Financial Abuse:** Misuse of funds or property through trickery, guilt, theft, intimidation, or force.
- **Medical Abuse:** Any intentional misuse of medications and prescriptions.
- **Spiritual/Cultural Abuse:** Any forced separation from religious or cultural traditions and supports.
- **Neglect and Deprivation:** Any lack of action that is required to meet the needs of a person.



What can you do if you think that someone is in an abusive situation?

Knowing the following steps can help identify the risks, communicate your concerns, and provide support.

1. **See it:** Notice when you feel uncomfortable and have a gut feeling that something isn't right, learn about violence, and recognize the warning signs (see Appendix A: Possible Indicators of Violence)
2. **Name it:** Overcoming your hesitation to help. Name the warning signs (just the facts). Name your concerns "I am worried about you" and talk to the person you are concerned about. These conversations must occur between you and the person experiencing violence in a safe environment to consider the following: are texts read by the abuser, can the abuser see their FaceBook page, can your conversation be overheard by the abuser, or someone who knows the abuser, etc.
3. **Check it:** Check your assumptions and ask questions (e.g. "Are you ok?", "what can I do to help?") If there is a disclosure of violence and they choose not to take action remain supportive, do not judge their decision, keep communication lines open, and listen. On average, it can take multiple attempts over many years to leave the abuser. There are many factors as to why people stay in these situations and the cycle of violence. It is up to the professionals to provide counselling but, your support can help them take those first steps for help.
4. **Refer it:** share community resources; trust your instincts and call 911 if it is an emergency or a safety concern; ask if they have a safety plan. If they do not currently have one and would like support making one refer them to the Family Enrichment Centre 403 887 1137 ext.426. **If you suspect someone you know is experiencing violence, please see the section Sylvan Lake and Area Resources in this document.**

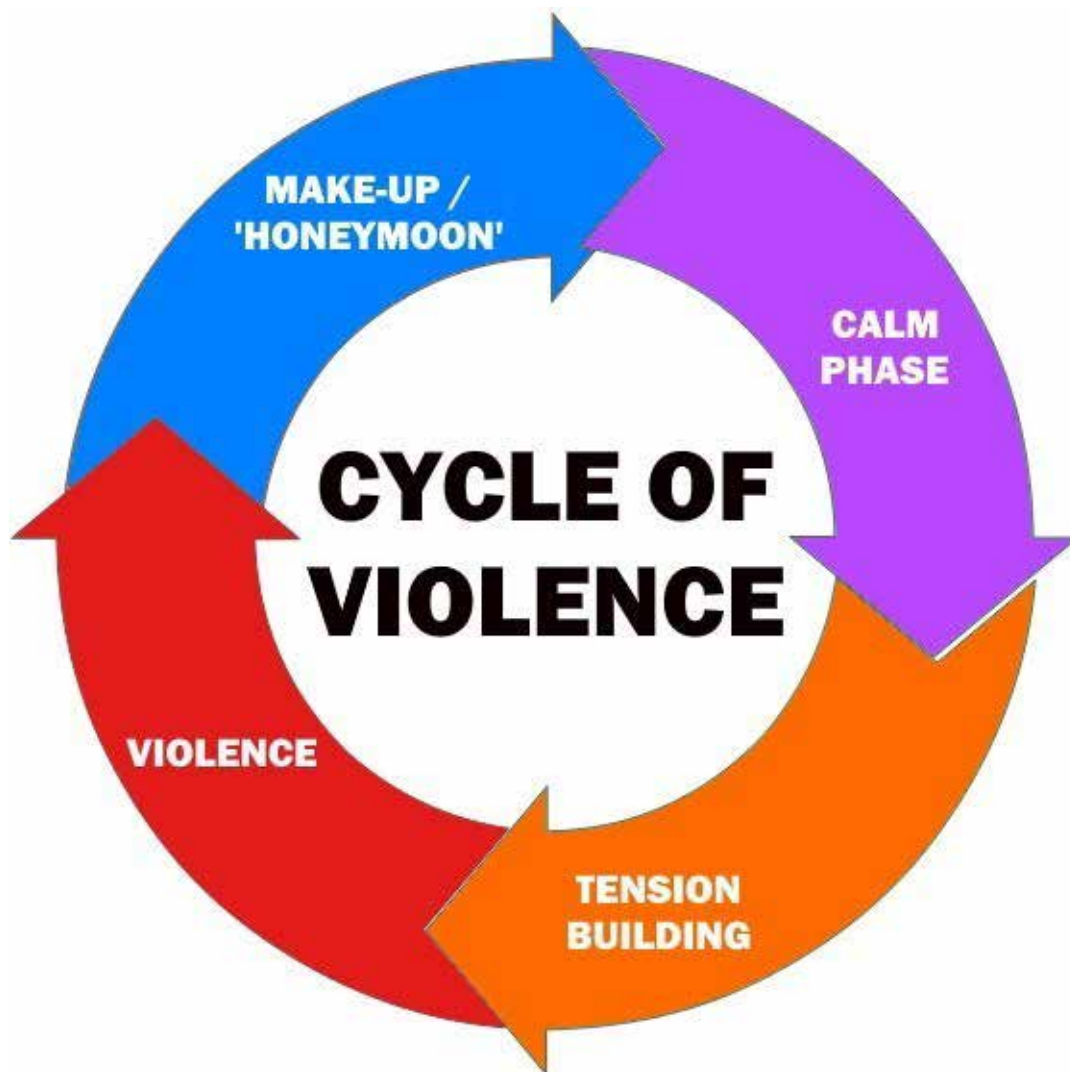
REMEMBER

Respect that it is their story to share and not yours to tell.

One of the most dangerous times for someone experiencing violence is after they leave the situation. Continue to pay attention and be a support.

Cycle of Violence

The Cycle of Violence shows the patterns of abusive behaviour in relationships and why it is so difficult for people to leave.



Just because it's explainable,
doesn't mean it's excusable.
Anonymous

If you suspect someone you know is experiencing violence, please see the section Sylvan Lake and Area Resources

How Family Violence Hurts Children

Children exposed to family violence of any kind may suffer long-term effects that include the following:

- Permanent Brain Trauma
- Post-Traumatic Stress Disorder (PTSD)
- Developmental and Behavioral delays

As Mental Abuse is often overlooked, it can be just as devastating to a child as any other type of abuse. Mental abuse may include the following:

- Exposure to domestic violence or severe domestic disharmony.
- Rejection by a parent/caregiver
- Emotional, social, cognitive, or physiological neglect.
- Lack of affection.
- Inappropriate criticism, threats, humiliation, accusations, bullying, or expectations.
- Being exposed to persons in the household experiencing mental or emotional instability.
- Chronic alcohol or drug abuse by the parent/caregiver or by anyone living in the same residence as the child.



Signs of Trauma in Children/Youth

Young Children (0-5)	School-Age Children (6-12)	Teens (13-18)
<ul style="list-style-type: none"> • Irritability, “fussiness” • Startling easily or being difficult to calm • Frequent tantrums • Clinginess • Reluctance to explore the world • Activity levels that are much higher or lower than peers • Repeating traumatic events over and over in dramatic play or conversation • Delays in reaching physical, language, or other milestones • Difficulty paying attention 	<ul style="list-style-type: none"> • Being quiet or withdrawn • Frequent tears or sadness • Talking often about scary feelings and ideas • Difficulty transitioning from one activity to the next • Fighting with peers or adults • Changes in school performance • Wanting to be left alone • Eating much more or less than peers • Getting into trouble at home or school • Frequent headaches or stomachaches with no apparent cause • Behaviors common to younger children (thumbsucking, bed wetting, fear of the dark) • Impaired memory; difficulty thinking, learning, or concentrating • Low self-esteem, feeling unsafe, inability to regulate emotions, trouble with friendships 	<ul style="list-style-type: none"> • Talking about the trauma constantly, or denying that it happened • Refusal to follow rules or talking back frequently • Being tired all the time, sleeping much more (or less) than peers, nightmares • Risky behaviours • Self-harming (cutting) • Fighting • Not wanting to spend time with friends • Using drugs or alcohol, running away from home, or getting into trouble with the law • Suicide or suicidal thoughts • Fighting/Aggression • Lack of impulse control • Depression/Anxiety

Adapted from Safe Start Center. (n.d.). Tips for Staff and Advocates Working With Children: Polyvictimization. Washington, DC: Office of Juvenile Justice and Delinquency Prevention, available at http://ojjdp.gov/programs/safestart/TipSheetFor_Polyvictimization.pdf, Effects of Trauma on Children, www.childwelfare.gov



Safety Planning

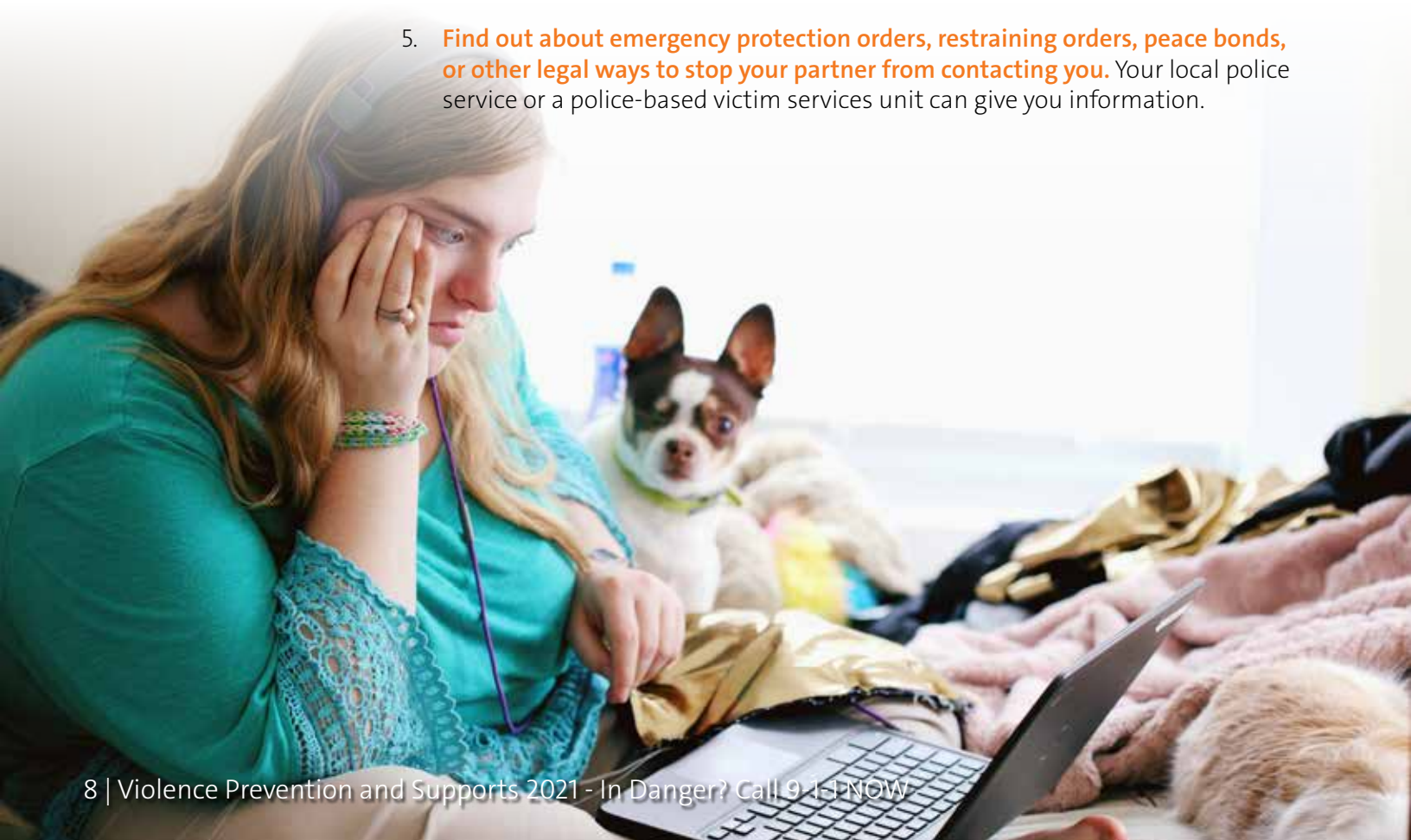
General Information

Safety Plans assist individuals who are experiencing violence to examine safe places, practices, and supports.

If you would like more information or help to create a Safety Plan, please contact the Family Enrichment Centre 403 887 1137 ext.426

Elements of a Safety Plan

1. **Tell people you trust that you are in an abusive situation.** Talk to them about how they can help you stay safe. You may want to keep the abuse private, but when people outside your home know about the abuse, they can help keep you safe (and, if you have children, help protect them too).
2. **Plan where you can go if you need to leave in a hurry.** Look for safe places that are open 24 hours where you can be safe while you call for help. If you plan to go to someone's home, arrange this ahead of time. That way when you arrive with no notice, they know to let you in, lock the doors and ask questions later. (Be careful about going to the home of a friend or relative where your abuser will think to look. That could be dangerous for everyone involved.)
3. **Make sure you have car keys and gas in the car, bus tickets, or another means of transportation.** Know exactly how to get to where you plan to go.
4. **Plan what you need to bring with you.** Pack an emergency bag with cash, debit or credit cards, health care cards, your driver's license and passport, prescription drugs or medications, etc. If you have children, include things for them like toys or books.
5. **Find out about emergency protection orders, restraining orders, peace bonds, or other legal ways to stop your partner from contacting you.** Your local police service or a police-based victim services unit can give you information.



Things to consider when planning to leave an abusive relationship:

- Having important phone numbers in a hidden place nearby for you and your children. Numbers to have include the police, emergency, hotlines, friends, your children's school, and the closest shelter.
- Friends or neighbours you could talk to about the abuse. Ask them to call the police if they hear angry/violent noises, or you have a pre-determined code word that means you are in danger. If you have children, teach them how to dial 911.
- Know how to get out of your house safely. Practice ways to get out.
- Know what the safer places in your home are, where there are exits and no weapons. If you feel abuse is about to happen, try to avoid those areas that you consider hidden from view or unsafe.
- If there are weapons in the house, make sure you let the police know their location and the type of weapon.
- Change all your computer and internet passwords.
- Know how to cover your tracks online.
- Even if you do not plan to leave, think of where you could go. Think of how you might leave. Try doing things that get you out of the house, such as taking out the trash, walking the pet, or going to the store.
- Consider a safety deposit box for your important documents.
- People who might help you if you leave. Think about people who will keep a bag for you or have a bag ready that is hidden and easily accessible. Think about people who might lend you money. Make plans for your pets.
- If you do not have a cell phone plan, think about purchasing a pre-paid cell phone card.
- Open a bank account or get a credit card in your name.
- Determine how you can take your children with you safely. There are times when taking your children with you may put all of your lives in danger. You need to protect yourself to protect your children.

Be gentle with your past selves for
doing what they had to do to get through it
Jordan Pickell

Things to consider after you have left:

- Get a Personal Protection Order (PPO) from the court. Keep a copy with you all the time. Give a copy to the police, caregivers for your children, their schools, and your employer.
- Change the locks. Consider putting in stronger doors, smoke, carbon monoxide detectors, a security system, and outside lights.
- Tell friends and neighbours that your abuser no longer lives with you. Ask them to call the police if they see your abuser near your home or children.
- Tell people who take care of your children the names of people who are allowed to pick them up. If you have a PPO protecting your children, give their teachers and babysitters a copy of it.
- Tell someone at work about what has happened. Ask that person to screen your calls. If you have a PPO that includes where you work, consider giving your employer a copy of it and a picture of the abuser. Think about and practise a safety plan for your workplace that includes going to and from work.
- Don't frequent the same stores or businesses that you did when you were with your abuser.
- Maintain a trusted support system after you have left.
- If you must talk to your abuser, do it in an environment where you are safe and speak in a way that does not agitate the abuser.
- Ensure you review your safety plan often after you have left.
- After leaving an abusive situation, it can be a very volatile time. Please protect yourself and your family by utilizing all the support systems and safety planning to help keep you safe!

When someone shows you who they are,
believe them the first time.

Maya Angelou

Items to take if possible

- Money
- Extra clothes
- Important papers for you and your children
- Social insurance cards
- Car registration
- Passports, immigration papers, work permits
- Mortgage payment book, unpaid bills
- Divorce or custody papers, restraining orders
- Pictures/things that mean a lot to you
- Bankbooks, debit/credit cards
- Pet information
- Keys to car, house, work, safety deposit box
- Medicine
- Birth certificate, alberta health cards
- School and medical records
- Driver's license
- Identification
- Lease/ rental information
- Address book
- Items for your children (blankets, toys)
- Insurance papers

What are your reasons for getting safe?



Sylvan Lake and Area Resources

Community Resource	Social/ Domestic Violence Supports	Financial Supports	Mental Health Supports	Contact Information
Family Enrichment Worker	*			403 887 1137 Ext. 426 4725 43 rd St. Sylvan Lake, AB www.sylvanlake.ca/en/public-services/family-resource-network.aspx
Seniors Outreach Coordinator (forms and applications to financial support for seniors)	*			403 887 1137 Ext. 444 4725 43 rd St. Sylvan Lake, AB www.sylvanlake.ca/seniors
Community Supports Worker (Forms Support including financial applications, benefits, income support, housing)	*	* (forms and applications to financial support for seniors)		403 887 1137 Ext. 425 4725 43 rd St. Sylvan Lake, AB www.sylvanlake.ca/en/public-services/family-and-community-support-services-fcss.aspx
FCSS Youth Services	*		*	403 887 1137 Ext. 423 4725 43 rd St. Sylvan Lake, AB www.sylvanlake.ca/youth
Sylvan Lake Community Partners Association (Emergency Accommodation Fund, Emergency Food Hampers, Compassion Fund)	*	*		403 887 9989 4936 50 th Ave Sylvan Lake, AB www.sylvanlakecommunitypartners.ca
Sylvan Lake Food Bank (Open Wednesdays 9 am-12 pm)	*			403 887 4534 4725 43 Street, Unit 4, Sylvan Lake, AB
Sylvan Lake Mental Health & Addictions (Counseling)			*	403 887 2241 4602 49 Ave, Sylvan Lake
Mercy Connect	*	*		403 887 8811 4404 47 Avenue, Sylvan Lake, AB
RCMP • Emergency assistance • Clare's Law Applications (Disclosure to protect against Domestic Violence Act)	*			403 887 3333 or 911 if an emergency 4260 50 Street Sylvan Lake, AB Clare's Law: www.Alberta.ca/clares-law
Red Deer Victim Services	*	* (forms support)		403 406 2345 4914 48 Avenue, Red Deer, AB www.reddeer.ca/city-services/police-rcmp/victims-services

Community Resource	Social/ Domestic Violence Supports	Financial Supports	Mental Health Supports	Contact Information
Red Deer Outreach Centre (supports all ages and genders) • Dragonfly Children's Healing Centre • Suicide Prevention	*		*	403 347 2480 4101 54 Avenue, Red Deer, AB www.theoutreachcentre.org
Central Alberta Women's Emergency Shelter (Red Deer CAWES)	*		*	403 346 5643 Crisis Text line: 1-403-506-0485 www.cawes.com
49 th Street Youth Shelter	*		*	403 341 3190 Text 403 358 1517 4633 49 Street Red Deer, AB www.youthhq.ca
Central Alberta Immigrant Women's Association (CAIWA)	*			403 341 3553 4910 45 Street, Red Deer, AB www.caiwa.ca
Central Alberta Sexual Assault Support Centre (CASASC)	*		*	1 866 956 1099 (phone or text) 5212 48 St A201, Red Deer, AB www.casasc.ca
Central Alberta Child and Family Services Authority	*			403 341 8654 1 800 387 5437 hotline www.alberta.ca/childrens-services.aspx
Central Alberta Humane Society- Emergency Pet Boarding Program	*			403 342 7722 4505 77 Street, Red Deer, AB Must have a referral to this program from an agency working with the individual.
ABSPCA Pet Safekeeping Program	*			1 780 447 3600 Ext. 3750 petsafekeeping@albertaspca.org
Mental Health Support Helplines: • Family Violence Info Line: 310 1818 (24hrs) • Kids Help Line: 1-800-668-6868 (24hrs) • www.kidshelpphone.ca • Bullying Helpline: 1-888-456-2323 (24hrs) • www.bullyfreealberta.ca			• Child Abuse Hotline: 1-800-387-5437 (24hrs) • Mental Health Helpline: 1-877-303-2642 (24hrs) • Addiction Services Helpline: 1-866-332-2322 (24hrs) • Canada Suicide Prevention Service (24hrs): 1-833-456-4566 • Alberta's One Line for Sexual Violence: 1-866-403-8000	

Appendix A - Possible Indicators of Violence

Appendix A provides examples that someone may be in an abusive relationship or situation.

Violence

What are some of the possible indicators or signs of violence?

- Physical abuse includes any physical assault that results in pain, discomfort, and/or injury.

You may observe the individual as having:

- Unexplained loss of hair, scrapes, cuts, bruises, burns, bumps, fractures
- A history or pattern of falls, accidents, and/or injuries for which the explanations do not make sense or fit with what you know
- Untreated injuries

The individual may:

- Delay/avoid seeking treatment or attempt to self-treat significant injuries
- Be reluctant or unable to explain injuries
- Seek medical attention from different doctors to avoid detection of the abuse.
- Disclose being hit, slapped, pushed, strangled, and/or restrained

Medical abuse

- The intentional misuse of medications and prescriptions.

The individual may report:

- Their medications being continually misplaced, missing, and/or stolen
- Prescriptions remaining unfilled and/or medication being withheld by a caregiver and/or family member
- Medications administered inappropriately
- Being given medications they do not understand and/or need

You may observe the individual as having:

- Scattered, groggy, and/or confused behaviour may be signs of inappropriate use of drugs and/or medications.
- Any unexplained decline in their general health and wellbeing due to the mismanagement of medication.
- An inconsistent state of being (alert one day, disoriented the next)

Financial and Material Abuse

- The misuse of funds or possessions through fraud, manipulation, trickery, theft, guilt, and/or force.

The individual may be experiencing:

- Overdrawn/depleted bank accounts
- Having no control over their finances
- A friend/family member moving in without agreement or continually asking for money
- The disappearance of money and/or belongings
- Being forced to sign over financial control/bank accounts/power of attorney
- Being forced to sell belongings and/or change their will/beneficiaries
- Being overcharged for services (example: home repair or maintenance) or being solicited for money

You may observe in the individual's life:

- A difference between their standard of living and income
- Unusual transactions on the individual's bank account by another person (example: frequent ATM withdrawals)
- The cashing of their pension/other cheques/insurance policy by another person
- Confusion over their finances
- Nervousness when at the bank with another person, especially if making a large withdrawal
- Someone appearing to take financial advantage of them (example: a long term house guest)

Mental abuse

- Increased feelings of intense fear, anxiety, or unbearable stress.

You may observe the individual as:

- Appearing shamed, excessively passive, withdrawn, apathetic, sad, angry, and/or unresponsive
- Showing fear and/or inappropriate guilt (example: feeling bad because they can't afford to give an adult child money regularly)
- Reverting to child-like behaviours and being treated as such
- Seeming nervous and tense around a specific person
- Appearing isolated (examples: excluded from family gatherings, not permitted to have friends visit or to go to social events, being denied access to grandchildren, denied access to a telephone/lifeline)
- Seeking permission for what they can say and do from a specific person
- Being guarded about what they say and having a reluctance to talk openly about their life
- Stating that they are unworthy or unwanted

You may observe a person in the individual's life:

- Speaking for the individual
- Putting down the individual and talking about them in a negative manner
- Blaming and/or punishing the individual for incontinence, wandering, and/or other "problems" beyond the individual's control
- Being withdrawn or uninterested in the individual; refers to the individual as "it" or "they"
- Imposing isolation (not allowing telephone calls/lifeline, a radio or television, unnecessary locks on the door)

The individual may experience:

- Being sworn at or spoken to in an inappropriate manner
- Intense concern over what another person thinks, feels, does, and/or says
- Not being "allowed" to do certain things or see certain people

Neglect

- Any lack of action, intended or unintended, required to meet the needs of a person.

The individual may experience:

- Being hungry, not getting food when requested, or being fed an inadequate diet
- Not being taken to the doctor and/or dentist
- Asking for necessities and being denied

You may observe the individual:

- Appearing malnourished with excessive weight loss
- Having an unkempt appearance (this may be a sign of inadequate hygiene and personal care)
- Wearing clothes that are in poor repair, dirty, inappropriate for the season, or having insufficient clothing
- Having no and/or unmaintained (needed) glasses, hearing aids, dentures/braces, mobility aids, etc.

Spiritual/cultural abuse

- The forced separation from religious or cultural traditions and supports.

The individual may experience:

- Questioning and/or renouncing their former beliefs and spiritual leaders due to the influence of another
- Not being allowed to practice their spiritual/religious/cultural beliefs
- Being criticized for their spiritual/religious/cultural beliefs
- Being denied access to spiritual/religious/cultural events and celebrations
- Being forced to behave in a manner contrary to their spiritual/religious/cultural beliefs (example: a Jewish individual forced to eat non-kosher)

You may observe the individual:

- Having long absences from church or other forms of religious worship
- Making excuses for not attending church and/or other religious/cultural events
- No longer requiring/wanting rides for religious/spiritual/cultural services/events

Sexual abuse

- Forced unwanted sexual behaviours and exploitation.

You may observe the individual:

- Having pain, bruising, and/or bleeding in the genital and/or chest area
- Being dressed in a sexualized manner which is inconsistent with past behaviour (example: an extremely short skirt in cold weather, a low cut dress at church)

You may observe a person in the individual's life:

- Treating the individual as a possession or in an overly sexualized manner
- Directing inappropriate sexual comments or compliments to the individual
- Overemphasising the individual's appearance (example: dressing the individual in a cocktail dress and heavy make-up for an outing to a park)
- Having excessive, inappropriate physical contact with the individual in an inappropriate setting (examples: long kisses on the lips in a grocery store, inappropriate embracing)
- Practicing inappropriate sleeping, bathing, toileting, and/or dressing arrangements (example: requiring the bathroom door always be open)

Stalking

- Is also a form of abuse

Stalking may include the following:

- Following you
- Parking close by and watching where you live, work, and the places you go
- Contacting you by phone, internet, or text message more than you feel comfortable with
- Contacting your friends or family to ask about you or spread false rumours about you
- Threatening to use technology to hurt you
- Breaking into your home or vehicle
- Coming to your place of work
- Sending unwanted gifts, presents, and communication after you have asked them to stop

What can I do if I suspect someone is experiencing violence?

You do not need to be a professional to support someone experiencing abuse. Express your concern and offer a supportive, non-judgemental listening ear. You can also find out about help available in your community and assist the individual in contacting agencies and seeking out the supports they need as follows:

Emergency Contacts

- 911 for immediate emergency
- 403-341-8654 or 1-800-387-5437 to report child abuse (you can report anonymously)

For additional support and information:

- Sylvan Lake Family & Community Support Services (FCSS) 403 887-1137 ext.400

A close-up, soft-focus photograph of a baby sleeping peacefully on a white bed. The baby is wearing a white long-sleeved shirt with small orange and green patterns. The background is blurred, showing more of the bed and a hint of a blue patterned object. Overlaid on the upper part of the image is a white rounded rectangle with a dashed yellow border containing text.

Trust your instincts.
Get help if you feel you are in an abusive situation.

Appendix B - Dating Violence Information and Resources

As with Family Violence, Dating Violence often follows a continuous cycle and rarely improves without someone on the outside intervening. Dating Violence can begin in the teenage years right through to adulthood.

- At first, everything seems normal, even perfect. The couple gets along well and enjoys each other's company
- Then, some stressors begin putting pressure on the relationship (e.g. academic issues, high athletic expectations). One partner might feel the need to walk on eggshells around the other person and do everything in their power to make them happy
- Afterward, the tension finally boils over and tempers flare. Physical, emotional, and sexual violence, humiliation, or harassment can occur
- Following the violence, the abusive individual defends their behaviour by blaming others or other issues in their lives that may cause them stress. They may apologize for their actions and promise that it will never happen again. Before long, the cycle usually restarts

A relationship may be abusive if one partner:

- Has unexplained bruises or questionable explanations for injuries
- Engages in risk-taking behaviours (doing drugs/drinking alcohol, etc.)
- Withdraws from their friends and family
- Experiences a drop in school performance
- Acts differently when their partner is around (e.g. not speaking up)
- Is controlled by their partner and is unable to make decisions by themselves
- Is humiliated or criticized by their partner in front of others
- Tries to change the subject if questioned about their partner's behaviour
- Receives constant text messages from their partner demanding to know where they are and who they are with
- Is forced to give their partner the passwords to their social networking accounts
- Is extremely jealous and accuses their partner of flirting with others and/or having affairs

Appendix C - Bullying & Harassment

Bullying is a form of violence. It happens when someone hurts or scares another person on purpose.

The four most common types of bullying are:

1. **Verbal bullying:** name-calling, sarcasm, teasing, spreading rumours, threatening, making negative references to one's culture, ethnicity, race, religion, gender, or sexual orientation, unwanted sexual comments.
2. **Social bullying:** mobbing, scapegoating, excluding others from a group, humiliating others with public gestures or graffiti intended to put others down.
3. **Physical bullying:** hitting, poking, pinching, chasing, shoving, coercing, destroying or stealing belongings, unwanted sexual touching.
4. **Cyberbullying:** using the internet or text messaging to intimidate, put down, spread rumours, or make fun of someone.

If you or someone you know is experiencing bullying, please contact:

- Kids Help Line: 1-800-668-6868 (24hrs)
- www.kidshelpphone.ca
- Bullying Helpline: 1-888-456-2323 (24hrs)
- www.bullyfreealberta.ca

Appendix D - Persons in Care

If you think that someone in care is experiencing abuse, please contact Protection for Persons in Care:

- Office hours: 8:15 am to 4:30 pm (Monday to Friday, closed statutory holidays)
- Toll-free: 1-888-357-9339 (in Alberta)
- Phone: 780-422-1155
- Fax: 780-415-8611
- Email: health.ppc@gov.ab.ca
- This is NOT an emergency number and is open only during office hours. You can leave a message at any time. If it is an emergency, please call 911.

For more information on legislation, abuse reporting forms, etc., please visit

- www.alberta.ca/about-protection-for-persons-in-care.aspx

Care facilities include:

- hospitals
- nursing homes
- group homes
- shelters
- lodges
- mental health facilities
- addictions treatment centers
- supportive living settings
- some of the Persons with Developmental Disabilities (PDD) funded care and support services settings

Appendix E - Am I in an abusive relationship? The Outreach Centre

To determine whether your relationship is abusive, answer the questions below. The more “yes” answers, the more likely it is that you’re in an abusive relationship.

Your inner thoughts and feelings

Do you:

- Feel afraid of your partner much of the time?
- Avoid topics out of fear of angering your partner?
- Feel that you can’t do anything right for your partner?
- Believe that you deserve to be hurt or mistreated?
- Wonder if you’re the one who is crazy?

Your partner’s violent behaviour or threats

Does your partner:

- Have a bad and unpredictable temper?
- Hurt you, or threaten to hurt or kill you?
- Threaten to take your children away or harm them?
- Threaten to commit suicide if you leave?
- Force you to have sex?
- Destroy your belongings?

Your partner’s belittling behaviour

Does your partner:

- Humiliate or yell at you?
- Criticize you and put you down?
- Treat you badly where you’re embarrassed for your friends or family to see?
- Ignore or put down your opinions or accomplishments?
- Blame you for their abusive behaviour?
- See you as property or a sex object, rather than as a person?

Your partner’s controlling behaviour

Does your partner:

- Act excessively jealous and possessive?
- Control where you go or what you do? Constantly check up on you?
- Keep you from seeing your friends or family?
- Limit your access to money, the phone, or the car?

Appendix F - Commonly Asked Questions

How do I end an abusive relationship?

- Talk to someone you trust and seek professional help and supports.

Is the abuse my fault?

- Abuse is never your fault! Their behaviour is not your responsibility.
- Some abusers can change if they want to and seek out professional help to do so. You can't change someone else's behaviour. Changing their behaviour has to be actively sought out by the abuser.

Who does abuse affect?

- Abuse can happen to anyone, regardless of age, gender identity, religion, orientation, ethnicity, income, or disability.

When does it happen?

- Domestic violence can begin at any stage in a relationship as it is rarely a one-off incident. Incidents of violent, threatening, or controlling behaviour become more frequent and severe over time.

What causes domestic violence?

- It is a choice to behave in a violent and abusive way – it is not the result of stress, frustration, or substance misuse. There is never an excuse for domestic violence; it is an unacceptable violation of human rights.

Why don't victims leave?

- Leaving an abusive relationship can take years. The person experiencing abuse may feel responsible for it, that they are not worthy, and don't have the confidence to leave. The individual may still love the abuser with hopes that they will change. The following are points to think about where judgment is not passed onto the person in the abusive relationship:

What is preventing them from leaving?

- Feeling ashamed and reluctant to tell people or seek help
- Feeling frightened and uncertain about what the future will hold
- Feeling it's in the children's best interests to stay
- Inability to make big decisions
- Being isolated from family and friends, and not having supports
- Not having finances to leave
- Not knowing the support services available
- Experiencing a negative response when they reached out to someone for support in the past
- Still have feelings for their partner and hope that the relationship will get better
- On average, people experience 50 incidents of domestic abuse before getting help

Appendix G - Training/Program Resources

- Brain Story Certification
www.albertafamilywellness.org/training
- National Centre on Domestic Violence, Trauma, and Mental Health
www.nationalcenterdvtraumamh.org/
- Centre for Disease Control and Prevention:
www.cdc.gov/injury/features/prevent-child-abuse/index.html
vetoviolence.cdc.gov/apps/connecting-the-dots/training/introduction-training
- Trauma Awareness Training
bettertogether.reddeer.ca/what-are-others-doing/systems-leadership-team/building-resilience-through-trauma-awareness/training/online-trauma-training/
- Free Family Violence Resources (multiple languages)
www.alberta.ca/family-violence-prevention-resources.aspx
- Domestic Violence Educational Programs Alberta Wide
www.cplea.ca/wp-content/uploads/DVEdPrograms.pdf
- It's Not Right Training- Elder Abuse
Sylvan Lake FCSS 403 887 1137 ext.444
- Domestic Violence Awareness
Sylvan Lake FCSS 403 887 1137 ext.421
- Self- Empowerment for Women
Sylvan Lake FCSS 403 887 1137 ext.426
- Safety and Responsibility Plans and Supportive Referrals
Sylvan Lake FCSS 403 887 1137 ext.426
- Indigenous Canada – University of Alberta
www.coursera.org/learn/indigenous-canada

VIOLENCE PREVENTION

Questions?

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