

Family violence is behaviour that endangers the survival, security or well-being of another person. It includes any physical violence, threats of violence, emotional violence and sexual violence. The people most often affected by family violence are women and children. In Canada, domestic violence is a crime.



What is the impact of family violence?

Family violence has both short and long term effects: It has impact on the whole community, not just the family involved. Research shows:

That children living in violent homes suffer emotional abuse as a consequence of witnessing abuse. They grow up in an atmosphere of tension, fear and confusion about intimate relationships. They may lack confidence and feel shame, insecurity and guilt. The experience may affect them in adult life in many ways, to include repeating the pattern of violence in their own families in later years.

The Family crisis team will normally be comprised of the following members:

- ◆ MFRC Prevention and Intervention Coordinator
- ◆ Social Work Officer
- ◆ Chaplains and Military Police
- ◆ Health Promotion Coordinator

The main areas of responsibility include, education training, safety, counseling clinical and administration.

This information pamphlet was prepared by the CFSU Ottawa Family Crisis Team and the Military Family Resource Centre of the National Capital Region.

THERE ARE MANY KINDS OF ABUSE:

PHYSICAL ABUSE includes: Hitting, pulling, pushing, pinching, slapping, shaking, squeezing hand, arm twisting, choking, using a weapon, threatening to assault.

SEXUAL ASSAULT includes: Forcing a woman to have sexual relation against her wishes, any unwanted touching, kissing. A woman always has the right to say NO.

SOCIAL ABUSE includes: Not giving a person his/her space or privacy, treating him/her like a servant, controlling what he/she does, who he/she sees, who he/she talks to and where he/she goes. Not allowing a person access to family or friends. Dictating a person's mode of dress and/or behaviour.

EMOTIONAL ABUSE includes: Yelling, intimidation, making a person think he/she is crazy/stupid, insulting, name-calling, blaming, overpowering his/her emotions.

HOW CAN I HELP

- Show respect.
- Accept the fact that the person is speaking about abuse and believe them.
- Show you care. Let them know they are not alone.
- Believe in their ability to make their own decisions: don't tell them what to do.
- Tell them about help in the community If you hear or see anyone being abuse, call the police.
- Violence is not a private or personal matter.

If you are concerned about your potential for anger, call one of the Military Community Resource numbers listed in this brochure or, talk about these feelings with your physician.

The CF is committed to promoting the health and well-being of military families, fostering community cohesion, assisting in the prevention of family breakdown, and helping families in distress. The CF takes action to counter the incidence of family violence and abuse by providing any necessary education and training programs, and respond to incidents of family violence through a coordinated approach by a Family Crisis Team. The Family Crisis Team provides free training for clients and information booklets. To receive your copy or to have more information, please call the Military Family Resource Centre (MFRC) at 613-998-4888 or visit our website at www.mfrc-ncr.org.

IF YOU ARE BEING ABUSED, HELP IS AVAILABLE

MILITARY FAMILY RESOURCE CENTRE OF THE NATIONAL CAPITAL REGION

998-4888

MILITARY POLICE/POLICE MILITAIRE

995-0123

PRIMARY CARE 945-6501

CHAPLAIN/AUMONIER 998-3246

CRISIS LINE 238-3311

TEL-AIDE OUTAOUAIS 741-6433

SHelter for Abused Women

INTERVAL HOUSE 234-5181

MAISON D'AMITIÉ(f) 747-0020

HÉBERGEMENT POUR FEMMES VIOLENTÉES

MAISON UNIES-VERS-FEMMES(GATINEAU)(f)

568-4710

CHILDREN'S AID SOCIETY 747-7800

CENTRE JEUNESS DE L'OUTAOUAIS 771-6631

ANGER MANAGEMENT PROGRAMS FOR MEN

NEW DIRECTIONS 233-8478

THE MEN'S PROJECT 230-6179