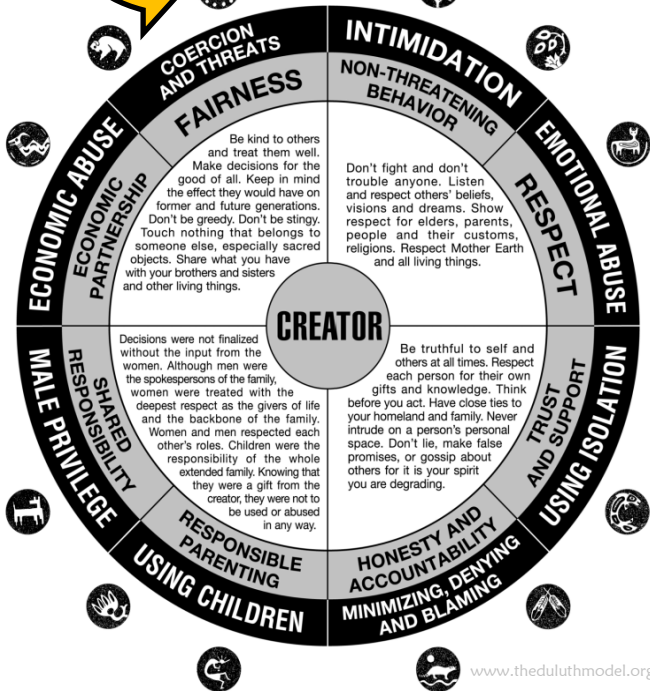
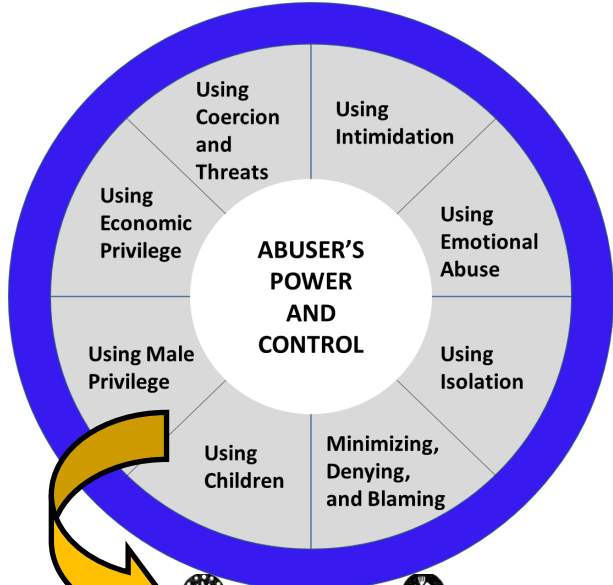


# Moving Forward

Abuse happens in a repetitive cycle. Once the cycle patterns have been set in, it is very hard to stop the cycle.

- Wharton, 2013, Canadian HR Reporter



www.theduluthmodel.org



Pre-contact, domestic abuse and domestic violence were almost non-existent in First Nations communities. There is hope to move forward towards healing by connecting and strengthening cultural identity.

- Matamonasa-Bennett, 2014, Psychology of Women Quarterly

## Help Is Available

- **The Family Service Team** at Victoria Native Friendship Centre offers many services to support you:
  - ◇ Support with legal matters: custody issues, court, no contact orders, etc
  - ◇ Looking for temporary housing or shelters
  - ◇ Listening to your story and validating your truth
  - ◇ Referrals to other VNFC resources
  - ◇ 250-384-3211 (ask for intake worker)
- **Victoria Sexual Assault Centre**
  - ◇ Crisis response and information after you have been assaulted
  - ◇ Counselling programs
  - ◇ Victim Services Program—support with the justice system
  - ◇ 250-383-3232
- **Crige Centre For The Family**
  - ◇ Supportive transition housing for women and children fleeing abuse
  - ◇ Intimate partner violence and brain injury services
  - ◇ Childcare services
  - ◇ 250-384-8058
- **Victoria Women's Transition House Society**
  - ◇ 24 hour crisis line if you are experiencing abuse - 250-385-6611
  - ◇ Facilities and shelter
  - ◇ Counselling support
- **www.theduluthmodel.org**
  - ◇ Information about domestic abuse and the cycles of abuse can be found here if you want to learn more

# Understanding Domestic Abuse

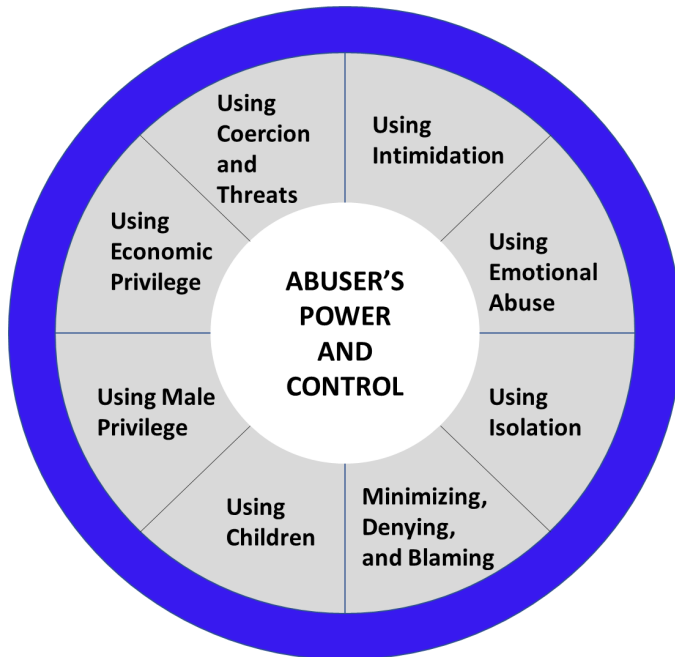
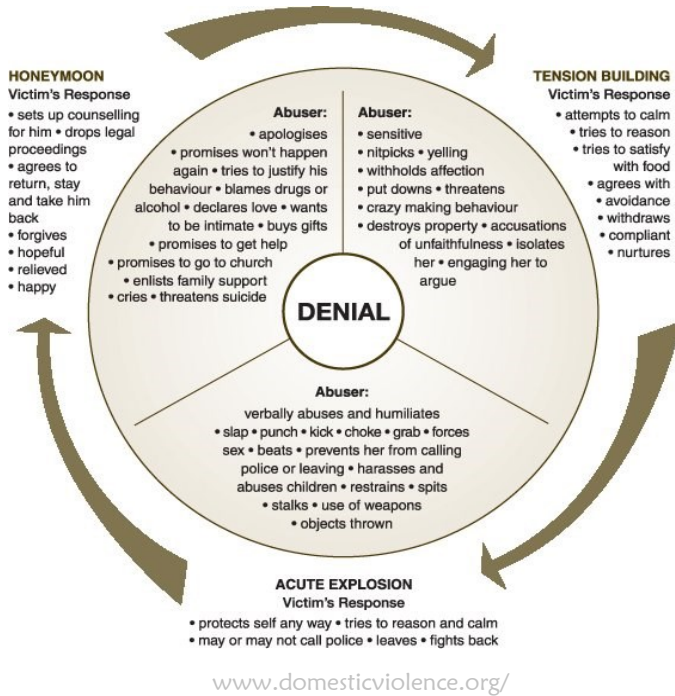


## Resource by the Family Services Team

*"Overcoming abuse doesn't just happen, it takes positive steps every day. Let today be the day you start moving forward."*  
 - Assunta Harris

# The Cycle of Violence

Domestic violence takes place across all socio-economic, ethnic, religious, cultural, and generational groups. It does not target one.



# Recognizing Signs of Domestic Abuse

## PHYSICAL ABUSE

- Forbidding you from sleeping or eating
- Withholding prescriptions
- Driving recklessly or dangerously while you are in the car
- Using weapons to threaten or hurt you
- Damaging property when angry
- Punching, slapping, kicking, or biting you
- Preventing you from seeking medical attention or calling the police
- Harming your children
- Forcing you to use drugs and/or alcohol

## EMOTIONAL ABUSE

- Acting jealous or possessive
- Blaming you for any abuse
- Controlling your appearance with clothing, make-up, etc.
- Referring to you by the wrong pronouns
- Humiliating you
- Punishing you by withholding affection
- Isolating you from family and friends
- Accusing you of cheating
- Cheating on you then blaming you for their behaviour
- Telling you you're lucky to be with them
- Always needing to know where you are

## DIGITAL ABUSE

- Uses social media/apps to keep tabs on you
- Limits who you can connect with on social media
- Sends you unwanted explicit pictures
- Looks through your phone often and without asking
- Regularly texts you to check up on you
- Insists knowing your passwords



## REPRODUCTIVE COERCION

- Removing protection during sex or refusing to use it
- Forcing you to not use birth control
- Withholding finances to purchase birth control
- Forcing you or preventing you from getting an abortion
- Monitoring your menstrual cycles
- Continually keeping you pregnant
- Sabotaging birth control methods

## FINANCIAL ABUSE

- Giving you an allowance
- Demanding receipts from purchases
- Preventing you from having or viewing a bank account
- Refusing to provide you with money for shared expenses
- Living with you but refusing to work or contribute to rent
- Stealing money from you
- Maxing out credit cards or refusing to pay your credit card bills
- Limiting the number of hours you can work

## SEXUAL ABUSE AND COERCION

- Forcing you to have sex with them
- Making you feel like you owe them
- Demanding sex when you are sick, tired, or hurt
- Hurting you with weapons during sex
- Giving you substances to loosen your inhibitions
- Holding you down
- Involving other people against your will in sexual activities

Source: [www.clinelawyers.com/domestic-violence-stages](http://www.clinelawyers.com/domestic-violence-stages)

