

# BEHIND CLOSED DOORS: A SERIES ON INTIMATE PARTNER VIOLENCE IN RENFREW COUNTY - 1 of 3

Ending Violence Against Women (EVA)-Renfrew County is a committee that focuses on prevention, education, systemic change, and service provision related to violence against women. More than half of all women in Canada have experienced at least one incident of physical or sexual violence since the age of 16. Approximately every 6 days,

a woman in Canada is killed by her intimate partner. On any given night in Canada, 3,200 women and their 3000 children sleep in shelters because it isn't safe at home. Yet we often turn a blind eye to the violence next door, thinking it isn't any of our business. When the public or media do pay attention to intimate partner violence, it is after the fact, when it is already too late to save someone from injury or even death. We must start

making it our business. This 3 part series on domestic violence aims to increase understanding in our communities, with the hope of preventing harm and increasing support to our neighbours, friends and family members who are experiencing abuse.

Follow us on Facebook @EVA-End Violence Against Women-Renfrew County and If you wish to get involved do not hesitate to reach us at [evarenfrewcounty@gmail.com](mailto:evarenfrewcounty@gmail.com).

## What is Intimate Partner Violence?

We define Intimate Partner Violence (IPV) as a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. The frequency and severity of IPV can vary dramatically. IPV can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person. This includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone.

IPV can happen to anyone regardless of race, age, sexual orientation, religion, or gender.

IPV affects people of all socioeconomic backgrounds and education levels. IPV occurs in both opposite-sex and same-sex relationships and can happen to intimate partners who are married, living together, or dating. IPV can result in physical injury, psychological trauma, and in severe cases, even death.

The devastating physical, emotional, and psychological consequences of IPV can cross generations and last a lifetime.



## Warning Signs for Neighbours, Friends, and Families

You may suspect abuse is happening to a neighbour, friend or family member, but do not know what to do or how to talk about it. By understanding the warning signs and risk factors of woman abuse, you can help. If you recognize some of these warning signs, it may be time to take action:

- She is nervous about talking when he's there;
- She seems to be sick more often and misses work;
- She tries to cover her bruises;
- She makes excuses at the last minute about why she can't meet you;
- She seems sad, lonely, withdrawn and is afraid; and/or
- She uses more drugs or alcohol to cope;
- He puts her down;
- He does all the talking and dominates the conversation;
- He checks up on her all the time, even at work;
- He tries to keep her away from you;
- He acts as if he owns her

THE DANGER may be greater if:

- She has just separated or is planning to leave;
- She fears for her life and for her children's safety or she cannot see her risk;
- She is in a custody battle, or has children from a previous relationship;
- She is involved in another relationship;
- She faces other obstacles (e.g. she lives in a remote area, no access to a phone);
- He has access to her and her children;
- He has access to weapons;
- He has threatened to harm or kill her if she leaves him;
- He has threatened to kill himself;
- He has hit her, choked her;
- He is going through major life changes (e.g. job, separation, depression);
- He doesn't seek support;
- He watches her, listens to her phone conversations, sees her emails and follows her;
- He has trouble keeping a job;
- He takes drugs or drinks every day;
- He has no respect for the law.

If you recognize one or more of these danger signs, be aware that the victim may be at risk of being murdered. Never assume that a victim is safe because she is planning to leave a violent relationship or has just left. Although leaving will increase her safety over the long term, the most dangerous time for her is just before she separates, while she is leaving and shortly after she separates. Safety planning is critical during this period. \*Reprinted from the Neighbours, Friends and Families Campaign

## DISPELLING THE MYTHS!

Myths and facts about Violence against women :

MYTH : Violence against women rarely happens.

FACT : Violence toward women is extremely common, with half of Canadian women having survived at least one incident of physical or sexual violence throughout their lifetime.

MYTH : If women really wanted to leave a violent relationship they would.

FACT : Abused women leaving their partners are faced with the reality of severe physical assault or even death. Abusers may isolate their partners, depriving them of jobs, social and educational opportunities while maintaining control. This combined with unequal opportunities for women makes it difficult for a woman to leave a violent relationship.

Domestic Violence Impacts:



### Mary's Story

After 10 years of abuse Mary decided to take her children and leave the relationship and the family farm. In order to leave safely she had to go while her partner was away for a weekend. Mary realized there was no place to hide in a village of 800 people and in order to protect herself and her family she would have to go to and stay in the shelter more than 80 kilometers away. She had saved a few dollars here and there from the grocery money to pay a "relief worker" to come in and milk the dairy cattle for three days until her husband came back to the farm. In Mary's view - leaving the farm not only meant leaving her abusive partner it also meant changing her life as she knew it. Mary feels like she doesn't belong in the shelter. Her children are used to walking in the woods, riding their snowmobiles and playing with the pets. They ask their mother when they are going to be able to go back home. Mary is starting to consider it.

### L'histoire de Mary

Après 10 ans de violence et d'abus, Mary décide d'en finir avec sa relation et de quitter la ferme familiale avec ses enfants. Afin de quitter en sécurité, Mary a planifié de quitter pendant que son conjoint était parti pour une fin de semaine. Bien qu'elle aurait voulu rester près, il est évident pour elle qu'il n'y a pas d'endroit où se cacher dans un village de 800 personnes. Elle est ses enfants se sont déplacés à plus de 80 kilomètres afin d'être hébergés dans une maison d'hébergement. Elle avait épargné un peu d'argent ici et là afin d'embaucher un travailleur pour venir s'occuper du troupeau et de la ferme d'ici le retour de son mari. Aux yeux de Mary, quitter la ferme ne signifie pas seulement quitter son mari mais aussi un grand changement de vie. Mary ne se sent pas chez elle à la maison d'hébergement. Ses enfants sont habitués à marcher en forêt, jouer avec les animaux et se promener en motoneige. Ils lui demandent quand ils pourront retourner à la maison. Mary commence à y songer.

## Vous n'êtes pas seule... de l'aide en français est disponible

Si vous êtes en danger immédiat, appelez le 911.

Si vous n'êtes pas en danger immédiat, mais que vous avez besoin d'aide, il existe des ressources dans votre collectivité.

MISE EN GARDE: C'est au moment où la relation de couple prend fin que le risque de violence mortelle est le plus élevé pour les femmes victimes de violence conjugale.

Si vous êtes en danger immédiat, appelez la police. Pour obtenir de l'aide ou établir un plan de sécurité, communiquez (en Ontario) avec:

La ligne francophone de soutien Fem'aide au **1-877-336-2433** ATS: **1-866-860-7082**.

\* Une intervenante francophone est disponible dans le Comté de Renfrew pour accompagner les femmes dans le besoin, elle peut être rejointe au **613-585-3414**.

RESSOURCES UTILES partout en Ontario: [www.undroitdefamille.ca](http://www.undroitdefamille.ca)

Ligne de soutien pour femmes touchées par la violence: Fem'aide [www.femaide.ca](http://www.femaide.ca) • 1-877-336-2433 ATS: 1 866 860-7082

Jeunesse, J'écoute [www.jeunessejecoute.ca](http://www.jeunessejecoute.ca) • 1-800-668-6868

### Here is where you can get help

Call 911 in an emergency

Deep River Police	613.584.3500
Military Police	613.687.5511 ext. 5444
Ontario Provincial Police	1.888.310.1122
Assaulted Women's Helpline	6131.866.863.0511
Bernadette McCann House for Women Inc.	1.800.267.4930 / 613.732.3131 • <a href="http://www.wsssbmh.org">www.wsssbmh.org</a>
Family and Children's Services of Renfrew County	613.735.6866 / 1.800.267.5878 • <a href="http://www.fcsrenfrew.ca">www.fcsrenfrew.ca</a>
Ligne de soutien pour femmes victimes de violence	1.877.FEMAIDE (336.2433) • ATS 1.866.860.7082
Renfrew Victoria Hospital Regional Assault Care Program	1.800.363.7222 / 613.432.4851 ext. 224 <a href="http://www.renfrewhosp.com">www.renfrewhosp.com</a>
Victim Services of Renfrew County Inc.	1.877.568.5730 / 613.649.2852 <a href="http://www.victimservicesrenfrewcounty.ca">www.victimservicesrenfrewcounty.ca</a>
Victim Witness Assistance Program	1.866.439.5734 / 613.732.2035 • TTY 1.866.611.5233
Women's Sexual Assault Centre	1.800.663.3060 • <a href="http://www.wsac.ca">www.wsac.ca</a>

