



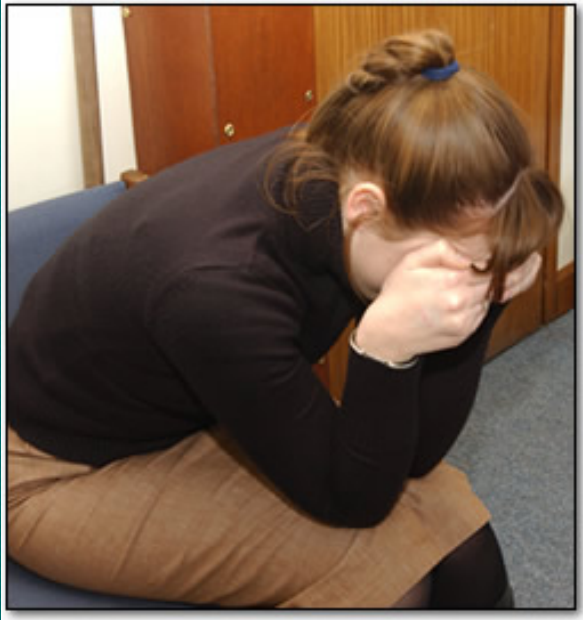
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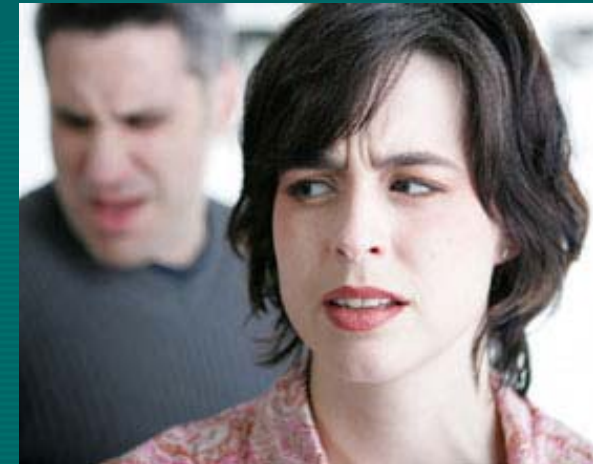
Women's Health

Woman Abuse

2 hour Workshop



Women Abuse





Discussion

❖ What is violence and abuse?

- ❖ Physical violence
- ❖ Psychological and emotional violence
- ❖ Sexual assault
- ❖ Financial abuse
- ❖ Intimidation





What is violence and abuse?



- ❖ Use of physical or emotional force to dominate or isolate
- ❖ Violence encompasses many types and forms : physical, sexual assault, date rape, spousal/partner violence, psychological, or financial.



Physical Violence

- ❖ Hitting
- ❖ Slapping
- ❖ Choking
- ❖ Shoving
- ❖ Physically restraining
- ❖ Punching with hands, weapons or objects





Psychological and Emotional Violence

- ❖ Constantly criticizing you, eg. perhaps about your weight or your ability as a mother
- ❖ Humiliation or embarrassing you
- ❖ Laughing at you
- ❖ Putting you down





Sexual Assault

*Without consent, it's
SEXUAL ASSAULT!*



Sexual Assault

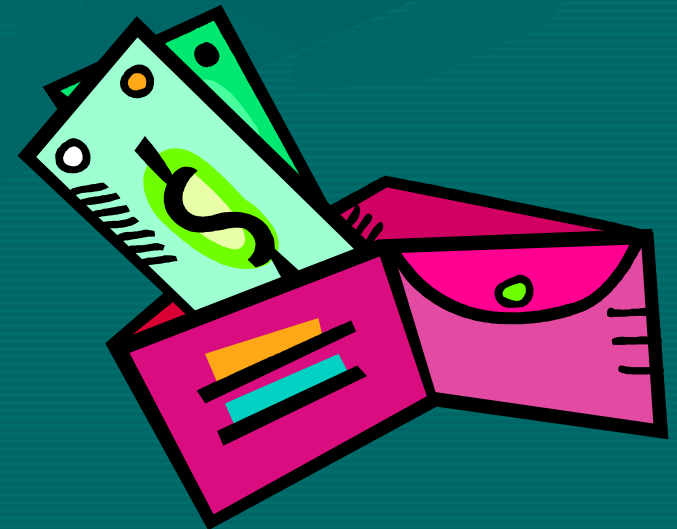


- ❖ Forcing sex
- ❖ Unwanted sexual acts or behaviors
- ❖ Unwanted touching



Financial Abuse

- ❖ Controlling how you spend money
- ❖ Hiding money from you
- ❖ Forcing you to hand over your pay cheque
- ❖ Using your credit card without your permission





Definition of intimidation:

- ❖ Threats of physical violence
- ❖ Threats of emotional withdrawal
 - ❖ Threats to harm the children or take them away
 - ❖ Threats to commit suicide
 - ❖ Stalking





If you are abused, you may:



- ❖ Feel like you have to watch what you say or do around him to keep him from getting angry
- ❖ Feel you can't live without him
- ❖ Stop seeing other friends or family, or give up activities you enjoy
- ❖ Be afraid to tell him your worries and feelings



If you are abused, you may:

- ❖ Feel you have to agree with him because you are afraid to hurt his feelings
- ❖ Have the urge to “rescue” him when he is troubled
- ❖ Feel that you are the only one who can help him and that you should try to “change” him



If you are abused, you may:

- ❖ Find yourself apologizing to yourself or others for your partners' behaviors when you are treated poorly
- ❖ Stop expressing opinions when he doesn't agree with them
- ❖ Stay because you feel he will kill himself if you leave



If you are abused, you may:

- ❖ Believe that his jealousy is a sign of love
- ❖ Have been kicked, hit, shoved, or had things thrown at you by him when he was angry or jealous
- ❖ Believe the things he says to make you feel bad about yourself





If you are abused, you may:

- ❖ Believe there is something wrong with you if you don't enjoy the sexual things he makes you do
- ❖ Believe in the traditional ideas of what a man and a woman should be and do - that men make the decisions and women please them.



Men who are abusive:

- ❖ Do not listen to you, ignore you or talk over you
- ❖ Sit or stand too close to you, make you uncomfortable and seem to enjoy it
- ❖ Do only what they want or push you to get what they want



Signs of Abuse

- ❖ Express anger and violence toward women either through words
- ❖ Pushing, shoving, slapping and using objects to hit you
- ❖ Have a bad attitude towards women
- ❖ Are overly possessive or jealous
- ❖ Drink or use drugs heavily
- ❖ Have a reputation for being with a lot of women





Immigrant women and children who are abused can also face other problems such as:

- ❖ Racism
- ❖ Immigration policy/laws which can be harmful to women, e.g. sponsorship breakdown
- ❖ Language barriers
- ❖ Service access/ lack of availability
- ❖ Lack of experience with social services
- ❖ Distrust of the judicial system
- ❖ Isolation
- ❖ Low economic status





What can we do?

- ❖ **The community has the right and responsibility to get involved**
- ❖ **The more that is known about violence, the more effective the community can be in preventing and intervening with violence.**
- ❖ **You and your children both need to recognize that you are not responsible for violence**
- ❖ **Devise a safety plan to stop violence before it escalates.**



Some suggestions for safety planning

Have a list of emergency phone numbers, usually included in the front of the phone book.

❖ Police

❖ Assaulted women's shelters

❖ 24-hours crisis centers

Helps you find shelters, support services, counseling and social assistance.





More suggestions

- ❖ Plan where to go if you leave
- ❖ Check out a local woman's shelter
- ❖ Have a list of supportive family members or friends
- ❖ Start a savings account in another bank without his knowledge

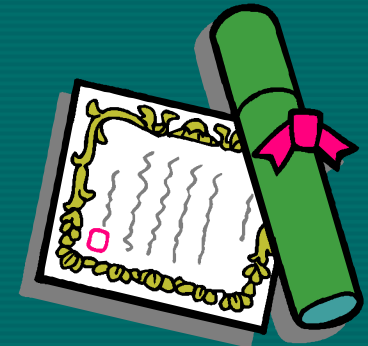




More suggestions

❖ Remove important papers from your home to a secure place:

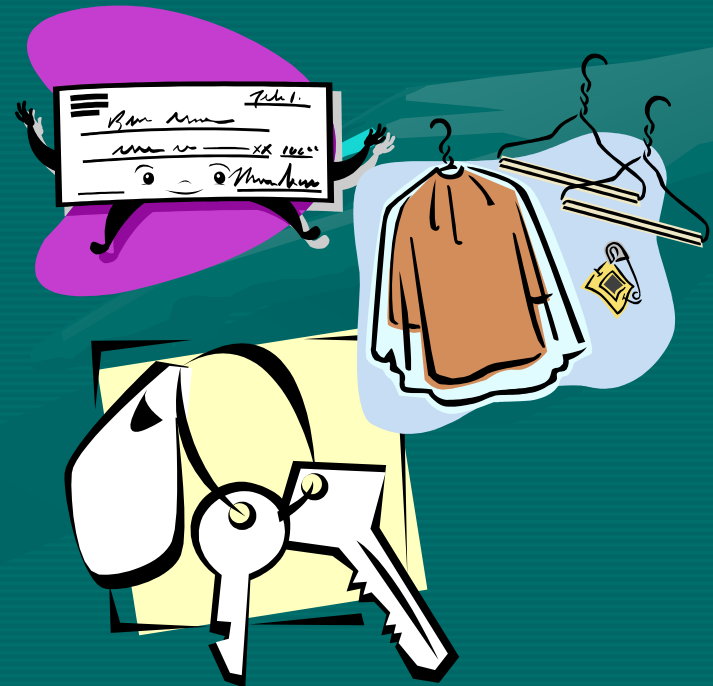
- ❖ Birth certificates
- ❖ Immigration papers
- ❖ Passports
- ❖ Divorce papers
- ❖ Marriage certificate
- ❖ Driver's license
- ❖ School records
- ❖ Social insurance cards





Suggestions

- ❖ Take cheques, cash, credit cards, house and car keys, medications, clothing
- ❖ If you have children, develop a safety plan and emergency exit for them





During a violent incident

- ❖ Remind yourself that you have an emergency escape plan, and go over it in your mind
- ❖ Start to position yourself to get out quickly or access a phone so you can call 911





During a violent incident

- ❖ Try to move to a place where there is less risk
- ❖ Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to an outside door
- ❖ Use a code word with your children so they can call for help





During a violent incident

- ❖ Use your judgment and instincts
- ❖ If the situation is serious, you can agree with your partner or give him what he wants to calm him down
- ❖ You have to protect yourself until you are out of danger.



During a violent incident

When or after you have been assaulted, call the police at 911 if you can



- ❖ Tell them you have been assaulted by a man. DON'T say husband/partner and leave the phone off the hook after you call
- ❖ ***Make as much noise as possible***
- ❖ Set off alarm, break things, turn up the TV to get neighbours' attention



During a violent incident

- ❖ Try to remember that no one has the right to control another person and that it is everyone's right to live without fear
- ❖ If you feel you are a victim of abuse protect yourself now
- ❖ Find help and keep trying until you find someone who will help you and respect your rights