

END VIOLENCE TOGETHER

For The Dignity Of Every Woman

SIGNS OF RELATIONSHIP ABUSE

It is abuse if the person you are dating:

- Threatens to hurt you or himself/herself if you say you want to end the relationship
- Stops you from seeing a doctor
- Stops you from having any access to money or knowledge of finances
- Tells you how you should dress and do things
- Causes you to be afraid to disagree or say 'no' to anything
- Scares or hurts you by being violent to your pet, hitting, choking, smashing things, locking you in, driving dangerously to frighten you.
- Forces or pressures you to do sexual things that you do not want to do
- Tries to stop you from seeing your friends or family
- Accuses you of flirting with others when it is not true
- Embarrasses, humiliates or put you down constantly

Violence can be physical, sexual, verbal, psychological, financial and other forms of control and abuse of power.

Abuse can happen to anyone. No one deserves to be abused.

Sources:

1. www.wavaw.ca
2. www.pcar.org
3. www.acar.org
4. www.vnetwork.org
5. www.projectpave.org

Place Your Agency Information Here

DOMESTIC VIOLENCE QUIZ FOR SCHOOLS

Case Study 1:

There is a lot of stress that is present in your home on a consistent basis. Sometimes your dad hits your mom. You hear him doing nice things for your mom afterwards. You've have been trying to stay out of the situation by listening to music or being away from home as long as you can. But the situation at home is not improving. You have noticed your younger brother imitating your dad's actions, so much so that he hit your mom and you yesterday.

What would you do?

1. Hit your brother the next time he tries to hit you.
2. Tell your mom to do something such as disciplining your brother
3. Feel that there is nothing you can do but wait till you finish high school and leave home and be on your own
4. Tell an adult, you trust – like a counsellor or teacher
5. Find our more information about abuse so that you can understand the dynamics of abuse and its impact

Case Study 2:

You gathered information and spoke to your counselor at school about what is happening at home. Your counselor suggests resources for your mom and family. Your dad is furious when he finds out about it and forbids anyone from going. Your mom is afraid to go against your dad's decision. Your brother is willing to go if you do.

What would you do?

1. Feel frustrated and believe that all of you should go or why bother
2. Decide that you should talk to your mom and insists that she go and refuse to hear no as an answer
3. Go with your brother, because you feel that both of you will be breaking the cycle of violence.