

RESOURCES

Child Witnesses To Domestic Violence

The effects on children living in homes where domestic violence/partner abuse is occurring may be harmful and long lasting. We know there is a higher likelihood that these children will become involved in delinquency. If the violence is unchecked, they will come to view violence as a normal part of a relationship and they will continue this vicious cycle into their adult years. They may also:

- feel confused, frightened and unhappy
- feel responsible
- have insomnia, nightmares or bedwetting difficulties
- become depressed or suicidal
- develop physical illnesses
- behave aggressively or withdraw to avoid attention

Where Children Call for Help

Kids Help Phone.....1-800-668-6868
 Facts of Life Line.....947-9222
 Teen Touch 783-1116

Klinik - 24 Hour Crisis Lines:

Suicide 786-8686
 Sexual Assault786-8631

Child Find Manitoba Inc.....488-4607
 All Nations Co-ordinated Response
 Network (CFS) - Days944-4200
 - After Hours.....944-4050
 Jewish Child & Family Services.....477-7430
 Children's Advocate Office.....945-5735
 Toll Free Province Wide.....1-800-263-7146

Winnipeg Police Service

Emergency911

Non-Emergency (24 hours)
 (but may require car to attend)986-6222
 Victim Service Unit
 (Support and Information)986-6350

Manitoba Justice Crime Victim Services

Victim/Witness Assistance Program945-3594
 Child Victim Support Service945-0662
 Domestic Violence Support Service945-6851
(when charges are laid)
 Domestic Violence Intervention Unit.....945-5448
(when charges are not laid)

Legal Services

Legal Aid.....985-8500
 Legal Services Information and
 Lawyer Referral Program1-800-262-8800
 Family Conciliation Separation,
 Custody, Access945-7236
 A Woman's Place940-6624

Counselling

Toll Free Province-wide
 Crisis Line (24 hrs.)1-877-977-0007
1-800-362-3344
 Local Winnipeg Crisis Line (24 hrs.).....942-3052
 Ma Mawi Wi Chi Itata Centre, Inc.
 9:00 am - 5:00 pm925-0300

Counselling cont'd

Immigrant Women's Counselling
 Service Inc.940-2172
 Elder Abuse Resource Centre956-6449
 Fort Garry Women's Resource Centre477-1123
 North End Women's Centre589-7347
 Pluri-Elles Centre de Femmes233-1735
 Women in Second Stage
 Housing (W.I.S.H.)275-2600
 Alpha House.....982-2011
 Suicide - 24 Hour Crisis Line786-8686
 Nor'West Co-Op Comm. Health Centre.....633-5955

Shelters

YM/YWCA Osborne House942-3052
 IKWE-WIDDJITWIN Inc.....987-2780
 Salvation Army Booth Centre.....946-9400

Economic Security

City/Provincial Emergency Social Allowance
 (After Business Hours)945-0183
 Employment Income Assistance.....948-4000

Men's Services

Evolve784-4070
 Elizabeth Hill Councilling956-6560
 Salvation Army946-9402
 Native Addictions Counselling of Manitoba ..986-8395

Winnipeg Police Service



Domestic Violence

Partner ABUSE

The Winnipeg Police Service is committed to the prevention of Domestic Violence/Partner Abuse through intervention

Domestic Violence/Partner Abuse is a crime. It is not a private family matter. It occurs in all socio-economic, ethnic and cultural groups.

Domestic Violence/Partner Abuse is defined as violence, threats of violence, or other acts of a criminal nature which may include elements of emotional and psychological abuse committed against a person by that person's spouse, common-law spouse, boyfriend, girlfriend or other intimate partner, past or present.

It is the duty and responsibility of the police to lay a charge when there are reasonable grounds to believe an assault or some other criminal offence has occurred in a domestic situation. Reasonable grounds may exist even in circumstances where there are no visible injuries or independent witnesses. It is the police duty to lay a charge whether or not the victim wishes to proceed with the matter.

Charges may include Criminal Harassment or various crimes against property if they relate to the domestic situation. They also may include:

Physical Assault - includes shoving, punching, choking, pushing, kicking, confinement. All physical assaults are criminal offences.

Sexual Assault - includes any forced sexual activity. Sexual Assault is a crime.

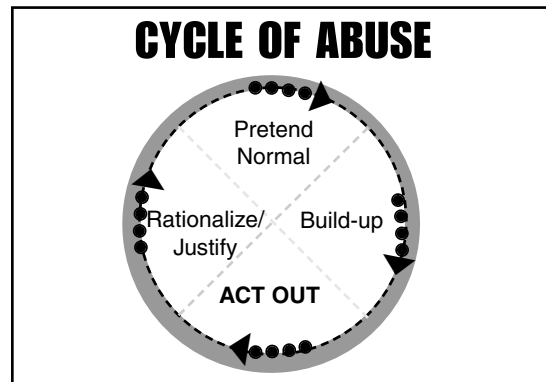
Verbal Assault - may include uttering threats to kill or injure and is a criminal offence.

The victim is not responsible for the actions of the abuser!!

Violence within relationships has distinctive dynamics not found in other violent crimes. It is rarely an isolated incident and frequently the violence increases over time. Individuals living in these relationships may feel isolated, fearful, guilty, helpless, ashamed and/or responsible.

The Cycle of Violence and how you can break it.

You're not alone. A victim of domestic violence will often feel like the only one being abused. That isn't true. Abuse happens to people from all backgrounds and all neighbourhoods. Domestic violence is a reality countless people face on a daily basis.



Understanding the cycle of violence is the first step towards breaking it. Most of the time, abuse doesn't occur continually, but rather in a cycle. The cycle of violence is made up of four phases:

Build-Up:

- Some stress (ex. job, money or bills) begins this part of the cycle. These stress causes the abuser to feel powerless. The abuser chooses to act out toward a spouse or partner through name calling, insults, accusations.
- As tension builds, the victim tries to calm the abuser and anticipate his/her every need.
- The Tension becomes unbearable...like "walking on eggshells."

Act Out:

- The tension that builds up leads to severe verbal abuse, violent physical, or sexual attacks.
- It may happen once or again and again.
- Abuse is always intentional and never an accident. The motivation for any type of abuse is to hurt, humiliate or have power and control over an individual.

Rationalize/Justify:

- In this phase the abuser uses defense mechanisms such as blaming others or minimizing violence.
- Defense mechanisms are used to turn blame away from the abuser and make him/her feel better. The abuser defines the abuse and interprets how things "really are". The abused partner begins to believe this interpretation.

Pretend Normal:

- Once the rationalize/justify step is in place, both partners try to make the relationship continue in a normal way by pretending that everything is all right. However, the cycle of abuse will continue, if the problems in the relationship are not addressed.

A New Cycle of Violence Begins...

It doesn't get better -- it only gets worse. The cycle is very hard to break without outside help.

The cycle can cover a long or short period of time. Often, as the pattern continues, the violence increases. The assaults can also become more serious. Often, a victim caught up in the cycle becomes isolated from family and friends.

The victim may feel ashamed to see them, or is told by the abuser not to communicate with them. The victim becomes more dependent on the abuser, and has few or no other people to help.

The Winnipeg Police Service will...

- provide for the immediate safety of the victim and children
- actively pursue the apprehension of the offender and the subsequent notification to the victim
- ensure the enforcement of all court orders
- ensure the victim is referred to the appropriate support agencies, including Manitoba Justice Crime Victim Services.

Manitoba Justice Victim Services

Where charges have been laid **The Domestic Violence Support Service Unit (formerly known as Women's Advocacy Program)** will:

- Contact the victim and provide court based information and assistance as well as referrals to counselling agencies.
- Ensure that the victim's concerns are communicated to the Crown Attorney in charge of the case.

Where charges have not been laid **The Domestic Violence Intervention Unit** will:

- Contact individuals or families to offer support and assist in connecting to resources that can help.
- Assist to safety plan and offer information on Protection Orders.

Orders of Protective Relief

Recognizance Orders or Undertakings are issued by a police supervisor, hearing officer, magistrate or justice after the accused has been arrested and when released prior to the court appearance. These remain in effect during the period the charge is before the court and can contain conditions forbidding the accused from having contact with victim.

Probation Orders are issued by the court at the time of sentencing and are in effect for a specified period.

Peace Bonds are applied for in a civil court process by the victim based on fear and are signed by the respondent. They remain in effect for one year. There is no criminal court involvement unless the respondent breaches the conditions of the order.

Safety Planning Guidelines

Remember each protection plan is unique, because each person's circumstances are unique. The most important thing is your safety and the safety of your children. Knowing ways to protect yourself is imperative. Please take into account the following suggestions as you plan for your safety and the safety of your children.

- If possible leave the home or call police before any violence starts.
- If you need to leave your home or workplace, know the best escape routes and practice your emergency exit plans. Teach children the escape routes.
- Plan where to go if you need to leave. This needs to be a safe place of for you and your children in a time of crisis. Keep your purse/wallet nearby in case you need to leave quickly.
- Keep spare keys for your home and car with you in a safe place at all times.
- Keep copies of important documents and money in a safe place.
- Keep a small bag of clothes packed and hidden.
- Tell trusted friends, neighbours or relatives about the abuse and create a code word or signal with them to call the police if you need help.
- Have a code word with your children that will let them know to leave and get help. Let children know whose house they can run to.
- Let children know where the cordless phone or cell phone is and how to use them.

If you would like assistance in developing a safety plan please contact the Manitoba Justice Crime Victim Services.