

## **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 a police officer's 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!!***

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



# **Domestic Violence Intimate Partner Abuse**

*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 Abuse 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.

### **Cycle of Abuse**

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

#### **Build-Up:**

- Some stress (e.g., job, money, bills) begins this part of the cycle. These stressors cause the abuser to feel powerless. The abuser chooses to act out towards 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:**

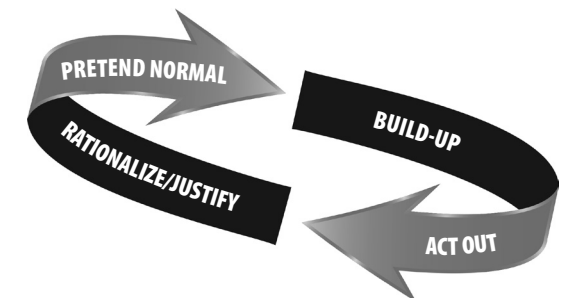
- Once the rationalize/justify step is in place, both partners try to make the relationship continue in a normal way by pretending that everything is all right. However, the cycle of abuse will continue, if the problems in the relationship are not addressed.

### **A New Cycle of Abuse 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

## The Domestic Violence Support Service 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.
- contact individuals or families to offer support and assist in matters where police have been called out but no charges have been laid, connecting people to resources that can help.
- Assist in developing a safety plan and offer information on Protection Orders.

# Orders of Protective Relief

**Protection Orders** are granted on an urgent basis without notice to the respondent. They include conditions that the respondent not contact or communicate with the applicant. They can remain in effect generally for a period of 3 years and are designed to provide added protection for victims of domestic violence and/or stalking. They are granted by a Judicial Justice of the Peace. Protection Orders are free of charge.

**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** may be issued by the court at the time of sentencing and may include conditions to assist in protecting the victim and the public at large.

These orders are monitored by probation officers and/or police for a specified period of time.

# 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 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 Domestic Violence Support Service at 204-945-6851.

# 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

# RESOURCES

## Where Children Call for Help

Kids Help Phone.....	1-800-668-6868
Facts of Life Line.....	204-947-9222
Teen Touch.....	204-783-1116
Klinic - 24 Hour Crisis Lines:	
Suicide .....	204-786-8686
Sexual Assault .....	204-786-8631
Child Find Manitoba inc.....	204-945-5735
Toll Free Province Wide .....	1-800-532-9135
All Nations Co-ordinated Response Network (CFS)	
Days.....	204-944-4200
After Hours .....	204-944-4050
Jewish Child & Family Services .....	204-477-7430
Children's Advocate Office.....	204-945-5735
Toll Free Province Wide .....	1-800-263-7146

## Winnipeg Police Service

EMERGENCY .....	911
Non-Emergency (24 hours)	
(but may require car to attend).....	204-986-6222
Victim Service Unit ( <i>Support and Information</i> ).....	204-986-6350

## Manitoba Justice Victim Services

Victim/Witness Assistance Program .....	204-945-3594
Child Victim Support Service .....	204-945-0662
Domestic Violence Support Service .....	204-945-6851

## Legal Services

Legal Aid.....	204-985-8500
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Legal Services Information and Lawyer Referral Program .....	1-800-262-8800
Family Conciliation Separation, Custody, Access.....	204-945-7236
A Woman's Place .....	204-940-6624

## Counselling

Toll Free Province-wide Crisis Line (24 hrs.) .....	1-877-977-0007
.....	1-800-362-3344
Local Winnipeg Crisis Line (24 hrs.).....	204-942-3052
Ma Mawi Wi Chi Itata Centre, Inc. ( <i>9:00 am - 5:00 pm</i> )....	204-925-0300
The Laurel Centre .....	204-783-5460
Immigrant Women's Counselling .....	204-940-2172
Elder Abuse Resource Centre.....	204-956-6449
Fort Garry Women's Resource Centre.....	204-477-1123
North end Women's Centre.....	204-589-7347
Pluri-Elles Centre de Femmes .....	204-233-1735
Brave Stone ( <i>formally Women In Second Stage Housing</i> )....	204-275-2600
Alpha House .....	204-982-2011
Suicide - 24 Hour Crisis Line .....	204-786-8686
Nor'West Co-Op Comm. Health Centre.....	204-940-2020
Rainbow Resource Centre.....	204-474-0212
Men's Resource Centre .....	204-415-6796
The Family Centre.....	204-947-1401

## Shelters

YM/YWCA Osborne House.....	204-942-3052
IKWE-WIDDJITTIWIN Inc.....	204-987-2780
Salvation Army Booth Centre.....	204-946-9400
Men's Resource Centre .....	204-415-6797

## Economic Security

City/Provincial Emergency Social Allowance (After Business Hours) .....	204-945-0183
Employment Income Assistance.....	204-948-4000

## Men's services

Men's Resource Centre .....	204-415-6797
Evolve .....	204-784-4070
Elizabeth Hill Counselling.....	204-956-6560
Salvation Army .....	204-946-9402
Native Addictions Council of Manitoba .....	204-586-8395