

## Are you Abused?

### *Does the person you love.....*

- Keep track of you all the time?
- Accuse you of being unfaithful?
- Discourage relationships with family and friends?
- Prevent you from working or attending school?
- Criticize you for little things?
- Anger easily when drinking or using drugs?
- Control all finances and force you to account in detail for what you spend?
- Humiliate you in front of others?
- Destroy personal property or sentimental items?
- Hit, punch, slap, kick or bite you or the children?
- Use or threaten to use a weapon against you?
- Threaten to hurt you or the children?
- Force you to have sex against your will?
- Only visit you if you give them money?

*If you find yourself saying yes to any of these – it's time to get help.*

that you and your children are in danger – leave immediately.

### *Don't Ignore the Problem – And remember it is not your fault!*

- **Talk to someone.** Part of the abusers' power comes from secrecy. Victims are often ashamed to let anyone know about intimate family problems. Go to a friend or neighbor, call a crisis line or talk to a counsellor.
- **Plan ahead and know what you will do if you're attacked again.** If you decide to leave, choose a place to go and set aside some money. Put important papers (marriage license, birth certificate, cheque books) in a safe place where you can access them quickly.

- **Learn to think and act independently.** Plan for the future and set goals for yourself.

### *If you are hurt, what can you do?*

**There are no easy answers, but there are things you can do to protect yourself.**

- **Call the police.** Assault, even by a family member, is a crime. The police have information about shelters and other agencies that help victims of family violence.

- **Leave, or have someone come and stay with you.** Go to a shelter – call a crisis hotline to locate a shelter. If you believe

- **Get medical attention from your doctor or hospital emergency room.** Ask the staff to photograph your injuries and keep detailed records in case you decide to take legal action in the future.
- **Contact your provincial court for information about protection orders.** The police may also help with Emergency Protection Orders if they are involved.

### *Have you hurt someone in your family?*

- Accept the fact that your violent behavior will destroy your family. Be aware that you are breaking the law when you physically hurt someone.
- Take responsibility for your actions and get help.
- When you feel tension building, remove yourself from others that you may hurt. Work off tension through a walk, a project, or exercise.
- Call a family violence hotline and ask about counselling and support groups for people who batter.

**For more information:**

**Crisis Hotlines:**

Support Network Distress Line 482-4357  
Emergency Social Services (after hours) 427-3390  
Child Abuse Hotline 1-800-387-5437  
Crossroads Outreach (youth) 474-7421  
Kids Help Line 1-800-668-6868  
Seniors Abuse Helpline 454-8888  
Sexual Assault Centre 423-4121

**Police:**

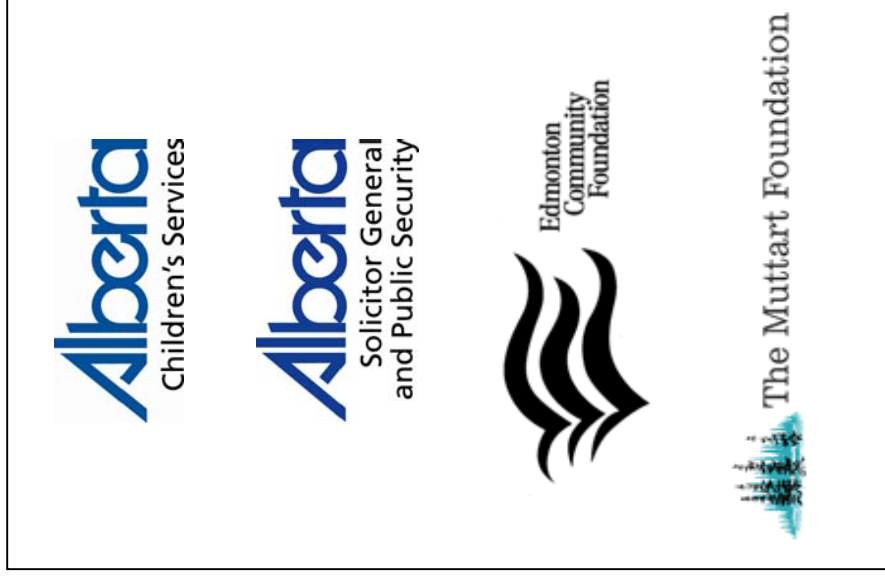
Emergency 911  
Non-emergency Complaints 423-4567

**Shelter Crisis Lines:**

A Safe Place 464-7233  
Lurana Shelter 424-5875  
WIN House 479-0058  
Senior Safe Housing 702-1520  
Youth Emergency Shelter Society 468-7070

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# Family Violence

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Adopted from Domestic Violence – *The Hidden Crime* [www.ncpc.org/1safe2ds.htm](http://www.ncpc.org/1safe2ds.htm)

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