

In very unhealthy relationships it is hard to find ways to make changes to improve.

In less unhealthy relationships, where fighting isn't physical, good communication and a willingness to change are still key.

Where To Go For Help

If you are being abused help is available:

The Saillivik Program is there to protect and support victims of family violence. Under the Saillivik Program, social workers can help women and children get away from family violence. Depending on the family's situation, social workers will help a family get help, move family members to a safe place (such as a "Family Violence Shelter" or "Community Safe Home").

In an emergency, call your local RCMP detachment. If there are children in the home, the RCMP will contact the social worker. You may also go to your local shelter, if available.

Other Resources

- Talk to someone you can trust
- Call or visit your local health centre
- Call or visit your local Family Services office
- Nunavut Kamatsiaqtut Helpline
7 p.m.–12 a.m. (EST) 1-800-265-3333
- Assaulted Women's Helpline
1-866-863-0511
- Domestic Abuse Partner Helpline
1-888-743-5754
- Call Kids' Help Phone: 1-800-668-6868
- Ask for help: community health nurses, faith programs, and community services often provide advice and assistance if you contact them for help.

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Family Violence

Embrace Life Council

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TYPES OF VIOLENCE

Abuse can take many forms. Here are a few of the more common types:

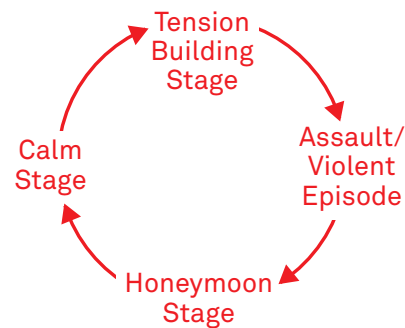
Emotional Abuse is a pattern of destructive behavior that attacks a person's sense of self-worth and confidence. It may include insults, humiliation, threatening to harm, put-downs, yelling, and extreme jealousy.

Physical Violence occurs when a person deliberately injures or threatens to injure someone. This includes pushing, shoving, hitting, beating, physical abuse with a weapon, torture.

Physical Neglect is failing to provide or depriving a person of their basic needs and human rights, withholding food or care. Physical neglect can be deliberately or unintentionally committed.

Sexual Violence is the use of a child or youth for sexual purposes by an adult or an older child or youth. Between youth old enough to consent or between adults, sexual assault is when someone forces any type of sexual activity on someone else without that person's voluntary consent.

Cycle of Assault



The cycle will continue and the severity of violence will continue unless there is **intervention**.

Healthy vs. Unhealthy Relationships

Everyone deserves to be loved and to feel safe and secure. A healthy, loving relationship means:

- You can trust and be honest with one another
- You listen to each other
- You are ready to compromise when you can't agree
- You respect each other's bodies, opinions, friends, family and belongings
- You accept each other for who you are
- You are able to be yourself
- You support one another's goals and interests
- You encourage each other to do and be your best

Most of the time an unhealthy relationship leaves you feeling unhappy, unsafe, or scared about the future. Unhealthy relationships involve:

- Using fear to control how someone talks, acts and thinks now and in the future
- One person trying to use their physical or emotional power to control another person
- Physical, emotional, verbal, financial or sexual abuse
- The use of fear to control how someone talks, acts and thinks both now and in the future

FACTS

- Emotional abuse is the most common form of abuse seen in teen dating relationships.
- 51% of all Canadian women have experienced at least one incident of sexual or physical violence. About 60% of these women have survived more than one incident of violence (Statistics Canada, 1993).
- The results of a 2011 study showed that 61% of male participants did not consider forcing sex on an acquaintance as rape (Weiler-Polak, 2011).
- In 51% of all incidents of dating violence reported by Canadian women, the perpetrator was under the influence of alcohol.
- In 86% of sexual assaults reported to the police the victim knew the accused—they were peers, acquaintances, co-workers or family members (OWD, 2009).