

**MIYKIWAN TOOLKIT  
FACT SHEET**

***FAMILY  
VIOLENCE***

**WHAT IS ....**

Family violence occurs when a child or adult experiences abuse from a member of their own family. Family violence can also happen to a person when they are in an intimate relationship with someone.

The abuser makes an attempt to gain power over someone by hurting and controlling another family member who is supposed to be able to trust in that person and is dependent on them.



*“If there is something that is even more shocking than the violence itself, it is the silence within which this violence is allowed to continue”*

Call into the Night: An  
Overview of Violence  
Against Aboriginal  
Women, 2011

**KEY THINGS TO KNOW**

- In 2013, there were 87, 820 persons who had been victims of family violence in Canada
- In 2009, Aboriginal people were almost twice as likely to report being the victim of spousal violence as opposed to non-Aboriginal people
- 94% of Aboriginal people who were victims of violence reached out for support from family or friends as opposed to 67% of non-Aboriginal people (2009)
- Nearly 60% of Aboriginal women who reported being subjected to spousal abuse also said that they were physically injured as a result of it as opposed to 41% of non-Aboriginal women (2009)
- Rates of intimate partner violence have been higher for women compared to men in every age group (2013)
- Although reported rates of family violence have been high for women aged 30 to 34, men's rates were highest among those between the ages of 15 and 19 (2013)
- Women who have self-identified as lesbian or bisexual reported much higher rates of violence by a partner than heterosexual women (2013)

## FORMS OF FAMILY VIOLENCE

While there are many forms of family violence, these are the most common:

- **Physical abuse:** causing injury or the death of an adult or child
- **Sexual abuse:** forcing unwanted sexual activity on an adult or child
- **Emotional, Psychological or Spiritual abuse:** using hurtful words or actions to control or frighten an adult or child, or to attempt to destroy their own self-respect
- **Financial abuse:** control, or misuse of a person's money or property
- **Neglect:** denying a person basic needs such as food, clothing, shelter

## WARNING SIGNS

There are several signs that can make you aware of someone who is being abused. Here are some of the most significant ones:

- Person appears to be sad, withdrawn, or afraid
- They are nervous when a certain family member is present
- They make excuses for a family member's behaviour
- Sick, missing school or work a lot, or takes a lot of time off
- Changes in their job performance through low concentration, mistakes, slowness, or poor work quality
- Person tries to cover and explain away bruises and other suspicious physical marks

## STRATEGIES AND NEXT STEPS

Being the victim of family violence brings with it many painful experiences such as hurt, fear, confusion and depression. Please remember:

- **It is not your fault:** you may be made to feel that you are the problem but it is never your fault if a loved one abuses you
- **People care about you:** reach out and get the help and protection you need; there are family members, friends, elders, co-workers, Aboriginal groups and service providers for you.

### FURTHER RESOURCES ON FAMILY VIOLENCE:

#### National Aboriginal Circle Against Family Violence

396 Cooper Street, Suite 301  
Ottawa, ON K2P 2H7

**Tel.:** (613) 236-1844

**Fax:** (613) 236-8057

**Website:** [www.nacafv.ca](http://www.nacafv.ca)

#### National Clearinghouse on Family Violence Family Violence Prevention Unit Public Health Agency of Canada

200 Eglantine Driveway  
(Address Locator: 1909D1)

9th Floor,

Jeanne Mance Building

Tunney's Pasture

Ottawa, ON K1A 1B4

**Tel.:** 1-800-267-1291 or

(613) 957-2938

**TTY:** 1-800-561-5643 or

(613) 952-6396

**Fax:** (613) 941-8930

**Website:**

[www.phac-aspc.gc.ca/ncfvcnivf/familyviolence/](http://www.phac-aspc.gc.ca/ncfvcnivf/familyviolence/)

#### Policy Centre for Victim Issues Department of Justice Canada

284 Wellington Street

Ottawa, ON K1A 0H8

**Fax:** (613) 952-1110

**Email:**

[webadmin@justice.gc.ca](mailto:webadmin@justice.gc.ca)

**Website:**

<http://www.justice.gc.ca/eng/cj-jp/victims-victimnes/>

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If you need help or someone to talk to please contact the National Office for Victims Services Center, toll free at: **1-866-525-0554** or Kids Help Phone, toll free at: 1-800-668-6868, [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

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To obtain more information regarding the CAP Family Violence Prevention Awareness Toolkit, please contact the Congress of Aboriginal Peoples at [www.abo-peoples.org](http://www.abo-peoples.org) or call 1-613-747-6022.

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