



Educate Yourself so You can take Swift Action to Prevent Domestic or Intimate Partner Violence

What is Domestic Violence?

Domestic Violence is a common term that most people are familiar with and includes physical, psychological, or sexual violence by an intimate partner. It can also include reproductive coercion, coercive control, cyber violence and criminal harassment or stalking.

Other terms which are used include Intimate, or Interpersonal Violence (IPV), or spousal violence and is defined by Women and Gender Equality Canada as a "prevalent form of gender-based violence and refers to multiple forms of harms caused by a current and former intimate partner or spouse. It can happen in many forms of relationships including:

- Within a marriage, common-law or dating relationship.
- Regardless of gender and sexual orientation of partners.
- At any time during a relationship and even after it has ended.
- Whether or not partners live together or are sexually intimate with one another." (Women and Gender Equality Canada, 2024)

In Canada 4 in 10 women experience domestic violence in their lifetime. This increases to 6 in 10 for indigenous women and they are 7 times more likely to be killed. Women who identify as lesbian or bisexual are 3-4 times more likely to report spousal violence and racialized women's reports of violence are often taken less seriously. Every six days in Canada, a woman is murdered by their intimate partner. Learn more about domestic violence by visiting [Women and Gender Equality Canada](https://www.womenandgenderequality.ca).

MAKE A DIFFERENCE BE A LEADER



As a leader in your community, you can take steps to educate yourself about domestic, or intimate partner violence so that you can take swift action to support someone who discloses that they are experiencing domestic violence. Here are some steps you can take.

Take Training

Enroll in training programs that are specifically designed to instruct in domestic violence and trauma informed practices that you can adapt to support victims and survivors. Look for courses that cover topics such as recognizing signs of abuse, understanding the dynamics of domestic violence and how to respond in an effective way which supports the safety of the person. It may also be helpful to understand the impact of trauma on individuals and how it can affect a person's ability to communicate and seek help.

Learn about Community Organizations

Learn about community organizations who specialize in providing domestic violence prevention and support. Engage these organizations to better understanding of the available community resources and the supports that victims of domestic violence may be seeking. Look for online resources that provide information, articles and videos on domestic violence to learn how you can take steps to support.

Offer Support and Facilitate Connection

Make a list of information and resources that are available in your community and keep this information handy so that you can provide support to victims. This information should include hotline numbers, local shelters, counselling, and legal services. When you offer support, it is important to remember that it is the person's choice to take action or report the violence to the authorities. You may play a role in supporting them in understanding the nature and effects of violence and validating their experiences through active listening and by responding in a non-judgemental and patient manner.

Understand Identity and Context

In providing support it is important to identify how you can engage with victims in a way that respects their cultural group which includes understanding your own biases and beliefs, avoiding making assumptions and learning about cultural groups within your community.

Seek Guidance

If you are unsure how to best support someone experiencing domestic violence, consider reaching out to local experts and domestic violence organizations for guidance and advice.

These are just some initial steps you can take to educate yourself so you can be better prepared to act and provide support to victims within your community. Learn more at

www.abusehurts.ca/prevention