



**Malton Women Council**



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# **FAMILY AND INTIMATE PARTNER VIOLENCE**

## TIP SHEET



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# Table of Contents

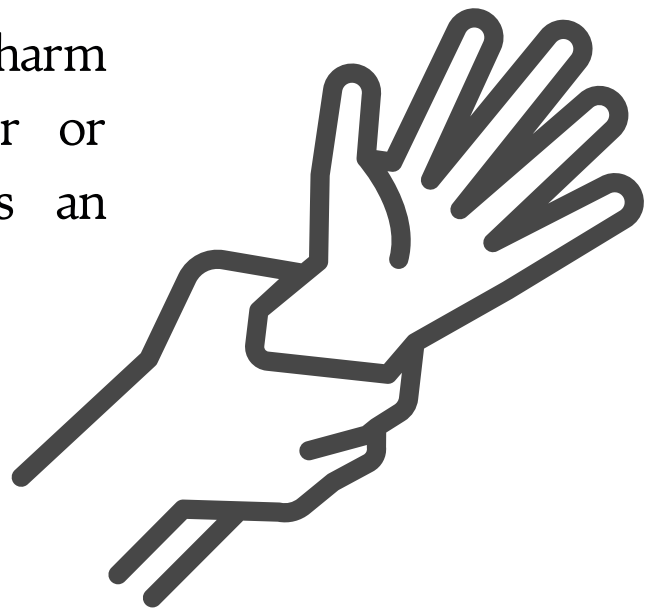
<b>FAMILY VIOLENCE</b>	<b>01</b>
<b>FORMS OF VIOLENCE</b>	<b>02</b>
<b>TYPES OF VIOLENCE</b>	<b>04</b>
<b>INTIMATE PARTNER VIOLENCE</b>	<b>05</b>
<b>VIOLENCE BASED ON HONOR</b>	<b>06</b>
<b>FORCED MARRIAGE</b>	<b>07</b>
<b>FEMALE GENITAL MUTILATION</b>	<b>07</b>
<b>STRATEGIES TO PREVENT AND ADDRESS VIOLENCE</b>	<b>08</b>
<b>RESOURCES</b>	<b>10</b>
<b>REFERENCES</b>	<b>11</b>





# Family Violence

Family violence involves abuse or harm towards another family member or individual with whom one has an intimate relationship.



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## Forms of Violence

Family violence can include physical, sexual, psychological, and financial abuse.

- Physical Abuse involves intentional physical force against another person and can lead to pain or injury. Examples include pushing, slapping, shoving, kicking, biting, stabbing, shooting, throwing objects, etc.
- Sexual Abuse involves sexual contact without consent, continued contact despite being asked to stop, or forcing an individual to commit sexual acts. Sexual contact without consent is a crime. This includes sexual contact with a spouse or dating partner without consent.
- Psychological Abuse involves using words or non-verbal cues to control, frighten, isolate, or demean someone. Examples include criticism, name-calling, yelling, controlling, keeping someone from seeing family and friends, etc.



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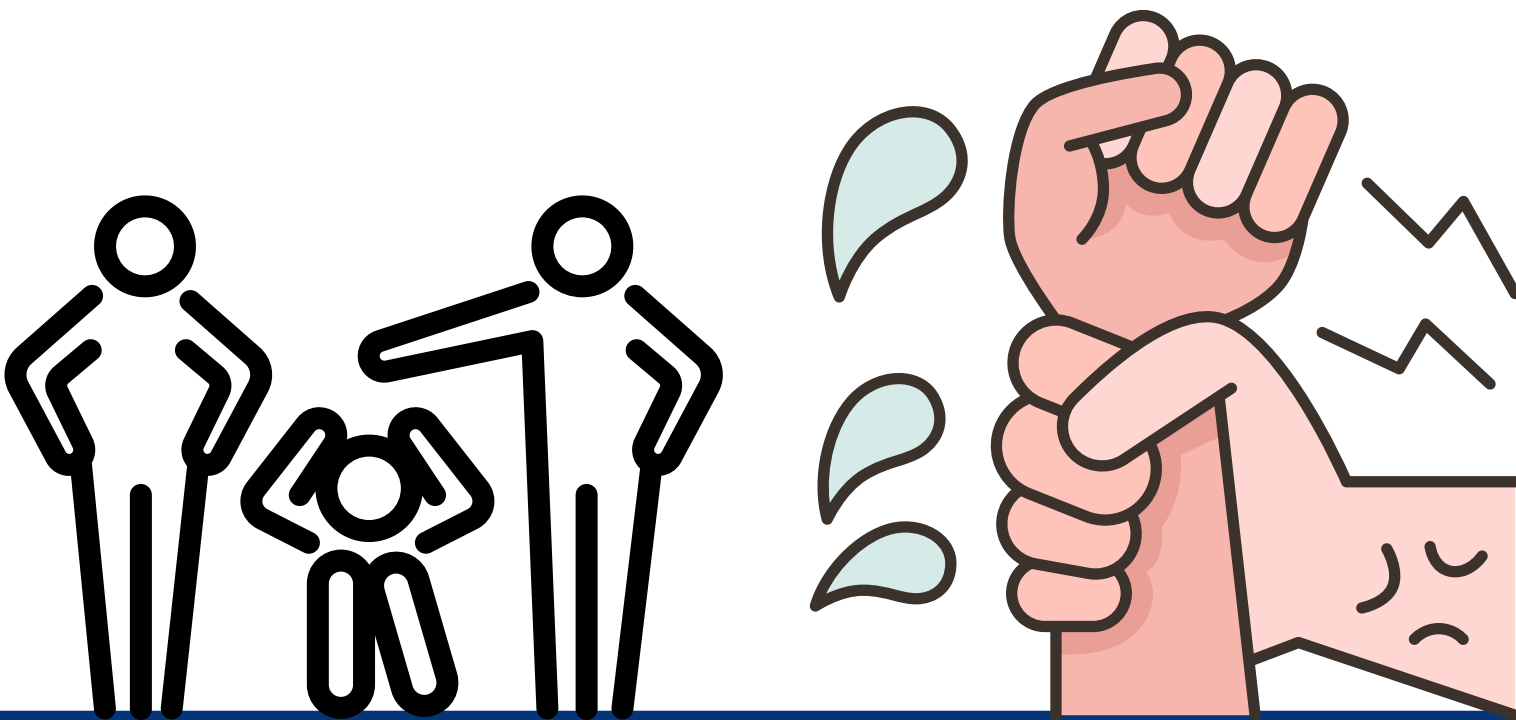


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- Financial Abuse involves using money or property to exploit someone. Examples include taking money or property without permission, forcing someone to sign legal documents, or withholding money to control someone.
- Neglect involves failure to care for the basic needs of someone you must care for. Spouses and common-law partners have a duty to care for each other. Adults have a duty to care for their dependent children and parents. Examples of neglect include failure to provide food, clothing, and medical care, or to prevent physical harm.







## Types of Violence

Intimate partner violence, child abuse and neglect, elder abuse, violence based on honour, and forced marriages are types of family violence.

To learn more about **child abuse and elder abuse**, please see the relevant resources on our website. The rest of this document will focus on intimate partner violence and gender-based violence.



# Intimate Partner Violence

Intimate Partner Violence (IPV) or domestic violence involves harm caused by a current or former intimate partner or spouse. IPV is a type of gender-based violence. IPV can include:

- Physical, psychological, financial, sexual, and spiritual abuse
- Stalking
- Cyberviolence
- Coercive Control

IPV can affect anyone regardless of gender and sexual orientation, however, it is most experienced by women and perpetrated by men.



# Violence Based on Honor

- Honor-based violence is motivated by the abuser's perception that a person is bringing shame or dishonor to themselves, their family, and the community. Honor-based abuse can occur within any cultural or religious community. Victims are often females. Family members may not approve of a woman dating boys, having sex outside marriage, or refusing forced marriage. They may use threats, physical force, forced confinement, and even kill a woman to restore their reputation.



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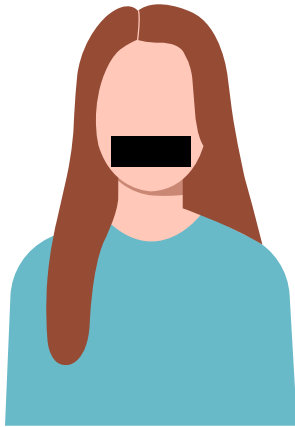


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# Forced Marriage

- Forced marriage involves marriage without the consent of one or both parties. Families may use verbal or physical force or confinement to carry the marriage forward. Children may also be victims. Forced marriages are different from arranged marriages, where both parties consent to the marriage.



# Female Genital Mutilation

- Female Genital Mutilation (FGM) involves the partial or complete removal of a female's genitalia or injury to the genitalia for non-medical reasons. FGM is often carried out on infants and young girls. The causes for FGM vary depending on cultural, social, and religious beliefs. These include fitting into social norms, ensuring a girl's purity for marriage, and the belief that FGM will increase marriage prospects.



# Strategies to Prevent and Address Violence



- If you are experiencing intimate partner violence, if possible:
- If you are in immediate danger, leave the home or call the police.
- Always keep a phone with you.
- Talk to someone you trust about the situation – a friend, a co-worker, a doctor.
- Find a safe space in your home where you and your children can go when threatened. Do not pick bathrooms, kitchen, garage, or areas with items that can be used as weapons, or rooms without outside access.
- Keep your wallet, spare keys to your car and home, a small bag of clothes, and important documents handy, in case you need to leave.
  - Birth certificates



- Passports
- Driver's licence(s)
- Insurance information
- Bank information
- Mortgage or lease papers
- Immigration documents
- Health records
- School records
- Other court documents
- Plan where you can go and whom you can talk to in case you need to leave.
- Make your employer and co-workers aware of your situation. Ask them not to give out your contact information to anyone, and call the police if necessary.
- Decide on a code word with your children and let them know how to seek help.



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# Resources

- If you need help with intimate partner violence, refer to the following community services:
- If you are in immediate danger, please call 911.
- Community Resources:
- Family Services of Peel 905-453-5775 (Intake)  
<https://fspeel.org/>
- Family Service of Toronto 416.595.9618  
<https://familyservicetoronto.org/>
- Safe Centre of Peel (905) 450-4650 <https://scopeel.org/>
- Indus Community Services 905-275-2369  
<https://www.induscs.ca/>
- Peel Children's Aid Society 905-363-6131  
<https://www.peelcas.org/> (Available by phone 24/7)
- Assaulted Women's Helpline 1-866-863-0511  
<https://www.awhl.org/>
- (Available by phone 24/7)
- Peel Police Resources for Intimate Partner Violence:  
<https://www.peelpolice.ca/en/safety-tips/family-and-intimate-partner-violence.aspx#Help-is-available-247>
- Call 211 to obtain more resources.







# References

- Government of Canada Intimate Partner Violence <https://www.canada.ca/en/women-gender-equality/gender-based-violence/intimate-partner-violence.html>
- Government of Canada Family Violence <https://www.justice.gc.ca/eng/cj-jp/fv-vf/about-apropos.html>
- Honor-Based Abuse <https://karmanirvana.org.uk/get-help/what-is-honour-based-abuse/>
- Female Genital Mutilation <https://www.who.int/news-room/fact-sheets/detail/female-genital-mutilation>
- FGM <https://www.unwomen.org/en/articles/faqs/faqs-on-female-genital-mutilation-causes-impact-and-how-to-end-it>
- Intimate Partner Violence Halton Police <https://www.haltonpolice.ca/en/staying-safe/intimate-partner-violence.aspx>

