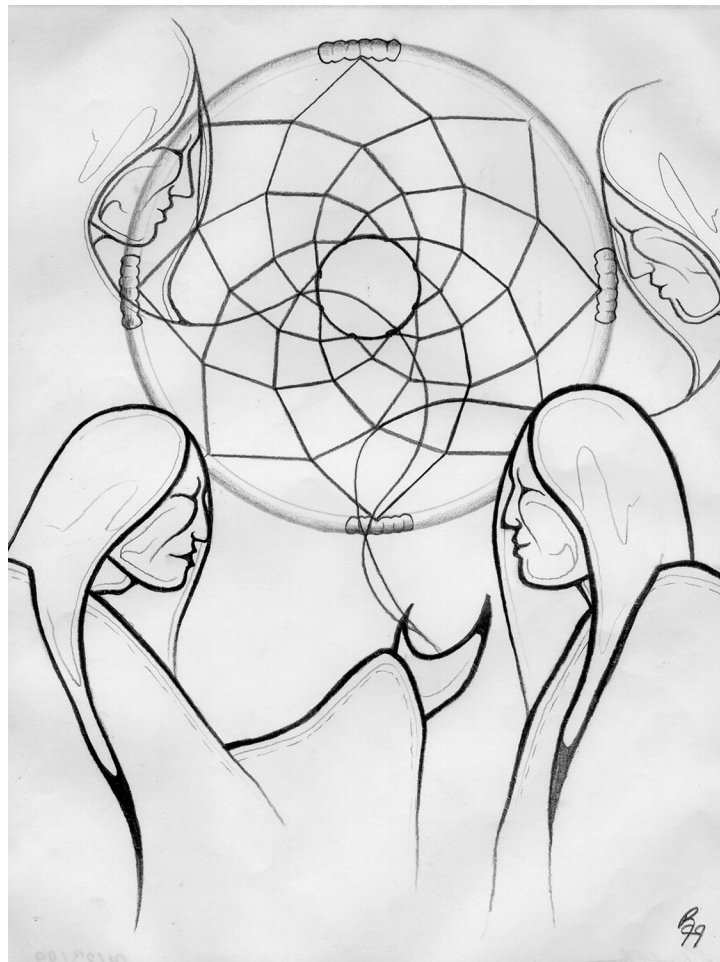
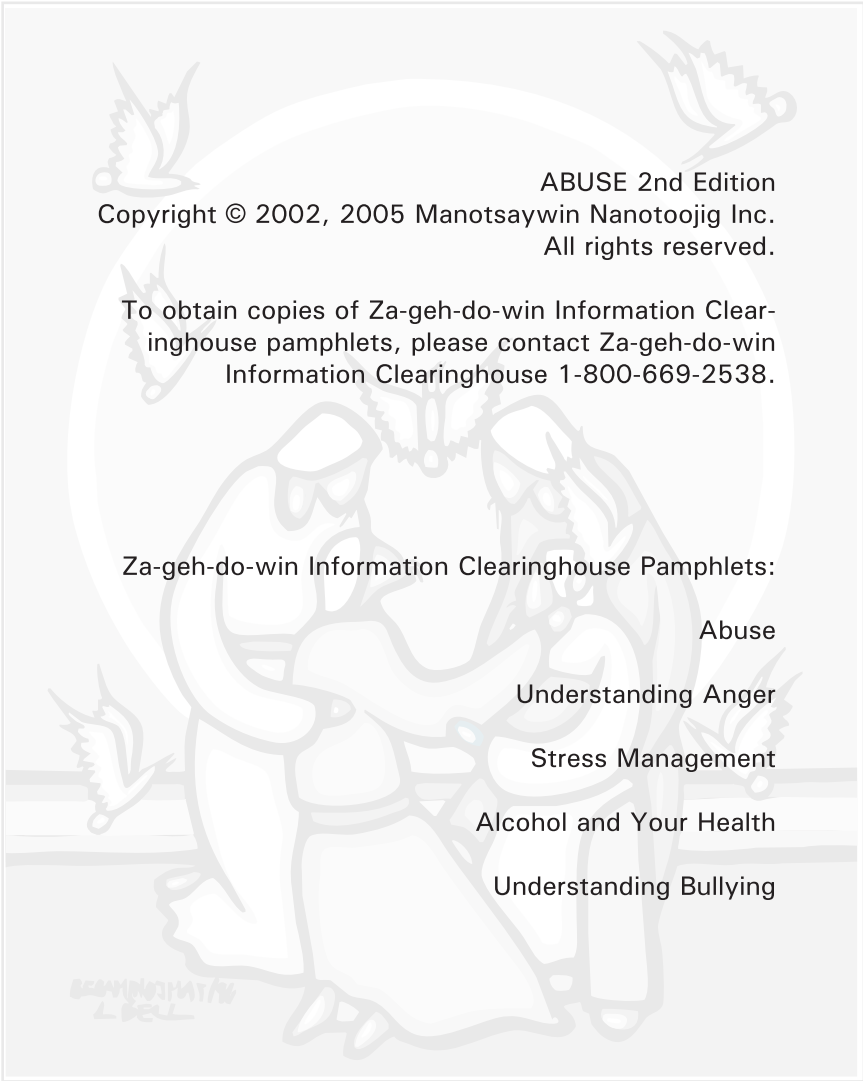


ABUSE



Za-geh-do-win
INFORMATION CLEARINGHOUSE



ABUSE 2nd Edition
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To obtain copies of Za-geh-do-win Information Clearinghouse pamphlets, please contact Za-geh-do-win Information Clearinghouse 1-800-669-2538.

Za-geh-do-win Information Clearinghouse Pamphlets:

- Abuse
- Understanding Anger
- Stress Management
- Alcohol and Your Health
- Understanding Bullying

What Is Abuse?

Abuse can be physical, sexual, emotional, psychological or financial. You may experience more than one type of abuse.

Who is being abused? Both women and men of all ages; elders, children and adults can be victims of abuse. Any form of abuse is illegal.

Physical Abuse includes, punching, pushing, choking, slapping, throwing objects, shoving, and the use of a weapon against you. This form of abuse is easy to identify.

Sexual Abuse is any forced sexual contact. This form of abuse is often accompanied with threats of violence or actual acts of violence.

Emotional Abuse is threats to an individual, threats against family, threats to pets, threatening your partner with weapons, and isolating your partner from family and friends. This abuse can be the most threatening, because it leaves the abused in a constant state of fear.

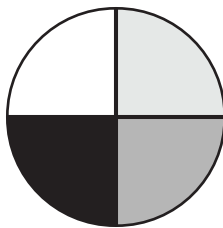
Psychological Abuse is when an individual attempts to control the victim's thinking and feelings, constant blaming and being totally inconsistent, saying one thing and expecting something else.

Financial Abuse is using money to exert power and control. Financial abuse may include; not allowing you to obtain employment, forcing you to account and report all dollars spent or not allowing you to know or have access to family income.

YOU ARE NOT ALONE AND YOU ARE NOT TO BLAME
FOR THE ABUSE THAT IS HAPPENING TO YOU
AND THE PEOPLE YOU LOVE.

Facts About Abuse

- Abuse affects both women and men of all ages and races. It affects all of us.
- Abuse is not accepted in Native cultures.
- Abuse is correlated to residential schools, cultural genocide, forced assimilation and colonization.
- Abuse has a multi-generational effect. Children learn to be abusive by watching adults who are abusive.
- Women with violent father-in-laws are three times more likely to experience abuse by their spouse.
- According to the “National Longitudinal Survey of Children and Youth”, children who are exposed to violence in the home are more likely to exhibit aggression, emotional disorders, and commit delinquent acts against property.
- According to “Family Violence in Canada: A Statistical Profile 2001”, Aboriginal women were more likely than were other Canadians to report violence by a spouse.
- According to Statistics Canada, “General Social Survey 1999”, Aboriginal victims experience more severe forms of spousal violence.



Effects of Abuse

When a person has experienced abuse the effect of the abuse is contingent on the following conditions:

- The length of time someone undergoes abuse.
- The severity of the abuse.
- The person's response to the abuse.
- Whether or not the victim is blamed for the abuse.

Questions To Ask Yourself

- Have you stopped seeing your family and friends because your partner does not allow it?
- Do you feel ashamed, inadequate or worthless because someone has hurt you?
- Do you feel like you have to keep the abuse a secret?
- Has the abuse affected any part of your life?

If you answered yes to any or all of the question, it is suggested you talk to someone about the abuse.

Factors...

Individual Factors

- Persons temperament.
- What people learn.
- Attitudes.
- Knowledge.
- Past experiences.



...Which

Family Factors

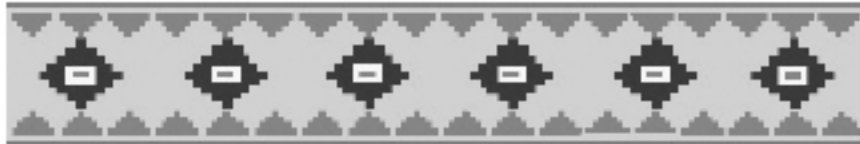
- The way people relate to each other.
- The manner in which people communicate within the family.
- Stress on the family.
- Living conditions i.e.: poverty, poor housing, Unemployment Act.
- Resources or help available to the family.



...Contribute to Abuse

Community Factors

- The level and/or amount of support received by the community.
- The standards or what a community will tolerate as it relates to abuse.
- The kinds of learning opportunities for families which will help them function.
- The community attitude towards abuse.
- Whether or not the community takes their responsibility for it's members seriously.



Cultural or Societal Factors

- The degree to which the society encourages others to grow.
- Whether or not violent behaviour is an acceptable way to solve problems.
- The degree to which the society encourages the beliefs in the myths which surround abuse.
- Whether or not the system discourages the disclosure of abuse.
- The amount of shame which surrounds those disclosures.

What To Do If You Have Been Abused

- Remember it is not your fault.
- Do not carry the shame of the offender. The shame lies with the offender.
- Seek help from family, friends or professionals.
- Abuse is a community problem. Get involved in helping your community address the issue.
- Keep your own safety in mind first. Use the legal system.

What Are Your Rights?

- You have the right to live without fear!
- You have the right to help yourself and your children to live a good life!
- You have the right to develop and grow in a positive way!
- You have the right to see, visit and talk to your family and friends!
- You have the right to get help!

Where To Go For Help

- Community Support Workers
- Your Doctor
- Talk to someone you trust
- Women's Shelters
- Health Centres
- The Police
- Healing Circles
- Talking Circles
- Support Groups
- Hospitals



**Assaulted Women's Help Line:
Toll Free 1-866-863-0511**

**Kids Help Phone:
Toll Free 1-800-668-6868**

Police: 911 or 1-888-310-1122

***If you meet resistance from one person,
keep trying to get help from someone
else who understands your situation.
Don't give up, there is someone out there
that understands and can help you.***

Notes

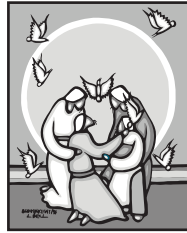
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This project has received financial support from
the Government of Ontario,
Aboriginal Healing & Wellness Strategy.

Disclaimer

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