



# Domestic Violence – *forms, dynamics, and myths*

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# Intimate Partner Violence

Intimate partner abuse (IPV) is the term used to describe any form of physical, sexual, emotional or psychological abuse, including financial control, stalking and harassment. It occurs between opposite- or same-sex intimate partners, who may or may not be married, common law, or living together. It can also continue to happen after a relationship has ended. (Wathen et al, 2014)

“Any attempt to influence, coerce, or control another person where there is potential to violate the integrity of the other or to disrespect individual difference.” – Alan Jenkins

One person using their power to make another feel insecure, frightened, or marginalized.

# Statistics - nationally

- It's estimated that each year, Canadians collectively spend \$7.4 billion to deal with the aftermath of spousal violence alone, according to the Department of Justice.
- Half of all women in Canada have experienced at least one incident of physical or sexual violence since the age of 16.
- 7 in 10 people who experience family violence are women and girls
- A woman or girl was killed every 2.5 days on average in Canada in 2018, according to an inaugural report on femicide that argues the issue must be better understood in order to reduce the number of slayings.
- 70% of spousal violence is not reported to the police.

*\*Statistics Canada*

# Statistics - provincially

- Manitoba had one of the highest rates of reported violence against girls and young women in 2017, according to a new Statistics Canada report.
- The most frequent call received by the Winnipeg Police Department is domestic violence related. Approx 44 calls a day. 16 000 a year.
- There was a total of 2,635 per 100,00 population cases reported to police in Manitoba during 2017
- The report also shows the rate of violence for girls and young women was listed 1.8 times higher in rural areas of Manitoba last year (2017).

*\*Statistics Canada*

Domestic Violence only occurs if there is physical violence.

Women who are in abusive relationships are attracted to abusive men.

Domestic Violence is less prevalent in Christian communities and families.

DV only impacts people who are socioeconomically disadvantaged or uneducated.



Sexual abuse doesn't happen within marriage.

People let themselves be abused; it's an issue of poor boundaries.

# RELATIONSHIPS EXIST ON A SPECTRUM

All relationships exist on a spectrum, from healthy to abusive to somewhere in between. Below, we outline behaviors that occur in healthy, unhealthy and abusive relationships.

## HEALTHY

A **healthy relationship** means that both you and your partner are:

**Communicating:** You talk openly about problems, listen to each other and respect each other's opinions.

**Respectful:** You value each other as you are. You respect each other's emotional, digital and sexual boundaries.

**Trusting:** You believe what your partner has to say. You do not feel the need to "prove" each other's trustworthiness.

**Honest:** You are honest with each other, but can still keep some things private.

**Equal:** You make decisions together and hold each other to the same standards.

**Enjoying personal time:** You both can enjoy spending time apart, alone or with others. You respect each other's need for time apart.

## UNHEALTHY

You may be in an **unhealthy relationship** if one or both partners is:

**Not communicating:** When problems arise, you fight or you don't discuss them at all.

**Disrespectful:** One or both partners is not considerate of the other's feelings and/or personal boundaries.

**Not trusting:** One partner doesn't believe what the other says, or feels entitled to invade their privacy.

**Dishonest:** One or both partners tells lies.

**Trying to take control:** One partner feels their desires and choices are more important.

**Only spending time with your partner:** Your partner's community is the only one you socialize in.

## ABUSIVE

**Abuse** is occurring in a relationship when one partner:

**Communicates** in a way that is hurtful, threatening, insulting or demeaning.

**Disrespects** the feelings, thoughts, decisions, opinions or physical safety of the other.

**Physically hurts** or injures the other partner by hitting, slapping, choking, pushing or shoving.

**Blames** the other partner for their harmful actions, makes excuses for abusive actions and/or minimizes the abusive behavior.

**Controls and isolates** the other partner by telling them what to wear, who they can hang out with, where they can go and/or what they can do.

**Pressures or forces** the other partner to do things they don't want to do; threatens, hurts or blackmails their partner if they resist or say no.

# DO YOU KNOW THE 15 WARNING SIGNS OF DOMESTIC ABUSE?

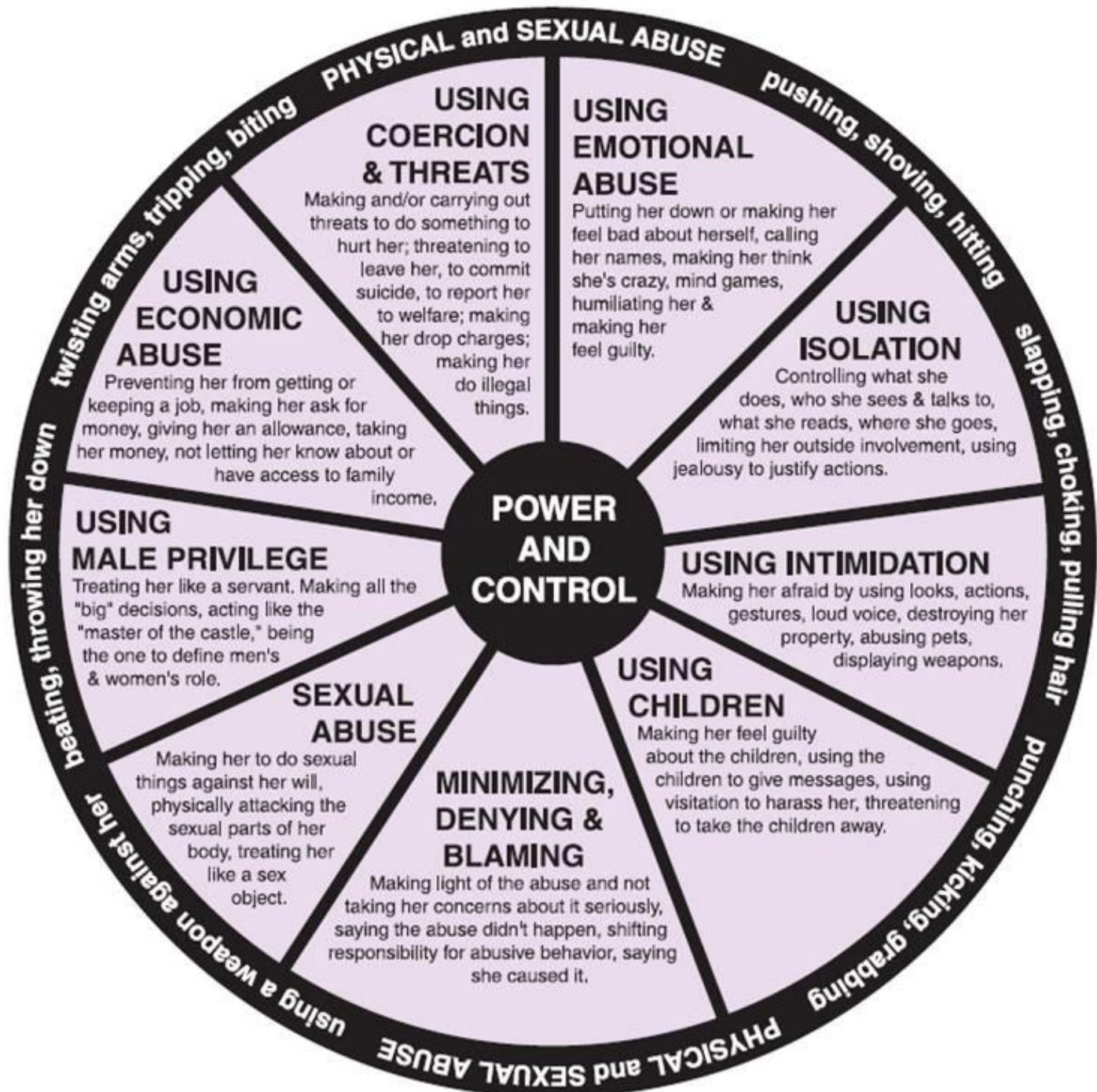
- 1) Tells you that you can never do anything right
- 2) Shows extreme jealousy of your friends & time spent away
- 3) Keeps you or discourages you from seeing friends or family members
- 4) Insults, demeans, or shames you with put-downs
- 5) Controls every penny spent in the household
- 6) Takes your money or refuses to give you money for necessary expenses
- 7) Looks at you or acts in ways that scare you
- 8) Controls who you see, where you go, or what you do
- 9) Prevents you from making your own decisions
- 10) Tells you that you are a bad parent or threatens to harm or take away your children
- 11) Prevents you from working or attending school
- 12) Destroys your property, or threatens to hurt or kill your pets
- 13) Intimidates you with guns, knives, or other weapons
- 14) Pressures you to have sex when you don't want to
- 15) Pressures you to use drugs or alcohol

Source: The National Domestic Violence Hotline

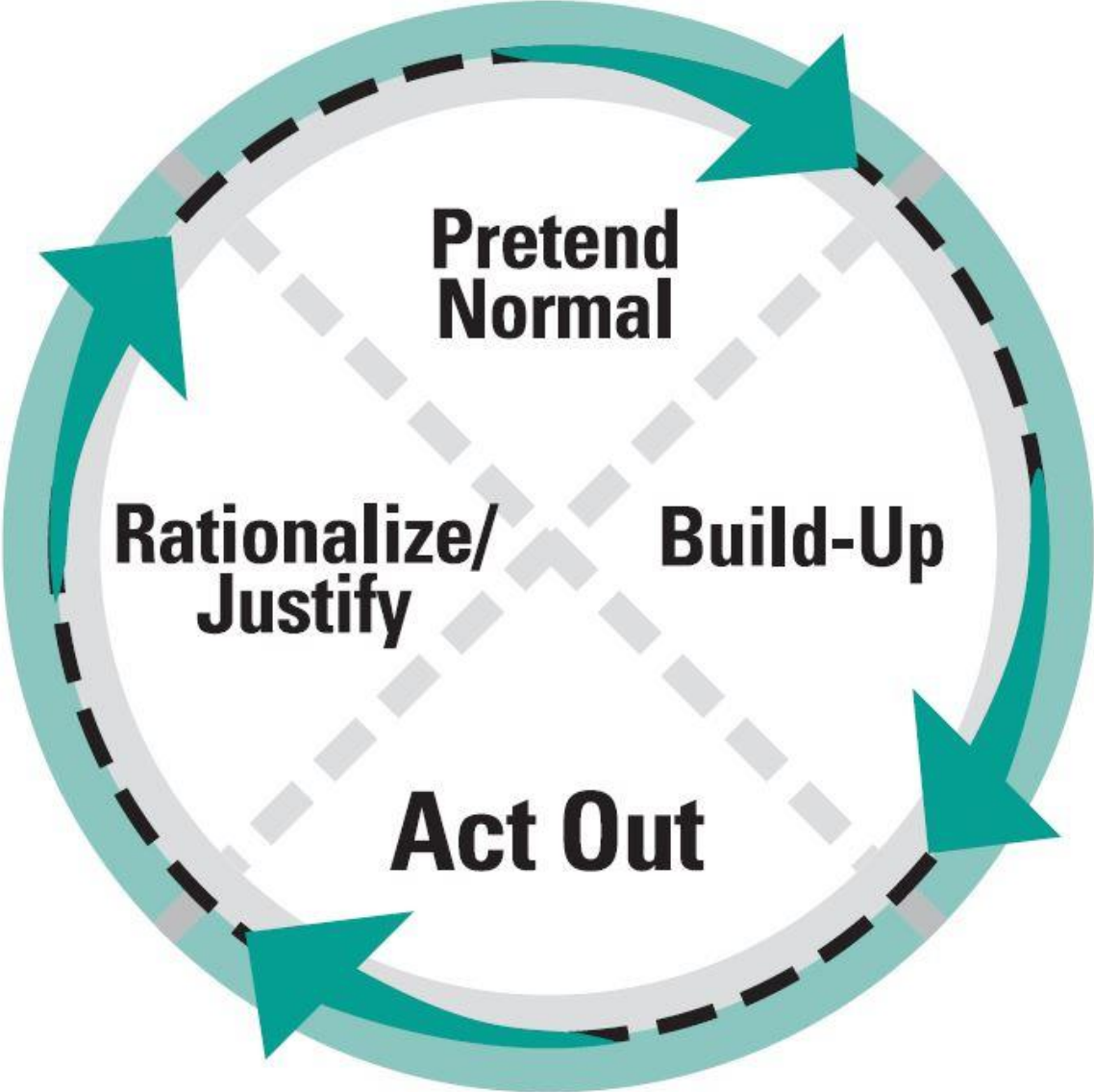
THE SODA Fund™  
[www.thesodafund.org](http://www.thesodafund.org)

# Forms of Abuse

- Psychological/Emotional
- Physical
- Sexual
- Financial
- Spiritual
- Technological/Cyber
- Stalking
- Using Children



# CYCLE OF ABUSE



# Gender considerations

- Men do not face the same barriers and challenges to leaving.
- Men who are in abusive relationships typically do not live with the same level of fear (e.g. fearing for your life)
- Women experience more lethal forms of violence.
- Men are more likely to initiate violence, while women are more likely to use it in self defense.
- IPV occurs in LGBTQ\* relationships. There are unique barriers to receiving resources and support in this community.



What are barriers to speaking about domestic abuse and getting help? Especially within faith communities.

Why does a victim not  
leave an abusive  
partner?



## Impacts of intimate partner abuse

Impacts mind, body, spirit. Entire being.

Boundaries. My boundaries don't matter.

Self-trust; self-confidence

Loss of self/don't know self – whole life is oriented around trying to appease partner. Loss of life.

Negative self talk goes so deep

Constant fear; hypervigilance; fight flight freeze.

Depression, anxiety, PTSD, physical pain and illness.

# What enables individuals to speak out or seek help?

- Ongoing conversations, sermons, educational opportunities that relate to this issue.
- Theological nuances that consider the experience of abuse survivors-victims. E.g. “turning the other cheek”
- Knowing that the church will prioritize the safety of those who have been wounded by abuse.
- Education - Coming to understand an experience as abusive.



Additional  
information/updates