

How to recognize the forms of violence in a loving relationship?

**A counsellor from
Hommes & Gars and Accalmie
can help you see things more clearly.**





Warning

The following theme addresses the many forms of violence and how they manifest themselves.

Remember that
you are never alone.

There are resources available to help you or a loved one. Some of these are listed at the end of this document.





Violence in relationships is any behaviour that has the effect of harming the development of the other person by compromising their psychological, physical or sexual integrity.

Violence often takes the form of control by one partner over the other.

These elements are the opposite of a healthy, equal relationship.

Anyone can be in an unhealthy relationship, regardless of gender, background, age or sexual orientation.

Violence can have many faces.
**It never has a place
in a relationship.**

Unhealthy situations
are not always easy to
distinguish, and neither
is violence.



In fact, we could even say "violences" since
there are many different types.
The following pages describe
the most common forms
of violence.

The goal is to help you recognize
the presence of abuse in a relationship,
whether it's your own or a friend's.

There are resources
to help you if you recognize
an abusive situation around you.



Physical violence

Physical violence is not just hitting someone. It is the use of physical force to hurt, to frighten and to show superiority.



Hitting

Shoving

Throwing objects

Ripping off clothes

Spitting on someone

Kicking

Squeezing arms

Psychological violence

Psychological violence is subtle, difficult to recognize and yet, it is often the one that hurts the most. It consists of hurting the other person's esteem and confidence through words and gestures.

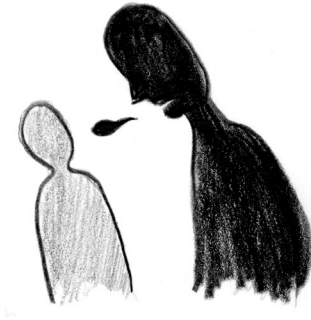


Controlling each other's actions
Disrupting the way they dress
Giving threatening looks
**Making the other person responsible
for their problems**

Monitoring
Pouting
Intimidating
Harassing

Verbal violence

Verbal abuse is using words to devalue the other person. The goal is to show anger in order to scare or dominate a situation.

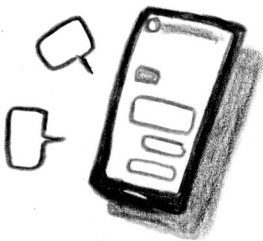


Shouting
Insulting
Belittling
Injuring

Threatening
Raising the tone
Ridiculing
Blaming

Cyberviolence

Cyberviolence includes all the forms of violence carried out by means of new technologies (internet, cell phones, etc.). It consists in using these different platforms as a way to control, threaten, humiliate or monitor others. When cyberviolences are repeated during several days, several weeks... we call it cyber harassment.



Insist or threatened by texting

Checking messages (messenger, text messages, emails)

Using, sharing photos or videos without consent

Monitor your actions on social networks

Sexual abuse

Sexual abuse is any unwanted sexual behavior by one person towards another.



**Forcing the other to have sex,
or to watch pornographic material**

Touching intimate parts of the body without consent

Forcing the other person to follow your fantasies

Manipulating the other person
to obtain sexual favors or to get revenge

Forcing the other person to have unprotected sex

Economic violence

The goal of economic violence is to restrict the financial autonomy of the other person in order to better control them. This violence is exercised differently depending on the context and the situation.



Decide on the other's purchases and expenses

Taking over the other person's income

Ridiculing the other person's salary or job

Preventing them from working

Well then... where to start?



It's hard to know how to respond when you are in an abusive situation.

Here are some questions to ask yourself if you suspect abuse in your relationship

Do you feel that the other person is violating on your freedom or disrespecting you?

Have you changed your habits for fear of upsetting the other person?

Is there anything making you uncomfortable in your relationship?

If you have answered yes to any of these questions, it is important that you talk to one person you trust. Remember, you are not alone.

The resources on the next page are here to help you.



To see more clearly
in your romantic relationship :



**Hommes
& Gars**
RESSOURCE D'AIDE ET SOUTIEN



Preserving our past, building our future



Jeunesse, J'écoute 

TEL-JEUNES



The people you trust in your life, school
personnel and all these organizations are there
to support and inform you at any time.

Maison des jeunes L'Hav-nir
418 937-2597

L'Accalmie
418 986-5044

Jeunesse, J'écoute
1 800 668-6868

Maison des jeunes des Iles
418 986-4080


Hommes & Gars
418 986-1811

Tel-jeunes
1 800 263-2266

Maison des jeunes de l'Est
418 985-2999

CAMI
418 985-2116

SOS Domestic violence
1 800 363-9010



**How to recognize
the forms of violence
in a loving relationship.**

**A short questionnaire
for you or your loved ones.**

Does your partner sometimes :

-  **Humiliates you in private or in public?
Discredits your family or friends and prevents
you from seeing them?**
-  **Uses threats or intimidation against you
or someone you know?**
-  **Insists on taking control or making decisions in
your relationship?**
-  **Threatens to use or uses physical
violence against you?**
(scratching, hitting, slapping, shoving, choking, restraining
your movements, squeezing your arms, etc.)
-  **Is jealous and prevents you from doing
activities or seeing your friends?**

- **Shares photos or information about you on social networks without your consent?**
- **Constantly asks you where you are and monitors your movements?**
- **Forces you to have sex or agree to certain practices that make you uncomfortable?**
- **Decides what you can and cannot buy?**
- **Hits, destroys things OR hurts your pet to get what they want from you?**
- **Checks your chats and activities on your cell phone, without your consent?**

There are resources to help you if you recognize yourself in one or more of these situations!

This information document was created as part of the **À part entière**, awareness campaign, a collaboration between La Maison d'aide et d'hébergement L'Accalmie, the Hommes & Gars organization and CAMI (Council for Anglophone Magdalen Islanders).

Illustrations and layout - Alexandra Dion-Fortin

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Equality among partners
is each of us, in our own right !