



DOMESTIC VIOLENCE

What is domestic violence?

Domestic violence: an attempt to take control

Domestic violence involves a dynamic in which one partner uses various strategies to gain or maintain general control over the other. This type of violence is characterized mainly by coercive control of a partner in different spheres, but also by the frequency and severity of violent behaviour. It is not the result of a loss of control, but is, on the contrary, a chosen means to dominate the other person and assert power over them. It can be experienced in a marital, extramarital or romantic relationship, at all ages of life.

Situational domestic violence

Situational domestic violence occurs during conflicts or disputes between two partners and is believed to result from an inadequate response to stress, exasperation and anger resulting from tensions in the couple. Without presenting a general pattern of control, this violence is rather part of a negative and violent dynamic of conflict management. Situational violence can be minor or severe, frequent or isolated.

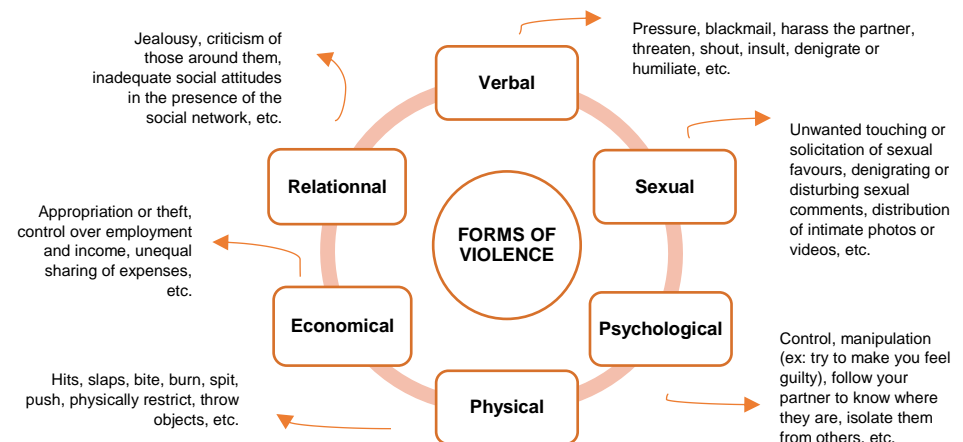
From : Trousse médias sur la violence conjugale – Institut National de Santé Publique Québec

How to recognize it?

Domestic violence or couple fight?

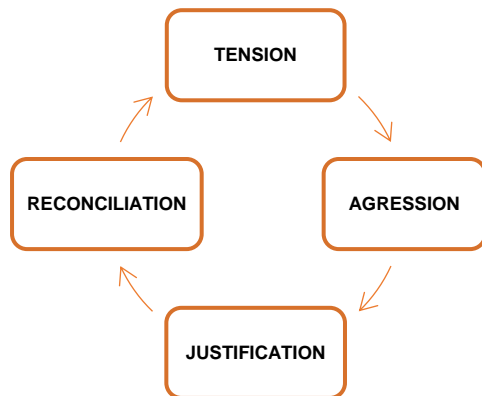
It can sometimes be difficult to distinguish between domestic violence and couple conflict. In all couples, there may be hurtful words, denigrating words and other aggressive behaviours in moments of anger and frustration. Usually, these episodes are occasional and do not fit into a repetitive cycle in which one of the partners dominates the other.

Domestic violence is when such acts are common and part of the couple's relationship dynamics. In addition, there may be the search for control and power over the other that will persist over time. The victim will not dare to speak or openly oppose the partner, out of fear of his or her reactions, consequences or paybacks. Fear and helplessness are important clues to distinguishing domestic violence from couple fights.





THE CYCLE OF VIOLENCE



Domestic violence often occurs within a cycle called the "violence cycle", which has four phases: tension, aggression, justification and reconciliation. This cycle is sneaky, as it gradually sets in long before the effects are felt in an obvious way.

Despite this insidious nature, the people who are victims end up living in a climate of terror created by their partner where they feel fear, shame, guilt, doubt and helplessness.

POSSIBLE CONSEQUENCES

In addition to injuries that can be directly seen in situations of violence, such as bruises, fractures, head trauma, damage to internal organs, or even death, **domestic violence has also been associated with several effects on the mental health of victims and relatives** (ex: child witnesses).

- Post-traumatic stress disorder
- Depression
- Suicidal ideation, attempted suicide and suicide
- Eating disorders
- Self-harm
- Anxiety disorders
- Substance abuse
- Psychosomatic disorders
- Sleep disorders
- Feelings of shame, guilt
- Low self-esteem

IF YOU OR SOMEONE YOU KNOW IS A VICTIM OF DOMESTIC VIOLENCE, DO NOT HESITATE TO ASK FOR HELP. IT IS POSSIBLE TO GET OUT!

Équipe Santé Mentale Jeunesse
Youth Mental Health Team
CIUSSS-ODIM

Douglas
FONDATION
FOUNDATION



RESOURCES

Police 9-1-1

S.O.S. Violence conjugale

514-873-9010 or 1-800-363-9010 / www.sosviolenceconjugale.ca

Shield of Athena Montreal office

514-274-8117 or 1-877-274-8117 / www.shieldofathena.com

Provincial resource helpline

1-888-933-9007 / www.agressionsexuelles.gouv.qc.ca

www.cestpasviolent.com
www.aimersansviolence.com
www.womanabuseprevention.com
www.maisons-femmes.qc.ca

