Legally speaking.....

Did you know

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VIOLENCE IN RELATIONSHIPS

Is violence in a relationship constant?

Not always. Violence may occur in a threephase cycle:

1. Tension Building Phase

One partner may try to calm the other partner to stop the growing anger, staying out of his or her way and trying to meet his or her needs and wants. The partner may feel anxious or responsible for the abusive behaviour.

2. Battering Incident Phase

The abuser's anger rises until he or she loses control. The violent partner often then tries to justify the abusive behaviour and if the other partner moves away from it this may increase the violence. After the incident is over, the abused partner may want to hide before seeking outside help.

3. Honeymoon Phase

The abuser is calm, apologizes, and promises that it will not happen again. Life seems to have returned to normal. This may last for a while but eventually tension builds and the cycle starts all over again.

How common is violence in relationships?

Studies indicate that over a quarter of women are assaulted by a boyfriend or spouse at some time in their lives. Every year, thousands of women are badly injured or killed by their partners. But less than half of women experiencing violence in their relationship ever contact an agency for help.

What are the different forms that violence can take?

Violence in relationships is commonly seen in the following forms:

- Physical assault: hitting, slapping, pushing, shaking, stabbing, murder
- Emotional and psychological: belittling, harassment, swearing, degrading, insulting, restricting access to people or activities, harming a pet, damaging property
- **Economic:**

controlling money and spending

Sexual:

unwanted sexual touching, rape, harassment, making you do sexual things when you do not want to.

For More Information

It is very difficult for people to reach out for help. However, it is important to reassure people experiencing violence that there are resources in most communities available for support and assistance. For more information about these resources see the Resource List for People in Abusive Relationships Information Sheet.

VictimLink BC: 1-800-563-0808, 24-hour confidential telephone line providing help in 117 languages.

Community Resources