

# GLBT TASK FORCE FACT SHEET

## VIOLENT RELATIONSHIPS

### You Are Not Alone

Many people think that violent relationships only happen between men and women; but it can happen to anyone – gay or straight, young or old, rich or poor, female or male. It happens to people of all races and in all cultures of the world.

### It's Not Your Fault

Domestic violence happens when one person believes they can control another person, using certain tactics to establish power through fear and intimidation. It can include, but is not limited to emotional abuse, sexual abuse, and isolation. Also, homophobia or heterosexism within society may enforce the silence that surrounds same-sex domestic abuse.

### You Can Get Help

Nobody deserves to be in an abusive situation. This brochure provides examples of how an abuser may try to establish power or control over their partner. No two abusive situations are the same, and abusers may use many, some or just a few of these behaviors, as well as other kinds of abuse.

### Abuse Tactics

#### *Using Coercion & Threats*

making and/or carrying out threats to do something to harm you • threatening to leave or commit suicide • driving reckless to frighten you • threatening to “out” you to family or work • threatening others who are important to you • stalking

#### *Using Intimidation*

making you afraid by using looks, gestures, and actions • smashing things • abusing pets • displaying weapons • using looks, actions or gestures to reinforce homophobia and control

#### *Using Physical Abuse*

threat or actual use of physical violence • hitting • punching • kicking • biting • choking • pulling hair • slapping • grabbing • twisting arms • tripping • shoving

#### *Using Sexual Abuse*

forcing you to have sex • using unwanted sexual comments, gestures or actions • forcing you to engage in unwanted sexual contacts

#### *Using Emotional Abuse*

making you feel bad about yourself • calling you names • playing mind games • making you feel guilty • humiliating you • questioning if you are a “real” gay or lesbian • reinforcing internalized homophobia • making you feel abnormal about your gender identity • poking fun at you during your transformation

#### *Using Isolation*

controlling what you do, who you see or who you talk to • limiting your outside activities • using jealousy to control you • making you account for your whereabouts • saying no one will believe you because you are gay, lesbian or transgender

#### *Minimizing, Denying or Blaming*

making light of the abuse • saying it didn't happen • shifting responsibility for abusive behavior • saying it is your fault, you deserved it • accusing you of “mutual abuse” • saying women can't abuse women / men can't abuse men

#### *Using Children*

makes you feel guilty about the children • using children to relay messages • threatening to take the children • threatening to tell ex-spouse or the authorities that you are gay, lesbian, bi-sexual or transgender so they will investigate you and possibly take the children

#### *Using Privilege*

treating you like a servant • making all the big decisions • acting like the “lord of the castle” – being the one to define each partner's place or duties in the relationship.

#### *Using Economic Abuse*

preventing you from getting/keeping a job • making you ask/beg for money • interfering with work or education • using your credit cards without permission • not working and requiring you support him/her • putting assets in partner's name only.

# VIOLENT RELATIONSHIPS

## Continued

You deserve a healthy relationship, free of abuse. There are many places to go for help. The following resources are specifically geared towards, or accepting all members of the community including GLBT members.

### Civil Restraining Orders (CPO's)

Any person can obtain a restraining order against another individual if they believe that person may do harm to them or their property. In Ontario for example, when there is a significant risk of post-separation harassment or violence, a civil restraining order can be sought. This permits a court order to be made restraining a person from molesting, annoying or harassing the applicant or a child in a person's care. Such orders can require the abuser to stay a certain distance from the residence or place of work of the applicant, or to refrain from direct or indirect communication. However some evidence of recent violence or harassment is usually required to obtain such an order. Where such remedies are legally applicable on reserve, enforcement may be a problem. The Ontario legislation also provides for orders of exclusive possession of the matrimonial home and its contents. In considering an application for such an order the court is required to take into account a number of factors including any violence committed against the applicant or any children by the other spouse.

To obtain a CRO you can speak to a Justice of the Peace at your local court house. They have the power, based on your testimony to issue a temporary restraining order against the abuser. A formal hearing will be scheduled and a Justice hearing the matter will determine whether or not this temporary restraining order should be lifted for lack of evidence or convert the temporary restraining order into a Permanent Restraining Order.

### Victim Notification Line

This service is for those victimized by an abuser who want to know when an offender is being released into the community. This service is sponsored by the Government of Ontario. They provide some counseling and have an automated service wherein the victim submits information to the automated service about their abuser and the system will automatically dial them and inform them when their abuser is set for release. They also provide referrals to local organizations (shelters, victim assistance programs). To speak to a counselor or to register to be notified of an offender's release, call them at 1-888-579-2888.

### Victim / Witness Assistance

If you are a victim of violence and you want help with your situation or preparing for trial against your abuser, assistance is available by calling 905-645-5272.

## WOMEN'S SHELTERS

Good Shepherd / Martha's House 905-523-6277  
Accepts Children  
(Boys over 13 *may* not be accepted)

Hamilton Native Women's Centre 905-522-1501  
Accepts Children  
(Boys accepted to age 14)

InAsMuchHouse 905-529-8149  
Handicapped Accessible

Interval House of Hamilton 905-387-8881  
Handicapped Accessible  
Accepts Children  
(Boys over 14 *may* not be accepted)

Halton Women's Place (Burlington) 905-332-1200  
Accepts Children  
(Boys over 14 *may* not be accepted)

## MEN'S SHELTERS

Good Shepherd Centre 905-528-9109  
135 Mary Street, Hamilton  
Emergency Shelter for men in need of temporary accommodation.

Mission Services 905-528-7635  
325 James Street North  
Emergency Shelter for men in need of temporary accommodation.

## OTHER RESOURCES

Sexual Assault / Domestic Violence Care Centre  
Hamilton Health Sciences  
1200 Main Street West Room 4B24  
Office Line: 905-521-2100 ext. 73557  
Crisis Line: 905-525-4162  
24 Hour Service Available through Emergency Dept.  
Provides Emergency Medical Care and Forensic Collection  
Follow Up Medical / Forensic Clinic  
Individual Counseling

Nina's Place (Burlington)  
Joseph Brant Memorial Hospital  
1230 North Short Blvd. Burlington  
Office Line: 905-632-3737 ext. 5708  
24 Hour Service Available through Emergency Dept.  
Sees victims of Domestic Violence: Recent episode of intimate partner abuse.  
Sexual Assault: Recent Episode (72 hours)  
Provides Emergency Care, Crisis Counseling, referral to community agencies including counseling and shelters, collection of forensic evidence and photography where indicated.