

Look before you leap and seek the help that is available to you such as:

- Community and elder mediators
- Close relatives as mediators
- The leader of your place of worship
- A close confidant or friend
- Become familiar with Canadian law
- Seek peer counselling

Abuse Free

www.blainn.cc/abuse-free//

This is an online support group for recovering spousal abusers.

B.C. Association of Counsellors of Abusive Men

1-800-360-8315 This is a network of counsellors who work with men that are abusive in their relationships.

CAMH Center for Addiction & Mental Health

1-800-463-6273 www.camh.net

John Howard Society of Canada
1-613-384-6272

www.johnhoward.ca This is a not-for-profit organization that has branches across Canada. The mission of this organization is to assist adult men in conflict with the law and/or at risk of coming into conflict with the law.

Disclaimer: This publication contains general information only. It is not a substitute for getting legal advice about your particular situation. This project was proudly funded by Citizenship and Immigration Canada.



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northstar
immigration consulting

"If I had only known..."

Men Speaking to Men about Family Violence

[Image]

Read to reap knowledge...

This brochure provides you with information and resources to prevent family violence against women. These brochures were developed by the Somali community for the Somali community through working groups and focus group discussions and through information from the Justice Canada website.

*Are you hurting the people you love?
Are you having difficulty adjusting to life in Canada?*

Is there a lack of communication between you and your wife?

Are you being a good role model to your children?

Are you afraid of losing your family?

In this brochure, there is important information on ABUSE and the consequences for engaging in behavior that is disrespectful, hurtful and destructive. This brochure provides you with information and resources to prevent abuse and family violence or seek help.



Forms of Abuse

1. Physical abuse
2. Sexual abuse and exploitation
(being used for a sexual purpose)
3. Neglect
4. Psychological or emotional abuse
5. Economic or financial abuse

The Criminal Code of Canada defines specific legal consequences for crimes associated with certain categories of abuse, such as assault, sexual assault and criminal harassment.

In recent years, a series of amendments have been made to the Criminal Code to strengthen the laws related to spousal abuse. In addition, a number of provinces have put in place specific family violence legislation that provides additional protective measures, such as emergency intervention orders, for victims of spousal abuse. Other non-legislative measures have been implemented including the introduction of mandatory charging policies, which require police in all jurisdictions to charge offenders.

For detailed information, please refer to the Justice Canada website at:
<http://www.justice.gc.ca/eng/pi/fv-vf/about-aprop/index.html>

Possible Criminal Charges:

The Criminal Code does not have a specific "family violence" offence. However, an abuser can be charged under the Criminal Code as follows:

- Assault causing bodily harm
- Sexual assault or sexual assault with a weapon
- Sexual assault causing bodily harm
- Criminal harassment (sometimes called "stalking")
- Uttering threats, Mischief, and Intimidation
- Violation of a protective court order, such as a peace bond or a probation order
- Attempted murder, or murder

Potential Consequences:

- Trouble with the law (criminal record)
- Increased likelihood of unemployment (inability to provide for family)
- Family separation and/or break down
- Loss of respect in the community, increased likelihood of children becoming delinquent (learn from you)
- Possibility of committing suicide, hurting your family and yourself
- Stress, depression, and you may be deported

Abusive Behaviours

- Excessive drug and alcohol use that can lead to aggressive behaviour (i.e. Kat, alcohol etc.)
- Not showing tenderness and care towards your family, obsessive and controlling behaviours
- Threatening to harm yourself and your family members
- Humiliating, or belittling your wife, threatening to leave your wife if she does not obey you
- Neglecting your family's needs
- Leaving all children's upbringing responsibilities to your wife
- Making all important household decisions without consulting your wife
- Intimidating your wife by showing anger and disrespect
- Forcing your wife to have sex
- Not allowing your wife to go to school or have a career
- Controlling access to your wife's personal belongings (legal, financial or immigration documents), checking your wife's mail, e-mail and monitoring telephone, conversations without her consent

IT'S TIME FOR CHANGE. IT'S TIME TO STOP!

Abusive behaviour is a choice. The offender's actions are not accidental. They are chosen with the intent of controlling another person. Since abuse is a choice, the offender can choose to act non-abusively. *Abusive behaviour is the sole responsibility of the abuser.* There is nothing a victim does that provokes or contributes to abusive behaviour. There is no shame in asking for help.

Somali Poem:

*Gentlemen are those men that are gentle and caring towards their wives,
She is pure and tender
...hurt her not
Hold her tenderly,
Walk with her in grace
He, who does not play safe,
will end up in trouble
Obey the law so that you won't end up in jail.*

-Common folklore saying