

## *To promote equality*

*Equality is the contrary of power and control. In addition, to have a healthy relationship with no violence, a couple who is in a relationship of equal terms should :*

Look for conflict resolutions that satisfies both in the couple and be ready to make compromises for each other.

They are positive and understanding of each others emotions. They listen to each other without judgement.

They support mutually their life objectives and respect the right of the other to have their own emotions, activities and opinions.

They share parental responsibilities, and they are a non violent positive example for their children.

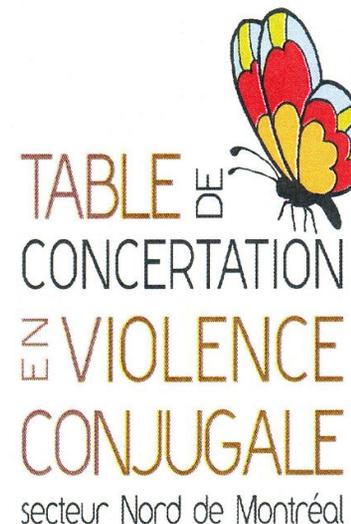
They distribute the house chores in an equal way, and make important decisions together.

They make monetary decisions together, and they make sure that both partners in the couple will have advantages in the financial arrangements.

They recognize when their fights become violent and they communicate openly and honestly about this subject.

They ask for help and use community ressources to obtain information and support.

# Facing duality – War Violence & Domestic Violence



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### **Duality of the violence:**

Many experiences of distress during the process of being a refugee.

Domestic Violence

To learn and know all the rights as a refugee and all the resources to stop the violence

Anglais

# Domestic Violence

Domestic violence is an abusive exercise of power in which one of the partners in the couple controls the other partner using different methods to maintain the person in an inferiority state and to force them to adopt behaviours following his wishes.

Domestic violence results in many repetitive actions that follow a cycle which increases and it includes :

- Pressure and threats
- Intimidation
- Psychological Violence
- Isolation
- Using the children
- Invoking masculine privilege
- Economic abuse

*Violence done towards women does not always include physical violence.*

## Some risk factors of Domestic Violence

- Social Isolation and no knowledge of the languages of the welcoming country.
- Family separation and tension around the upbringing of children.
- Employment or social power and economical independence of the woman.
- Professional underqualification and precarious status.
- Drug and alcohol consumption of the violent partner.
- Exclusion, marginalisation and discrimination.
- Un-employment of the violent partner.
- Economical difficulties and stressful agents associated.

### **Violence is never acceptable!**

In case of emergency do not hesitate to contact

**SOS Violence conjugale (Domestic Violence)**

1 800 363-9010

(24 hours over 24 / 7 days over 7)

**Service de police de la Ville de Montréal (SPVM)**

**Montreal's city police service**

dial 911

# Power and control exercised over immigrant women

Adaptation de Power and Control Wheel, Domestic Abuse Intervention Project, Duluth, Minnesota

## **Physical abuse**

- To push, hit, kick, and grab her hair in an aggressive manner.
- To twist her arm, to bite her, to make her fall, and to use a weapon against her.

## **Isolation**

- To isolate her from her friends, family or people who speaks her native language.
- To not allow her to learn French.

## **Emotional Aggression**

- To lie about her immigration status.
- To write lies to her family about her.
- To insult her with racist words.

## **Economical abuse**

- To threaten the woman to report her to immigration if she is working illegally.
- To not allow her to follow work training or to study.

## **Sexual aggression**

- To insult her telling her she is a prostitute or a whore.
- To accuse her of having a participating in prostitution in the process of doing her legal papers.

## **Using the children**

- To threaten to take the children and take them out of the country.
- To threaten to report their children to immigration.

## **Intimidation**

- To hide or to destroy important documents (For example : passport or medicare card etc.)
- To destroy the only things that she has left from her country of origin.

## **Using their privilege of being a citizen or a resident**

- To not fill the necessary documents to legalize her immigration status.
- To take away or threaten to take away the papers he filled to obtain her permanent residence.

## **Threats**

- To threaten her with deportation and denouncing her to immigration.
- To threaten her with taking away her request to regularize her immigration status.