

## Family Violence: Building a Definition



Community Initiatives against Family Violence uses the following definition of family violence:

Family violence describes a systematic pattern of abusive behaviours within a relationship that is characterized by intimacy, dependency and/or trust. The abusive behaviours exist within a context where their purpose is to gain power, control and induce fear. Abusive behaviour can take many forms including verbal, emotional, physical, sexual, psychological (e.g. destruction of pets and property), spiritual, economic, violation of rights, and exploitation through neglect.

[http://www.ciafv.com/wd\\_def-fv.htm](http://www.ciafv.com/wd_def-fv.htm)

This definition recognizes many aspects of family violence that include all members of society from children to seniors, in relationships that include dating, cohabitating, marital, child-parent, and caregiving.

### How widespread is the problem?

The true scale of the incidence of child abuse is difficult to assess, as only the most extreme cases tend to come to the attention of the professional community. The nature of the problem, its secrecy and shame, and the young age and dependency of its victims all serve to lessen voluntary reporting. The failure to recognize child abuse, and in some cases the failure to acknowledge its reality, leads to non-reporting. Furthermore, while the number of child abuse cases handled by social agencies can be calculated, the actual incidence of undiscovered and unreported abuse can only be estimated.

### Terminology

Throughout this module, certain terms will be used interchangeably:

- **Victim, survivor:** the individual who has been victimized by family violence, or has survived a relationship where family violence occurred.
- **Offender, abuser, perpetrator, “person who uses abusive behaviour”:** a person who uses power and control to abuse another.
- **Family violence, domestic violence, domestic abuse.**

## Types of abuse

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### *Psychological/Emotional Abuse*

One incident of physical assault is subject to investigation by the police. By contrast, emotional abuse, even over a prolonged period, is not. However, this doesn't make it less damaging for the victim.

Psychological abuse tactics cause emotional pain and injury. The person who uses abusive behaviour employs emotional or mental attacks, including:

- **Verbal abuse:** name calling and putdowns; yelling or swearing; ignoring partner's feelings; humiliating and making fun of partner in front of others; blaming partner; using the children to manipulate the victim; minimizing, denying, or lying about the abuse.
- **Isolation:** telling the abused person where they can and cannot go; preventing or making it difficult for the abused person to see friends or relatives; monitoring phone calls; calling to cancel victim's class/work or forcing the abused person to cancel.
- **Manipulation:** using guilt, fear, or shame to have the abused person do as the abusive person wishes; issuing subtle threats that cannot be understood or interpreted by others (e.g. sends red roses after telling the victim that he would put red roses on her grave); threatening suicide.
- **Financial/economic abuse:** withholding or taking money; creating debt in the name of the abused person while assets are held in the abuser's name; limiting or preventing access to bank accounts; selling or damaging the abused person's possessions; interfering with the abused persons' work or preventing them from working; sabotaging the abused person's efforts to better themselves (e.g. going to school or a training program).
- **Spiritual/cultural abuse:** refusing to allow the victim to practice their religion/culture; refusing access to ESL classes; criticizing the victim's religion/culture; denying access to religious or cultural events and celebrations; forcing the victim to behave in a manner contrary to their religious or cultural beliefs.

### *Physical Abuse*

Physical abuse tactics include a wide range of physical assaults by the individual who uses abusive behaviour to cause pain or physical injury to the abused person's body.

Examples of physical abuse include:

- **Intimidation:** making angry or aggressive gestures or threats; using physical size to intimidate (e.g. standing in the doorway during arguments); driving recklessly when the abused person and/or the children are in the vehicle; referencing the violence of others (e.g. "I'll OJ you").

- **Destruction:** destroying possessions; punching walls; throwing or breaking objects.
- **Harming pets:** threatening to torture or kill a pet; forcing the abused person or the children to torture or kill the pet; torturing or killing a pet.
- **Assault with a weapon:** using guns, knives, cigarettes, ropes, Tasers, belts, etc. against the abused person; threatening use of weapons; keeping weapons around to frighten.
- **Physical violence:** slapping, punching, grabbing, kicking, pushing, biting; forcing improper dress in bad weather; burning (e.g. cigarettes or stove elements); depriving the abused person of food, water, medical care, or sleep; choking or suffocating the victim (this is a significant risk factor in domestic homicide).

Physical violence may occur only once, but the power of that experience serves to control the person who is abused well into the future. Body language—such as a “look”, a nod, cracking knuckles, touching a shoulder—may go unnoticed by others but will convey a powerful message to the abused person. Often, once is enough.

### Sexual Abuse

Sexual abuse tactics, which cause both physical and psychological harm, include physical attacks on the breasts and/or genitals, and forced sexual activity. Examples include:

- Unwanted sexual touching or fondling
- Lack of respect for privacy
- Sexual relations that the partner does not freely agree to
- Unsafe sexual behaviour
- Humiliating, degrading, or painful sexual acts
- Forced sex with people outside the relationship
- Sexual activity immediately following a physical assault
- Forcing sex (rape)
- Refusing to use birth control
- Forcing fantasies
- Having affairs
- Becoming angry and demanding when denied sex

### Stalking

Individuals who use abusive behaviour will stalk to reinforce how accessible the partner or loved ones are. Some examples of stalking behaviours:

- Sending cards, gifts, emails or other cryptic messages to work, home, or others

- Vandalizing, breaking into, or stealing from partner's home, car or workplace
- Taking partner's mail, retrieving email and voice mail messages

Stalking is identified as Criminal Harassment under federal law, which is qualified to mean when there have been two occurrences of stalking behaviour. A murder committed in the course of a stalking event is considered first degree murder.

## Child Abuse

In the teen years, being legally defined as a "child" varies from province to province, and ranges between 16 and 19 years of age. Abuse happens to both boys and girls, and from infancy to late adolescence.

Child abuse includes the physical, emotional, or sexual mistreatment or neglect of a child by a parent, guardian, or caregiver which may result in physical injury or emotional and psychological harm to the child. Both boys and girls are at risk, as well as children and young people who are physically and developmentally challenged.

Our understanding of children's needs is changing and improving steadily. As a result, some practices that were once thought normal are now considered to be abusive. Although we are also able to categorize different forms of abuse, it is important to remember that a child experiencing one form of abuse may also be experiencing other forms.

## Legal definitions

Alberta's legal definition of child abuse is found in the Alberta Child, Youth and Family Enhancement Act and in Canada's Criminal Code. These acts define what behaviours and conditions require the police or Child and Family Services authorities to investigate.

There are four legally defined kinds of abuse:

- **Neglect:** any lack of care that puts a child in danger or harms their development. This encompasses both physical neglect—such as not providing adequate food, clothing, shelter, health care, or protection—and emotional neglect, such as not meeting a child's needs for affection and belonging.
- **Emotional abuse:** any behaviours or living situations that can cause emotional injury, including:
  - Exposure to violence or severe conflict
  - Chronic alcohol or drug abuse by the child's guardian or other occupants in the child's residence

- Rejection
- Inappropriate criticism, threats, humiliation, accusations, or expectations of a child
- **Physical abuse:** any force used against a child on purpose that results in physical injuries (e.g. broken bones, bruises and burns), whether it is repeated or only occurs once.
- **Sexual abuse:** any introduction of a child to sexual contact, activity or behaviour. This includes sexual touching, sexual intercourse, taking advantage of a child sexually, or exposing a child to sex. In most cases, the sexual abuse of a child is by someone the child knows. Sexual abuse also includes sexual exploitation, including distributing, selling or making child pornography; using the Internet to attract a young person for sexual purposes; and forcing any minor into prostitution.

For more detailed legal definitions, see “Family Violence: The Law”, another document in this module.



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