



What is Family Violence?

Family violence means an abuse of power within a relationship of family, trust or dependency, and includes many forms of abusive behavior. Examples include emotional abuse, psychological abuse, criminal harassment, neglect, financial exploitation, destruction of property, injury to pets, physical assault, sexual assault and homicide.

Family violence has both short and long term effects. Children who witness violence in the home suffer emotional abuse as a consequence.

Abusive behavior often results in the person feeling afraid and controlled.

Who is Affected by Family Violence?

Family violence happens in all cultural, racial, and religious groups and at all income and rank levels.

Why Is the DND/CAF Concerned with the Issue of Family Violence?

Family violence in any form is a priority issue within the Canadian Armed Forces.

Family violence is a very private and emotionally charged issue. It is a difficult topic to talk about.

Individuals may still be too fearful to come forward and seek assistance for issues related to violence and/or abuse.

The unfortunate part of this scenario is that a problem left unaddressed, can escalate.

The Canadian Armed Forces is committed to raising awareness and strengthening its response to family violence through accessible resources, prevention and support services.

Not Sure If You Need Help?

Your relationship is abusive if either partner:

- Dominates or controls the other
- Keeps the other isolated
- Uses insults or put-downs
- Damages the other's property
- Shows extreme jealousy or possessiveness
- Pushes, hits, throws things, chokes or physically restrains
- Forces sex
- Limits access to money

Where To Go For Support in the CAF:

- Base/Wing Family Crisis Team
- Military Police
- Chaplains
- Social Work Officers
- Medical Officers
- CFMAP: 1-800-268-7708
- Family Info Line 24/7 1-800-866-4546

Where To Go For Support outside the CAF:

- Military Family Resource Centre
- Emergency Services
- Shelters
- Victims Services
- Rape Crisis or Sexual Assault Support Centers
- Social or Family Service Agency
- Children's Aid Society
- Hospitals

Family violence is a very private and emotionally charged issue. It is a difficult topic to talk about. Take A Stand. Make the call. [All inquiries will be kept in strictest confidence]

Take A Stand!

Family Violence Prevention

General Awareness

If you are experiencing or witnessing family violence...seek help!

