



Take A Stand!

Family Violence Prevention Guidance For CAF Families

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.

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

There are Many Kinds of Abuse

Physical Abuse includes hitting, pulling, pushing, pinching, slapping, shaking, squeezing, arm-twisting, using a weapon, and threatening to assault.

Sexual Abuse includes forcing anyone to have sexual relations against their will, any unwanted touching, or kissing. Anyone always has the right to say "no."

Social Abuse includes not giving a person space or privacy, treating them like a servant, controlling what they do, who they see, who they talk to and where they go.

Emotional Abuse includes yelling, intimidation, making a person think they are crazy or stupid, insulting, name-calling, blaming, and overpowering their emotions.

Family Violence Prevention and the Canadian Armed Forces (CAF)

Family violence in any form is being addressed within the Canadian Armed Forces. It has an impact on the whole community, not just the family involved. The unfortunate part is that family violence left unaddressed, can escalate.

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

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:

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

Or contact a member of your local Base/Wing Family Crisis Team, which includes representation from:

- Military Family Resource Centres
- Social Work Officer
- Chaplain's Office
- Military Police
- Health Promotion
- Local Health Promotion Contact Information

Family violence is a very private and emotionally charged issue. It is a difficult topic to talk about. Take A Stand! Make the call! Contact your local Military Family Resource Centre. They can help. [All inquiries will be kept in strictest confidence]

