



# Understanding Family Violence Within the CAF

## Family violence is a complex issue that can include:

- Emotional, psychological and physical abuse
- Neglect or withholding of affection or attention
- Financial and resource control
- Sexual violence and coercion
- Social isolation, yelling, name-calling

## Warning signs and red flags include:

- Negative partner reactions to an expression of needs
- Dismissing a partner's facts, reasoning or logic (gaslighting)
- Behaviours indicating arrogance and entitlement
- Communication issues (difficulty in articulating arguments and sharing feelings)
- Contempt toward a partner (disrespecting, scorning, belittling)

## Common feelings that accompany family violence include:

- Doubt, shame, embarrassment and fear of stigma
- Reluctance to report or approach service providers
- A sense that the situation is a personal matter
- Fear of repercussions

## Acknowledging family violence can lead to:

- Acceptance, honesty and healing
- A new understanding of relationship dynamics
- A sense of trust and reliance on the community
- The first and key step to resolution

## Knowing who to turn to:

- The Canadian Armed Forces (CAF), Military Family Resource Centers (MFRCs) and Military Family Services (MFS) offer a variety of supports developed with the unique needs of military members, Veterans, and families in mind
- These targeted supports include financial counselling, emergency grants, mental health counselling, emergency child care, spiritual support, and more
- There are many ways in which these supports can be accessed, including virtual and self-service options, online education, peer support groups, and connecting with community-based and civilian services

## SAFETY TIPS

**Develop a plan in case you need to leave suddenly**

**Get help – call a friend, family member, chaplain or a neighbour**

**In an emergency, be ready to contact the Military Police or 911**

**LEARN MORE.**

