

Help, information and referrals

FOR VICTIMS

S.O.S. Violence conjugale,
call toll free: **1-800-363-9010**

www.sosviolenceconjugale.ca

Shelter referrals

INFORMATION ON CRIMINAL LEGAL

PROCEDURES AND VICTIM ACCOMPANIMENT

Crime Victims Assistance Centre (CAVAC),
at **1-866-LECAVAC (1-866-532-2822)**

www.cavac.qc.ca

FOR VICTIMS AND ABUSIVE PARTNERS

Centres de santé et de services sociaux (CSSS)

www.msss.gouv.qc.ca

FOR ABUSIVE PARTNERS

À cœur d'homme, call toll free: **1-877-660-7799**

418-660-7799

www.aceurhomme.com

FOR MORE INFORMATION ON THE ISSUE

Institut national de santé publique du Québec

www.inspq.qc.ca

FOR ADDITIONAL COPIES OF THIS PAMPHLET

Secrétariat à la condition féminine,
call **418-643-9052**

www.scf.gouv.qc.ca

Secrétariat
à la condition
féminine

Québec

Safety plan

HAVING A SAFETY PLAN IN A DOMESTIC VIOLENCE SITUATION WILL HELP YOU TO TAKE THE NECESSARY STEPS TO ENSURE YOUR SAFETY. HERE ARE SEVERAL TIPS TO HELP YOU PREPARE FOR VARIOUS SITUATIONS.

WHAT YOU CAN DO BEFORE A VIOLENT INCIDENT:

If you believe that your partner or your former partner might become violent, you can prepare yourself in advance by doing a number of things.

PREPARE YOURSELF BY DOING

THE FOLLOWING THINGS:

1. Keep a suitcase, box or bag in a place where you can grab it quickly and easily. Whenever possible, keep the following things in the container:
 - An extra set of house and car keys
 - Cash in small denominations as well as change for taxis or telephone calls
 - IDs: passport, social insurance card, birth certificates (yours and your children's), immigration papers, citizenship card, and aboriginal status card
 - Driver's licence and vehicle registration
 - Your health insurance card and immunization record, as well as those of your children
 - Bankbooks, cheques, credit cards, and mortgage or other loan papers
 - Lease, property deeds, business or partnership agreements, rent or mortgage payment receipts
 - Address book
 - A photo of your partner or former partner to help identify him
 - A list of other items that you can pick up later
2. Make sure that your purse, wallet, IDs, keys and other emergency items are located where you can easily and quickly grab them (a location known only to you), so that you can leave the house in a hurry.
3. Open a separate bank account in your name, and have the statements sent to another address (a friend or family member's address) so that your partner cannot see them.
4. Check the balance often in your joint account so that you can withdraw your half quickly.
5. You can help your children get to safety by showing them a meeting point where you can all gather. Teach them the number of the local police station, and tell them to call 911 when there is an emergency (accidents, blows or injuries inflicted on them or you, or when they feel that they are in danger).
6. Regularly review and update your safety plan.

DO SOMETHING. BE PREPARED.

Have a safety plan so you can escape from a violent situation.

**DOMESTIC VIOLENCE
IS UNACCEPTABLE**



**Break
the silence**

domesticviolence.gouv.qc.ca

Québec

Domestic violence: what is it, exactly?

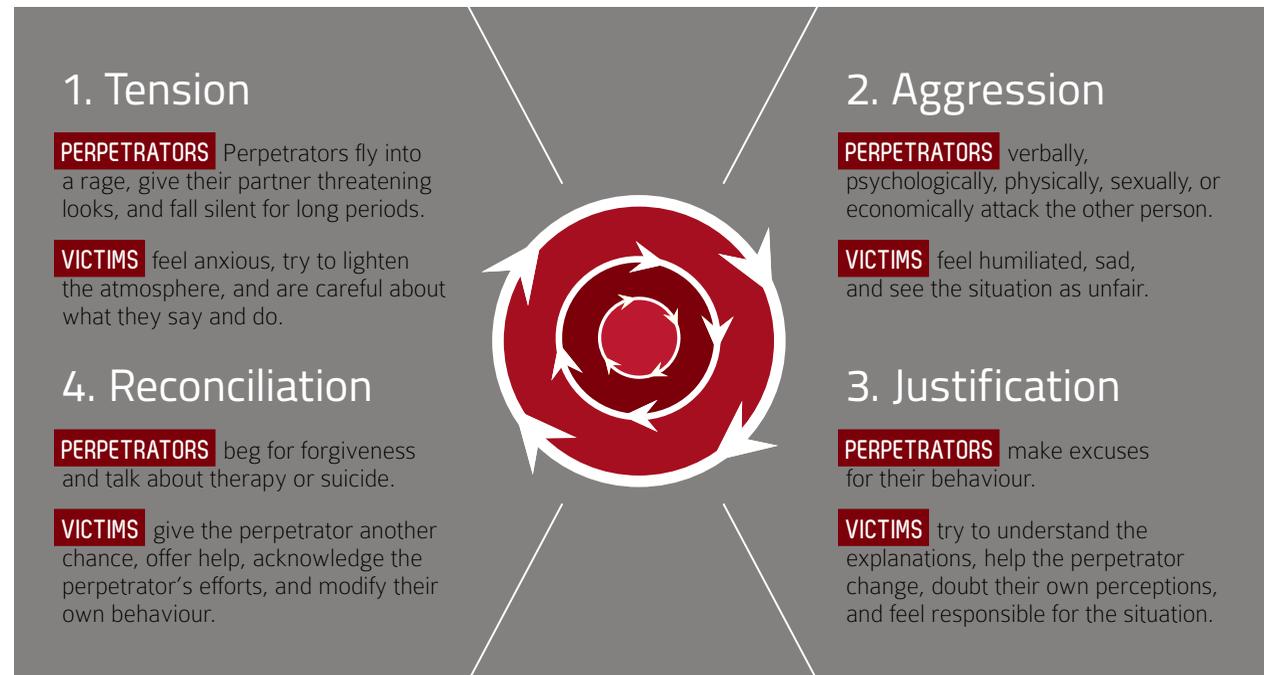
DOMESTIC VIOLENCE ALWAYS OCCURS IN THE CONTEXT OF A CURRENT OR PAST LOVE RELATIONSHIP.

This form of violence, which undermines the victim's integrity, includes a multitude of day-to-day behaviours: verbal threats, harassment, superficial slaps, serious injuries, and sexual assault, as well as psychological and economic violence.

Domestic violence is a means of controlling another person, and is not due to a loss of self-control.

Perpetrators use a series of strategies that aim to dominate their victims and prevent them from leaving. The cycle of violence recurs in four stages.

Help break the cycle of domestic violence.



Sources: La violence conjugale... *C'est quoi au juste?*, by Regroupement provincial des maisons d'hébergement et de transition pour femmes victimes de violence conjugale, and *Craignez-vous votre conjoint? Comment identifier les situations risquées?*, by Fédération des ressources d'hébergement pour les femmes violentées et en difficulté du Québec and Centre de recherche interdisciplinaire sur la violence familiale et la violence faite aux femmes (CRI-VIFF).

What can I do to help a victim of domestic violence?

The role of witnesses and family members is crucial. You need to help victims break the silence. You can help people trapped in the cycle of domestic violence by:

- Listening to what they have to say
- Directing them to resources that provide assistance
- Informing them of possible safety plans
- Keeping in touch with the children, if there are any.

BUT THE MOST IMPORTANT THING IS TO DO SOMETHING.

You have the power to help because you have the clarity of mind and strength that the victim needs. Take the first steps with her, and provide her with useful information. Resources are there to help you; don't hesitate to use them.



The main types of crimes committed in a domestic context in Québec are as follows:

- Assault
- Threats, false imprisonment
- Criminal harassment
- Armed assault causing bodily harm
- Sexual assault
- Homicide and attempted homicide

Source: *La criminalité commise dans un contexte conjugal, 2013, Ministère de la Sécurité Publique*

WHEN YOU WITNESS DOMESTIC VIOLENCE, CALL 911. IT'S THE RIGHT THING TO DO.

What happens when you call the police to report domestic violence?

The victim's safety is at risk, so you can be sure that the police will take what you say seriously and respond quickly.

Police officers are trained to respond quickly to assist victims.

Effective approach techniques are used to ensure the safety of witnesses and persons in distress.

These methods are also used to maintain control over risky situations or to control a dangerous person.

Police officers might ask you to give an oral and written account of what you heard or saw.

Notifying the police about domestic violence does not necessarily mean that you will need to testify in court.

For more information on legal procedures, go to the Éduloi website at www.eduloi.qc.ca/capsules/la-chambre-criminelle-et-penale-de-la-cour-du-quebec-procedure

Domestic violence is a crime

CRIMINAL ACTS COMMITTED IN A DOMESTIC CONTEXT

18,885 domestic violence crimes were reported to the police.

79% of the crimes were committed against women, and **21%** were committed against men.