

# Domestic Violence



TM/MD

## Victim Services of Kingston and Frontenac

c/o Kingston Police, 705 Division Street, Kingston, Ontario K7K 4C2

Telephone: 613-548-4834 Fax: 613-547-6674

[www.victimserviceskingston.ca](http://www.victimserviceskingston.ca)

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## Also Available



## And more...



**Crisis Line:**  
(613) 546-1777 or 1 (800) 267-9445

**Office:**  
(613) 546-1833 or (613) 546-4136



**Crisis Line:**  
1-866-863-0511



**Crisis Line:**  
1-877-336-2433

## Cycle of Abuse

Domestic violence often occurs in a cycle. Understanding the cycle of violence is the first step towards breaking the cycle

### 4. Calm

- This phase is often referred to as the honeymoon phase
- No abuse is taking place
- The victim remains hopeful that abuse will not reoccur

### 1. Tension Building

- Stress begins this phase of the cycle (finances, job etc)
- These stressors cause the abuser to feel as though they are powerless which causes them to act out toward their partner.
- In this phase, victims try to please their partner to keep tensions at a low and keep the calm.

### 3. Reconciliation

- This phase consists of apologies, excuses, blame and denial.
- Actions are often minimized and blame is placed on the victim

### 2. Incident

- This is when the tension leads to a verbal, physical or sexual attack
- This may be once or multiple times
- This abusive behaviour is always intentional, not an accident.
- The actions are intended to control, have power over, hurt or humiliate an individual.

## Signs of Abuse

Abusive partners often display similar behaviours.

Be aware of the behaviours listed below to recognize abuse in its earliest stages.

- Yells at you or makes you feel guilty, depressed or bad
- Threatens you
- Acts jealous
- Pushes, slaps, hits, kicks, chokes or bites you
- Ruins your belongings
- Makes you feel as though you have to walk on eggshells around them
- Blames you for their actions
- Makes fun of you

- Forces you into sexual acts
- Becomes easily angered, shows a bad temper, "lose it"
- Strikes fear into you with their expressions
- Plays mind games or makes you feel like you are "crazy"
- Controls who you see or what you do
- Denies abusing you
- Uses children to make you feel guilty

## Self-Care Tips

Making sure basic needs are met is the foundation of self-care. Do you get adequate sleep? Do you eat regular meals? Is physical activity part of your daily life? There is no wrong way to care for yourself; think about what feels right for you and your situation.

If you've got the hang of meeting basic needs, try brainstorming other activities that you might enjoy doing, or that you once enjoyed but haven't done in a while. Here are just a few examples: reading a book, taking a walk, drinking a cup of tea, knitting, drawing, painting, cycling, swimming, watching a funny movie, taking a bath, talking to a friend, baking, taking three deep breaths, meditating, volunteering, taking photos... What matters is finding what works for you.

## Risk Assessment

In Domestic Violence situations, emotions are high. If you are choosing to remain with your partner, that is ok. We want you to be able to assess the situation yourself as well. Below is are a few questions from the Ontario Domestic Assault Risk Assessment to help you assess your situation. The more yes answers you have to those questions, the more likely the abuse is to escalate quickly and the more danger your life is in. Following these questions is a more comprehensive risk assessment.

	Yes	No
Has your abuser threatened to commit suicide if you leave?	<input type="checkbox"/>	<input type="checkbox"/>
Does your abuser own or have access to weapons?	<input type="checkbox"/>	<input type="checkbox"/>
Has the abuse escalated?	<input type="checkbox"/>	<input type="checkbox"/>
Are you pregnant or think you might be pregnant?	<input type="checkbox"/>	<input type="checkbox"/>
Has the abuser ever threatened to kill you or your children?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have pets in the home that your abuser has threatened to harm/kill?	<input type="checkbox"/>	<input type="checkbox"/>
Has your abuser ever attempted to strangle you?	<input type="checkbox"/>	<input type="checkbox"/>
Are you aware of previous charges against your abuser involving violence?	<input type="checkbox"/>	<input type="checkbox"/>
Has your abuser isolated you from family and friends?	<input type="checkbox"/>	<input type="checkbox"/>
Has your abuser ever stalked you?	<input type="checkbox"/>	<input type="checkbox"/>
Have you recently left your abuser or attempted to?	<input type="checkbox"/>	<input type="checkbox"/>

Completing a risk assessment providing information regarding past violence may be able to help you or your support network understand the best safety route for you and your children.



## Immediate Screening

	Yes	No	N/A
1. Have you received a referral to Kingston General Hospital's Sexual Assault/Domestic Violence Program?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you recently left your abuser? *	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Has your abuser recently left the home?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Does your abuser own or have access to weapons? *	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
a. If yes, has your abuser ever used a weapon to threaten or assault you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Has the abuse escalated? *	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you have children? *	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
a. If Yes, are they safe?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. If Yes, is Family and Children Services involved?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Are you pregnant or think you might be pregnant? *	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Has the abuser ever threatened to kill you or your children? *	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you have pets in the home that your abuser has threatened to harm/kill? *	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you have a disability of which we should be aware of?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Risk Assessment Checklist

	Yes	No	N/A
<b>Injuries</b>			
11. Have you ever been injured by your abuser?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Have you experienced any injuries to your head?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Has your abuser ever attempted to strangle you? *	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Are you fearful for your life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Areas of Risk</b>			
15. Has the police been involved, now or in the past, in regards to the relationship?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Are you aware of previous charges against your abuser involving violence? *	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Do you have family or criminal court involved?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Are you employed or in school?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Does your abuser know the location and hours of your work/school schedule?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Is your employer/school aware that you are being abused?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Do you feel safe traveling to and from work/school?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Is your abuser employed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Has your abuser isolated you from family and friends? *	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Has your abuser ever stalked you? *	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. Are you concerned your abuser is showing signs of depression, suicidal intent, homicidal intent?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. Is excessive substance use affecting your relationship? *	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. Has your abuser threatened to commit suicide if you leave? *	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. Are there immigration issues?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
a. If Yes, are these concerns preventing you from calling the police?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Risk Assessment Checklist

Yes No N/A

### Housing/ Community Support

30. Do you share a bank account with your abuser?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
a. Does your abuser have a copy of your bank card, or access to your bank account?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Do you and your abuser own a business or property together?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Does your abuser control the finances?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Do you have easy access to cash or credit cards of your own?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. Does your abuser possess any of your or your children's ID cards?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32. Do you have a supportive network of friends/family nearby?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33. Do you rent or own your residence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
a. Do you have the deed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34. Do you have access to transportation?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35. Do you own your own car?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
a. Is the insurance/registration in your name?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36. Do you have a family physician?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
a. Do you feel comfortable disclosing to the physician?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37. Do you have a counsellor/therapist/psychiatrist/social worker?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38. Are you familiar and/or connected with local services for victims of domestic violence?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39. If you feel unsafe, are you open to relocating?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Social Media/ Technology Safety

40. Has your abuser ever harassed or stalked you on social media?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
41. Does your abuser have access to any of your social media accounts or e-mail?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
42. Do you have a working cell phone?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
a. Does the abuser know the password?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
43. Do you know how to adjust your privacy settings on social media accounts and devices?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
44. Are you aware of GPS tracking capabilities on your phone?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NOTICE: Asterisks (\*) imply highest risk

Notes:

## Planning for a safe exit

Leaving an abusive relationship can seem overwhelming. Women often leave several times before finally deciding to end the relationship. There are many complicated reasons why it is difficult to leave an abusive partner. You may have doubts or fears or just feel overwhelmed at the thought of leaving. That's normal. Many abusers get even more violent after their victims leave. Look below for a safety plan, or contact Victim Services (613-548-4834) or Kingston Interval House (613-546-1777) for help in planning for a safe escape.

## Emergency Bag

Preparing an emergency bag can be helpful if you plan to leave. Keep this bag somewhere safe with a trusted friend or family member. You should leave immediately if you have safety concerns. Only get your bag if you are able to do so safely. You should include:

- |  |  |   |
|--|--|---|
| <ul style="list-style-type: none"> <li>• Extra sets of keys</li> <li>• Medications and prescriptions</li> <li>• Change of clothes</li> <li>• Special or valuable items,</li> <li>• Children's important items</li> <li>• Vaccination records</li> <li>• Change of clothes</li> </ul> | <p>In your purse and wallet, you want:</p> <ul style="list-style-type: none"> <li>• Debit and credit cards</li> <li>• Some cash</li> <li>• OHIP and Drivers License</li> <li>• Cheque book</li> <li>• Social Insurance Number (SIN)</li> <li>• Cell phone and charger</li> </ul> | <p>Photographs or copies of:</p> <ul style="list-style-type: none"> <li>• Birth certificates</li> <li>• Marriage certificate</li> <li>• Car registration</li> <li>• Insurance documents</li> <li>• Court orders</li> <li>• Mortgage or lease</li> </ul> |
|--|--|---|

## Resources to help you

### Victim Services of Kingston and Frontenac

Services include:

- Risk Assessment and Safety Planning
- Advocating on your behalf
- Referral to community services
- Access to the Victim Quick Response Program (practical assistance and counseling)
- Emotional Support

**Phone: 613-548-4834**

### Kingston Interval House

*Secure women's (and children's) shelter*

Services include:

- Emergency Shelter and Transitional Housing
- Crisis Phone Line
- Risk Assessment and Safety Planning
- Outreach Program
- Access to free 2 hours legal certificates

**Office: 613-546-1833**

## Family Law Information Centre

At the FLIC you can find information about separation and divorce and related family law issues, family justice services, alternative forms of dispute resolution, local community resources and court processes. Information and Referral Coordinators (IRCs) are available at designated times to help you understand your needs and to make referrals to appropriate services. IRCs can give you information about family mediation and other ways to solve your issues without going to court.

**Located at** 469 Montreal Street, Kingston, ON K7K 3H9

**Phone:** 613-531-7888

## Safety Considerations

For many victims of domestic violence and abuse, harassment and stalking can be a particular problem post-separation, as ex-partners try to maintain their control. Women described partners seeking them out after the relationship had ended, continuing to pester and intimidate them with threats, turning up at their workplace or cruising up and down their neighbourhood in a car, watching out for them. If this happens, seek help from the police or legal help (Family Court's Duty Counsel or Legal Aid Ontario or Law Society of Ontario).

Because the impacts of abuse can be so far reaching, it can take a long time for survivors to start to feel that they are back in control of their lives. Long-term research has also shown the importance of having control over sometimes minor everyday things as a way of counteracting the intimidation and control many experience within abusive relationships. For more help, Resolve Counselling Services and the Centre for Abuse and Trauma Therapy might be of help.

## Resources for Immediate Help

### Victim Services of Kingston and Frontenac

Services include:

- Risk Assessment and Safety Planning
- Advocating on your behalf
- Referral to community services
- Emotional support
- Transportation to safety

**Phone: 613-548-4834**

### Kingston Interval House

*Secure women's (and children's) shelter*

Services include:

- Emergency Shelter and Transitional Housing
- Crisis Phone Line
- Risk Assessment and Safety Planning
- Access to free 2 hours legal certificates

**Office: 613-546-1833**

### SA/Domestic Violence Program

*Quick Medical and Counselling Care*

Services include:

- Documentation & treatment of injuries
- Forensic evidence collection
- Follow-up clinic
- Trauma specialized counselling

**Access through KGH's Emergency**

### Family Court's Duty Counsel

*Legal Aid Lawyer available for legal information*

Services include:

- Immediate legal assistance
- Help in filling out court forms
- Explore alternatives to Family Court
- Located at 469 Montreal Street

**Office: 613-531-7888**

## The Victim/Witness Assistance Program

Help for Victims and Witnesses of violent crimes.

Services begin once police have laid charges and continue until the court case is over.

Services include:

- Preparation for trial

- Information, assistance and support to increase participation in the criminal court process
- Information on court dates, bail conditions, etc.
- Liaise with Crown Attorneys and police

**Located at 308 Wellington St, Unit 101, Side Entrance, Kingston, ON K7K 7A8**

**Phone: 613-545-2455**

## Self-Care

Self-care is a simple concept to grasp, but many people find it very difficult to put into practice, especially those who have experienced trauma or abuse. Victims of abuse often find themselves feeling unworthy of love or care, but the truth is that everyone deserves to be cared for, and self-care puts that power in your own hands.

### *Basic Self-care:*

- Do you get adequate sleep?
- Do you eat regular meals?
- Is physical activity part of your daily life?
- Do you drink enough water?
- Do you practice a regular personal hygiene routine?
- Read a book
- Take a walk
- Drink a cup of tea
- Knit
- Draw/paint
- Take a bath
- Find an organization where you can volunteer
- Meditate
- Attend a support group or counselling session

### *Other Self-care practices:*

- Personal/thought journal

## Resources for the Long-Term

### **Resolve Counselling Services**

*Professional, diverse counselling center*

Services include:

- Free Women's Counselling
- Sliding-scale counselling
- Women's support group

**Office: 613-549-7850**

### **Center for Trauma and Abuse Therapy**

*Trauma specialised counselling center*

Services include:

- Sliding-scale counselling
- Variety of counselor
- Short and long-term counselling

**Office: 613-507-2288**

### **Home-Based Housing**

*Social Housing and Housing-related services*

Services include:

- Social Housing Registry
- Affordable housing list
- Access to shelters

**Office: 613-546-1833**

### **Ontario Legal Aid**

*Publicly-funded legal help*

Provide legal services for financially eligible, low-income Ontarians in the following areas: domestic violence, family law, criminal law, etc.

**Office: 1-800-668-8258**

### **Ontario Works (OW)**

*Province-funded social assistance*

Services include:

- Financial assistance
- Employment Assistance
- Other programs may be offer, just ask

**Office: 613-546-2695**

### **Criminal Injuries Compensation Board**

*Social Justice Tribunal for victims of crimes*

Compensate victims for pain and suffering, loss of income, treatment expenses, funeral expenses and other costs that result from being a victim of the crime

[www.sjto.gov.on.ca/cicb/](http://www.sjto.gov.on.ca/cicb/)

The following information was extracted from the Community Legal Education of Ontario's safety plan. <https://www.cleo.on.ca/en/publications/plan>

## Staying safe at home

Things that usually trigger abuse or that happen before my abuser hurts you:

People I can call for help (besides 911):

Name:	<input type="text"/>	Number:	<input type="text"/>
Name:	<input type="text"/>	Number:	<input type="text"/>
Name:	<input type="text"/>	Number:	<input type="text"/>

Safest way to enter or leave your home:

If you can't leave, you're safe in these rooms:

A safe place nearby you can get help at without a car:

Friend/family to stay with overnight:

Your code word for family/friends to know you need help:

## Things to do

- Hide originals of important documents in a safety deposit box or with a trusted friend.
- Keep copies of all court orders, like a restraining order, peace bond, or access order, with you at all times.
- Practice leaving home and getting your emergency bag.
- Add telephone numbers to your cell phone for support people and the closest shelter. Use fake contact names.
- Memorize important telephone numbers in case you can't get to your cell phone.
- Tell family and friends your code word for when you need help, and tell them what you want them to do.

## Things to do if you don't live with your abuser

- Change the locks on you home if you think your abuser may have a key.
- Add extra security, such as an alarm system, more locks, or window bars.
- Let someone know when you get home safely.
- Tell friends, family, and employers not to share your contact information or tell you abuser where you are.
- If there is no reason for your abuser to come to your home (such as child pickups or drop offs), tell neighbours to call you or call for help if they see your abuser near your home. Show or give them a picture of your abuser.
- Have someone with you if your abuser comes to your home to pick up or drop off your child.

The following information was extracted from the Community Legal Education of Ontario's safety plan. <https://www.cleo.on.ca/en/publications/plan>

## **Staying safe at work**

- Tell someone you can trust about your abusive situation.
- Practice using the safe ways to go and leave your work.
- Avoid stairwells and other quiet areas when you're alone.
- Ask someone to walk with you to work or to your car.
- Ask your employer and co-workers not to share you contact information or tell your abuser where you are.
- Ask someone to screen your calls at work.
- Show security and your co-workers a photo of your abuser

## **Staying safe online and when using your phone**

- Learn how to stay safe online and when using your phone.
- Change passwords for online bank accounts, emails, etc., that your abuser knows or can easily figure out.
- Delete your social media accounts (including Facebook, Twitter, Instagram, etc.). Make new accounts if you want to stay on social media.
- Limit what you share on social media and make your account settings as private as possible so that your abuser can't keep track of what you're doing or saying, or where you are.
- Do not share your location on social media, and ask people you're with to do the same.
- Turn off or disable the GPS function on your cell phone and tablet.
- Call your phone company to have your phone number unlisted and to change your phone plan if your abuser has access to your records.
- Block your phone number by dialing \*67 before you make calls.
- Block your abuser's phone number.
- Set an anonymous voicemail message or have someone else set one for you

## **Staying safe in public**

- Have your cell phone and charger with you at all times.
- Ask someone to come with you.
- Avoid places where your abuser may be.
- Change any routines that might make it easy for your abuser to find you.
- Learn the exits of the places you normally visit.

## **Staying safe in your car**

- Have your cell phone and charger with you at all times.
- Check the back seat before getting into your car.
- Check if your car's navigation system tracks where you go.
- Have someone walk you to your car.
- Keep your keys in your hand when going to your car.

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# Victim Services of Kingston & Frontenac

Victim Services of Kingston & Frontenac is a community-based program working in partnership with emergency services and local support agencies. It is a 24/7 service that provides confidential emotional support, practical assistance, referral and advocacy to individuals who have been victimized as a result of crime, tragic circumstance, or disaster, in order to lessen the impact of victimization.

Immediately following violent crime victimization, financial assistance may be available through the Victim Quick Response Program with Victim Services of Kingston & Frontenac.

*A time-sensitive staff assessment is required.*

c/o Kingston Police, 705 Division Street,  
Kingston, Ontario K7K 4C2  
Telephone: 613-548-4834 Fax: 613-547-6674  
[www.victimserviceskingston.ca](http://www.victimserviceskingston.ca)



*Committed to treating  
individuals with courtesy,  
compassion and with  
respect for their dignity,  
privacy and diversity.*