

HEALING

RESILIENCE

The following may help stop violence within families:

- Processes of reconciliation and forgiveness
- Spiritual beliefs and values
- Hope and pride in cultural identity
- Land-based participation
- Community cohesion
- Having trusted people to confide in

RESTORATIVE JUSTICE

This is a process which emphasises rehabilitation, responsibility, accountability for wrong doings, and healing from harm rather than punishment alone. In First Nations communities, this make take the form of healing circles involving both parties in a crime and community elders. Aboriginal people convicted of a crime in Canada may be eligible for alternate sentencing involving restorative justice methods in recognition of aboriginal concepts of justice and adverse background factors..

RECONCILIATION

- Between Indigenous and non-Indigenous peoples about the reality and impact of residential schools and colonialism
- Moving forward in respectful and just relationships
- Goals of restoring land, economic self-sufficiency, and self-governance

RESOURCES

First Nations Families

- <http://www.ncct.on.ca/cms/resources/Report1.pdf>
- www.aht.ca
- www.nativechild.org
- <http://www.faq-qnw.org/>
- <http://www.iamakindman.ca/>
- <http://www.ofifc.org/>

Women in Domestic Violence

- <http://www.nwac.ca/wp-content/uploads/2015/04/NWAC-You-Are-Not-Alone-Handbook-with-weblinks.pdf>
- <http://www.anduhyaun.org/home>
- www.sistering.org
- <http://www.justice.gc.ca/eng/rp-pr/cj-jp/fv-vf/comp-recu/p3.html>
- <http://www.kanawayhitowin.ca/>

Restorative Justice

- <http://www.justiceeducation.ca/research/aboriginal-sentencing/restorative-justice/online>
- <http://www.vatjss.com/>

Canadian Physicians for Research and Education in Peace (C-PREP) is a charitable organization to support research and education in peace from a health perspective. Visit <http://cprep.ca/> for more information in the Peaceful Childhoods Series.

VIOLENCE IN FIRST NATIONS COMMUNITIES



C|PREP

Canadian Physicians for Research
and Education in Peace

HISTORY

RESIDENTIAL SCHOOLS

- Government and church run to assimilate First Nations children into Western society
- Sexual, physical, emotional, and psychological abuse of children
- Separation from family, language, culture, tradition
- Generation of people with few parenting skills or family structure; intergenerational effects of violence being felt by their children

COLONIALISM

- Displacement from lands
- Poor health
- Separation from culture and language
- Breakdown of political self-governance
- Breakdown of social norms

CURRENT SOCIAL SITUATION

Many social causes of poor health also contribute to violence within a community. Aboriginal peoples compared to non-Aboriginal people in Canada are faced with:

- Lower education levels and lower incomes
- Higher rates of unemployment
- Higher rates of suicide (violence against self)
- Increased food insecurity and overcrowding of houses
- Higher rates of certain chronic and infectious diseases

Many of these social situations continue in part due to violence, as violence affects the mental health, academic ability, and employment suitability of victims.



VIOLENCE IN ABORIGINAL COMMUNITIES

Aboriginal women are more likely than non-Aboriginal women to:

- Be victims of violence
- Experience spousal violence and fear for their lives due to partner violence
- Experience financial or emotional abuse
- 2x as likely to die from physical beatings

CONSEQUENCES OF VIOLENCE

Children end up in foster care or the adoption system, often being removed from their Aboriginal communities and their cultural identities.

Children are at risk for developmental and health problems, and learn that violence is acceptable.

Experiences of violence, hatred, and anger can lead people to instill these own values in their families through violence and abuse, continuing the cycle of violence into other generations.