

RECOVERY AND RESOURCES

DIVORCE

Couples choosing to separate do not have to go through court, but can choose divorce mediation, a less aggressive alternative which can better consider the needs of children involved. Visit the Peaceful Homes document on the CPREP website for a list of great books and resources on the topic of divorce.

PARENTS IN PRISON

Children are often hurt by having one or both of their parents in prison, as their family life is disrupted through parental separation. For people with a spouse or parent in prison in Southern Ontario, visit <http://featforchildren.org/> for more support.

RECOVERY FROM DOMESTIC CONFLICT

- Allow children to talk about their experiences of violence; encourage them to draw or write about how they feel
- Consider professional help in the form of therapy, counselling, or mediation sessions
- Consider conflict resolution training for your family, which can allow offenders to take responsibility, and both parties to heal and move forward.
- Learn to lay aside defense mechanisms, listen to the perspectives of others, and handle conflict positively

As there is a variety of types of domestic conflicts, there are a variety of formal and informal ways to resolve disputes; some forms of reconciliation may be more appropriate for certain situations. Keep in mind that safety is always of primary importance, and that discussing abuse is often an emotionally draining and difficult experience for many people.

RESOURCES FOR RECOVERY

- <http://www.nationalparenthelpline.org/find-support>
- <http://phac-aspc.gc.ca/sfv-avf/index-eng.php>
- <http://www.nctsn.org/resources/get-help-now>
- <http://www.johnhowards.ca/services-across-canada/>
- <http://www.useyourvoice.ca> (Children Aid's Society)
- <http://www.nctsn.org/resources/audiences/parents-caregivers/treatments-that-work>
- <http://www.gundersenhealth.org/ncptc/center-for-effective-discipline>
- <http://www.kidshelpphone.ca/Kids/Home.aspx>

Talk to your family physician about seeking help regarding domestic violence and about other available services.



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.

PEACEFUL HOMES



C|PREP

Canadian Physicians for Research and Education in Peace

Visit <http://www.childhelplineinternational.org/where-we-work/>
to find a child helpline in your country
Kids Help Phone Canada: 1-800-668-6868

TYPES AND IMPACT OF VIOLENCE

Conflict and violence in the home affects children greatly, whether in the form of witnessing or receiving abuse, watching a bitter divorce, having a parent in prison, being neglected, or feeling unloved, intimidation, or sexual harassment. In Canada in 2009, almost 55 000 children and youth were sexually or physically assaulted and 6% of Canadians have experienced spousal violence.



IMPACT OF ABUSE ON CHILDREN

- Inability to trust and form future relationships
- Injuries and cognitive impairment
- Shattered self-esteem
- Altered stress response and learning ability
- Unhealthy coping behaviours with negative health consequences
- Children may grow up to use violence within their own homes

WARNING SIGNS THAT A CHILD MAY BE EXPERIENCING ABUSE

While none of these is a definite indicator that a child is being abused, the following are potential indicators:

- Withdrawal from friends and usual activities
- Change in behaviour (aggression, anger, hyperactivity) or school performance
- Unexplained injuries (bruises, fractures, burns) or untreated medical or dental problems
- Apparent lack of supervision, absences from school, or constant being belittled and berated by parent or guardian

PHYSICAL VIOLENCE

- Physical violence is the most common form of domestic violence against children in Canada in 2013
- It includes choking, burning, hitting with an object or body part, being thrown or shaken
- It also includes spanking and corporal punishment, which is a physical punishment designed to inflict pain as punishment. These forms of violent discipline, along with causing potential injuries, teach children that aggression and hitting are good ways of solving problems.

SEXUAL VIOLENCE

- Females are at greater risk for physical violence, neglect, infanticide, and forced sexual violence than males
- High levels of secrecy, shame and denial of sexual violence, especially when it is committed by a family member
- In Canada in 2013, sexual violence against children and youth occurred at 5x the rate of sexual violence against adults
- Puts people at increased later risk for certain mental disorders

Potential Warning Signs of Sexual Violence:

- Inappropriate sexual knowledge or behaviour
- Pregnancy or sexually transmitted infections
- Bloodied underwear, trouble walking or sitting

PSYCHOLOGICAL VIOLENCE

- Includes insults, ignoring, isolation, rejection, threats to harm them or pets, belittlement, and name-calling based on ability, gender, race, origins, achievements, or any other reason
- This type of violence is strongly related to physical violence, producing anxiety, fear, humiliation, self-loathing, and loneliness

Potential Warning Signs of Psychological Violence:

- Social withdrawal
- Depression
- Headaches or stomachaches without medical cause
- Delayed or inappropriate development
- Desperate affection seeking