



RECOGNIZING THE PROBLEM: WHAT IS ABUSE?

When the person hurts or scares you...

PHYSICALLY

- Hits you, pushes you, or raises a hand or fist at you
- Prevents you from leaving the home or isolates you
- Throws things at you

EMOTIONALLY

- Calls you names or insults you
- Says things to scare you
- Threatens to kill themselves if you don't do something
- Threatens you to kill or hurt other people if you don't do something
- Causes damages to your property or your belongings
- Denies you food, clothing, shelter or other necessities of life
- Control your phone
- Control who you spend time with
- Not letting you continue your education or go to school

FINANCIALLY

- Takes your money or your credit card
- Controls your access to money
- Being forced to find or borrow money and have the money taken away
- Being forced to sell personal items and have the money taken away
- Forbids you from working

SEXUALLY

- Forces you to participate in any sexual acts that you do not want or you cannot consent to
- Touches you in a way that makes you uncomfortable
- Refuses to wear a condom
- Tells you that you cannot live there unless you have sex with them
- Tells you that you must have sex with them because you are married

THESE ARE ONLY SOME EXAMPLES. THERE ARE OTHER EXAMPLES OF ABUSE.

You may feel that trust (*ukpirnarniq*) has been damaged, or that if you tell somebody, they won't believe you. Your respect (*pikkugusungniq*) for the person who hurt you may have been damaged by the incident. It is important to use your inner strength (*pigguniq/sanginiq*) to deal with family violence.



It can be natural to freeze and not have the energy or ability to think about next steps. We all react to stress and threats differently, but our bodies can show us signs of how these things have affected us. You may start to feel things like:

- Headaches
- Loss of appetite
- Feelings of confusion
- Feeling forgetful
- Muscle aches
- Nausea
- High blood pressure
- Joint pain
- Other common feelings from anxiety

It is important to listen to your body and your feelings when the abuse or violence first starts, and reach out to talk to someone you trust about what happened.

TAKING ACTION: WHAT CAN YOU DO?

You have a right to a safe environment, free from abuse and violence. It is important that you take care of yourself to maintain strength, resiliency, and environmental wellness (*avatikmik kamattiarniq*). This will help you to keep a balanced and healthy connection of the mental, physical, and spiritual dimensions of yourself, your family, and the community.

In moving forward, it is important to take action. But how you respond, depends on the situation.

You may want to ask yourself:

ACKNOWLEDGEMENT

- How do you want the abuser to acknowledge how their actions made you feel and that it won't happen again?
- What are your expectations of what you would like to happen when you take action?

SAFETY

- What do you need to have (*avatikmik kamattiarniq*) for environmental wellness, both for now and in the future?
- Where do you feel most vulnerable?

- What supports do you need?
 - Do you have a safety plan for yourself and your children, including how to send a signal to an immediate neighbour or family member for help?
 - Do you have important phone numbers handy?
- What supports do you think the abuser needs to stop the behaviour?

CHOICES AND CONTROL

- Do you have information you need to make the right decision and feel in control to be involved in the process?
- What are your strengths that will help you through this process? Where will you need assistance, such as counselling or legal advice?

WHAT ARE SOME OF YOUR OPTIONS?

- In an urgent situation, calling the RCMP.
- If you are injured, go immediately to the health centre to get checked out. Often times we cannot see the internal injuries that may occur from violence, so let a nurse or doctor help you to heal.

FAMILY ABUSE INTERVENTION ACT

One tool to take action against abuse and family violence is through the Family Abuse Intervention Act (FAIA).

WHAT is FAIA?

- Provides assistance to people seeking protection from an abusive relationship.
- Embraces Inuit traditional values.

WHO can use FAIA?

- Anyone who has experienced family abuse.
- The individual has the power to decide whether or not to use FAIA in a domestic violence situation, if they fit into the criteria.

WHAT KIND OF RELATIONSHIPS DOES FAIA COVER?

FAIA applies to a relationship between two people who...

SPOUSAL

- Are/Were married
- Are/Were living together for 1 year or more
- Are/Were the parents of a child

INTIMATE

- Are/Were dating and whose lives are now connected

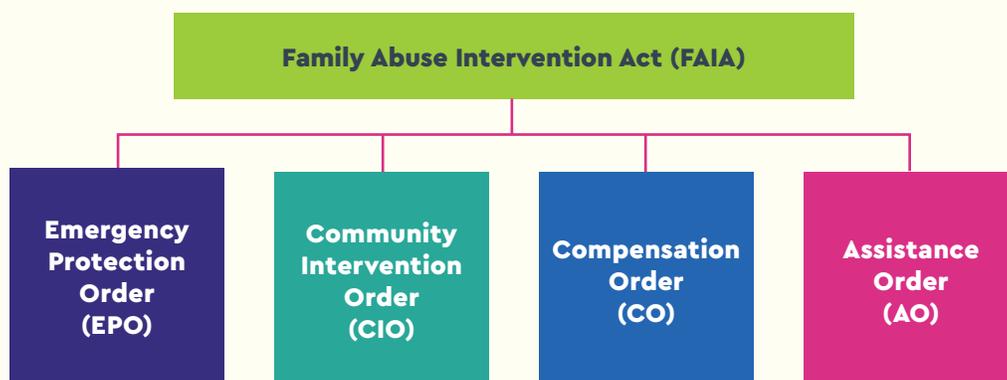
CARE

- Are/Were in a dependency relationship because of the disability or illness of one of them

FAMILY

- Are related by blood, marriage or adoption
- Are, in reasonable circumstances, related

HOW CAN FAIA HELP WITH FAMILY VIOLENCE?



WHO can apply for an order?

- People who find themselves in a vulnerable situation.
- A family member, RCMP officer, CJOWs and people working at shelters, on behalf of the person dealing with family abuse, as long as they have that person's permission.

EMERGENCY PROTECTION ORDER

An Emergency Protection Order (EPO) is designed for people in **URGENT SITUATIONS**.

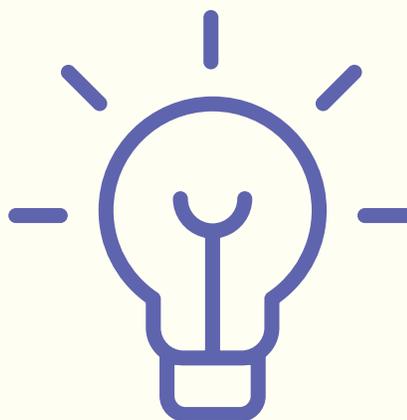
Through an EPO, a Justice of the Peace can help you with what you need, such as:

- Keep the person away from your house and your work, even if they are the person leasing the unit of the unit or owner of the home.
- Get temporary custody of your children for 90 days.
- Have the communications and contacts you want.
- Keep your things and property safe for 90 days.

It is very important that you let the RCMP know if the abuser is breaching the conditions of the EPO.

What to think about

- Doing an application form for an EPO can be stressful and can take time.
- Take your time to answer the questions and be as specific as you can.
- We all react to trauma in different ways, experiencing a wide range of physical and emotional reactions. There is no "right" or "wrong" way to think, feel, or respond, so don't judge your own reactions or those of other people. **Your responses are NORMAL reactions to ABNORMAL events.**



FEAR



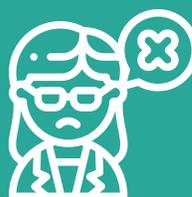
ANXIETY



ANGER



GUILT



FEELING NUMB



UNSURE





Artwork image courtesy of Ilmiinapaa Skills Development Centre

COMMUNITY INTERVENTION ORDER

Through a Community Intervention Order (CIO), a Justice of the Peace can help you develop **HEALTHIER RELATIONSHIPS** by ordering counselling for either the abuser or both of you. This includes traditional Inuit counselling or other types of counselling. Community Justice can help you find counselling that will work for you.

COMPENSATION ORDER

Through a Compensation Order (CO), a judge can help you get **FINANCIAL COMPENSATION** for damage caused by abuse and to cover losses and expenses while getting away from violence.

It is a good idea to contact a lawyer about these two orders (see page 7 for resources).

ASSISTANCE ORDER

Through an Assistant Order (AO), a judge can help you...

- Have the communications and contacts you want
- Keep your things and property safe
- Keep the person away from your house and your work
- Get temporary custody of your children

If you want to find out more about applying for an EPO or CIO, contact your Community Justice Outreach Worker (CJOW) or Community Justice Specialist.

It is important to address family violence directly to stop the behaviour, but it is understandable to want to dismiss or avoid confrontation. If you don't seek help to deal with the violent individual and action(s), the environmental wellness (*avatikmik kamattiarniq*) can feel physically and emotionally unsafe.



To help you move forward (*sivumuarniq*) with taking action, seek out the information you need about what you can do, the steps involved and what will be required of you. This will help give you peace of mind, inner strength (*pigguniq/sanginiq*) and perseverance (*sapiliqtailiniq*) to make a decision on what to do. There are resources and supports in the community to help you and the person abusing you. This is an important first step to address the abuse, and get the necessary healing and relationship supports.

WHERE CAN I GET HELP AND INFORMATION?

FOR EMERGENCIES, CALL THE RCMP AS SOON AS POSSIBLE BY DIALING YOUR COMMUNITY CODE AND -1111 (FOR EXAMPLE, 897-1111 IN KINNGAIT).

IF YOU ARE A VICTIM OF ABUSE, AND LIVE IN CAMBRIDGE BAY, IQALUIT, KUGAARUK, KUGLUKTUK OR RANKIN INLET, YOU CAN GO DIRECTLY TO YOUR LOCAL SHELTER:

CAMBRIDGE BAY: ST. MICHAEL'S CRISIS SHELTER — 867-983-5232

IQALUIT: QJMAAVIK TRANSITION HOUSE — 867-979-4500

KUGAARUK: FAMILY VIOLENCE SHELTER — 867-769-6100

KUGLUKTUK: WOMEN'S CRISIS CENTRE — 867-982-3210

RANKIN INLET: KATAUYAQ SOCIETY CRISIS CENTRE — 867-645-2214

IF THERE IS NO SHELTER WHERE YOU LIVE, YOUR COMMUNITY SOCIAL SERVICES WORKER OR RCMP CAN TAKE YOU TO THE NEAREST PLACE OF SAFETY.

FOR QUESTIONS ABOUT THE FAMILY ABUSE INTERVENTION ACT (FAIA), CALL TOLL-FREE: 1-844-534-1038

- **Community Justice Division (Department of Justice)** — CJOWs and Community Justice Specialists are available across the territory to help Nunavummiut access EPOs and CIOs.

Telephone: 867-975-6308 OR 867-975-6363

Website: <https://www.gov.nu.ca/justice/information/community-justice-outreach-workers>

- **Legal Services Board of Nunavut** — You may be able to talk with a lawyer to get legal information about your problem and your options.

Kitikmeot Law Centre: 867-983-2906
OR 1-866-240-4006

Kivalliq Legal Services: 867-645-2536
OR 1-800-606-9400

Maliiganik Tukisiiniakvik Legal Services:
867-975-6395 OR 1-866 202-5593

Website: nulas.ca

- **Law Society of Nunavut** — Can help you find a lawyer.

Toll-Free: 1-844-979-2330

Inuktitut Toll-Free: 1-888-990-4665

Iqaluit: 867-975-2120

Website: lawsociety.nu.ca/

EDUCATIONAL RESOURCES

- **I Respect Myself (Government of Nunavut Department of Health)** — Website providing information about healthy relationships, sexual health and other related topics with the goal of learning how to respect yourself and others.
Website: irespectmyself.ca
- **Inuusittiarngniq | Healthy Living (Government of Nunavut Department of Health)** — Provides information about mental health support.
Website: livehealthy.gov.nu.ca
- **Inuusiq (Embrace Life Council)** — Facts, resources and education materials for front line workers, teachers and mental health professionals.
Website: inuusiq.com/resources
Contacts by Region: inuusiq.com/resources/contacts
Email: embracelife@inuusiq.com
- **Pauktuutit Inuit Women of Canada** — Organization that provides information on violence and abuse prevention, health and encourages social and economic participation of Inuit women.
Telephone: 613-238-3977
Website: pauktuutit.ca

CRISIS AND COUNSELLING SERVICES

- **211** — A free and confidential service that connects individuals and families, including Nunavummiut, with social supports in their communities. Phones are answered 24 hours a day, 7 days a week.
To access the service, dial 2-1-1 or visit 211.ca
- **Assaulted Women's Helpline** — 24/7 hour telephone crisis line to all women who have experienced abuse.
Telephone: 1-866-863-0511
TTY: 1-866-863-7868
- **Cambridge Bay Wellness Centre (Department of Healthy Living)** — Helps people achieve their full potential to become independent, healthy and safe. They achieve this by delivering educational programs and counselling services that promote freedom from addiction and violence and encourage positive life style choices.
Telephone: 867-983-4670
Email: healthylivingdirector@cambridgebay.ca
- **Crisis Services Canada** — Call 1-833-456-4566 for a safe place to talk 24 hours a day, 7 days a week. From 4:00 p.m. to midnight, you can also text 'Start' to 45645 to speak with someone.
- **Crisis Text Line** — Provides counselling over text message.
Text 'Home' to 686868 to speak with a trained Crisis Responder
- **Government of Nunavut Employee and Family Assistance Program** — Designed to help Government of Nunavut employees and their families maintain and/or improve their overall well-being. Employees and their families can call the number 24 hours a day, 7 days a week to access personal counselling in English, French and Inuktitut on request.
Toll-Free: 1-800-663-1142
- **Hope for Wellness Helpline** — Immediate 24/7 counselling and crisis intervention services to all Indigenous peoples across Canada. Counselling is available in Inuktitut on request.
Toll-Free: 1-855-242-3310
Community Programs: 1-866-509-1769
- **Ilisaqsivik Society** — English and Inuktitut-speaking counsellors are available 9:00 a.m. to 5:00 p.m. Monday to Friday. They also have a 28-day on-the-land addictions treatment program.
Telephone: 1-888-331-4433
- **Indian Residential Schools Resolution Health Support Program** — Mental health, emotional and cultural support services for eligible former Indian Residential School students and their families throughout all phases of the Indian Residential School Settlement Agreement. This support includes professional counsellors who are able to listen, talk and assist people to find ways to heal from Indian Residential School experiences. Services are safe, confidential, respectful and non-judgmental.
Telephone: 1-866-509-1769
- **Kamatsiaqtut Helpline** — Anonymous and confidential over the phone to northerners in crisis 24 hours a day, 7 days a week. Inuktitut-counselling available on request.
Telephone: 867-979-3333
Toll-Free (outside of Iqaluit): 1-800-265-3333
Website: nunavuthelpline.ca
- **National Indian Residential School Crisis Line** — Crisis support for former Residential School students. Inuktitut-speaking counsellors available on request.
Telephone: 1-866-925-4419
- **Pulaarvik Kablu Friendship Centre** — a Rankin-Inlet based non-profit wellness centre that offers various mental health and addictions programs across the Kivalliq region.
Telephone: 867-645-2600
Toll-Free Inuktitut Support Line: 1-844-654-3580
Spousal Abuse Counselling Program: 867-645-3785
Email: info@pulaarvik.ca
- **Sailivik** — Drop-in centre in Pangnirtung for adults looking to stay sober, or adults with or without children looking for a safe place to stay.
Open 5:00 p.m. to 8:30 a.m.
- **Healing by Talking Program** — If you are eligible for Non-Insured Health Benefits (NIHB), you can see a counsellor by phone or videoconference for up to 22 sessions for free.
Telephone: 867-975-5367
Email: healing@gov.nu.ca
- **Tukisigiarvik Centre** — Drop-in centre in Iqaluit that offers a variety of community wellness programming, including same-day counselling appointments.
Telephone: 867-979-2400 for more information.

YOUTH RESOURCES

- **The Representative for Children and Youth (Nunavut)** — Supports young Nunavummiut, including providing information about government services and programs.
Telephone (in Iqaluit): 867-975-5090
Telephone (anywhere in Canada): 1-855-449-8118
Website: rcynu.ca
Email: contact@rcynu.ca
- **The Umingmak Child Advocacy Centre** — Helps children and youth who experience abuse.
Telephone: 867-975-3255
Website: umingmakcentre.ca
- **Kids Help Phone** — Professional counselling, information and referrals and volunteer-led, text-based support for young people in both English and French.
Toll-Free: 1-800-668-6868
Text 'Connect' to 686868
Live Chat Online: kidshelpphone.ca
Facebook Messenger: <https://kidshelpphone.ca/get-virtual-support-with-facebook-messenger>

THIS FACT SHEET WAS DEVELOPED BY:

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P.O. Box 149
Iqaluit, NU X0A 0H0
Toll-Free: 1-844-979-2330
Inuktitut Toll-Free: 1-888-990-4665

Pauktuutit Inuit Women of Canada
520-1 Nicholas St.
Ottawa, ON K1N 7B7
1-800-667-0749

ilinniapaa Skills Development Centre
P.O. Box 989
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