

Relationship Violence

Relationship violence is violence perpetrated against spouses and dating partners in a current or former relationship. It knows no boundaries in terms of gender or socio-economic status. Relationship violence is used to describe couples who are dating, same sex or heterosexual, married, separated, divorced or common-law. Different terms can be used: domestic violence, intimate partner violence, gender-based violence and violence in relationships.

On average, in Canada, a woman is killed by her intimate partner every six days. 70% of relationship violence is NOT reported to the police. If you are in an abusive relationship, resources are available in Nelson. Recognizing the signs of relationship violence is one of the most important things you can do to help someone who is in an abusive relationship.



There are different forms of violence.

Emotional/psychological abuse: insults, belittling, constant humiliation, intimidation, threats of harm, threats to children, pets.

Sexual violence: sex acts without consent, threats of repercussions for refusing.

Criminal Harassment (stalking): repeated and unwanted conduct that creates fear- following, watching, tracking.

Physical violence: intentional or threatened use of physical force, including pushing, hitting, cutting, punching, slapping, choking, strangulation. It is a myth that if there is no physical violence- it is not serious or dangerous.

Financial abuse: control or misuse of money, assets or property, control of a partner's ability to access school or work.

Spiritual abuse: using beliefs to manipulate, dominate or control.

Reproductive control: controlling reproductive choices, pregnancy outcomes, access to health services.

Technology-facilitated violence (cyberviolence): use of technologies to facilitate virtual or in-person harm including observing and listening, track locations, scare, intimidate or humiliate a person.