Learning Network
Gender-Based Violence Terminology

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# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abandonment</td>
<td>7</td>
</tr>
<tr>
<td>Ableism</td>
<td>7</td>
</tr>
<tr>
<td>Abuse</td>
<td>7</td>
</tr>
<tr>
<td>Abused Partner</td>
<td>8</td>
</tr>
<tr>
<td>Acid Attack</td>
<td>8</td>
</tr>
<tr>
<td>Advocate</td>
<td>8</td>
</tr>
<tr>
<td>Ageism</td>
<td>9</td>
</tr>
<tr>
<td>Agency/Autonomy</td>
<td>9</td>
</tr>
<tr>
<td>Aggravated Sexual Assault</td>
<td>10</td>
</tr>
<tr>
<td>Ally</td>
<td>10</td>
</tr>
<tr>
<td>Animal Abuse</td>
<td>10</td>
</tr>
<tr>
<td>Anti-Black Racism</td>
<td>11</td>
</tr>
<tr>
<td>Anti-Oppression</td>
<td>11</td>
</tr>
<tr>
<td>Anti-Racism</td>
<td>12</td>
</tr>
<tr>
<td>Anti-Semitism</td>
<td>13</td>
</tr>
<tr>
<td>Armed Violence</td>
<td>13</td>
</tr>
<tr>
<td>Assault</td>
<td>13</td>
</tr>
<tr>
<td>Audism</td>
<td>14</td>
</tr>
<tr>
<td>Barrier</td>
<td>14</td>
</tr>
<tr>
<td>Batterers’ Intervention Programs (Programming Responses for Intimate Partner Violence)</td>
<td>15</td>
</tr>
<tr>
<td>Best Practices</td>
<td>15</td>
</tr>
<tr>
<td>Bi-Directional Violence</td>
<td>16</td>
</tr>
<tr>
<td>Biphobia</td>
<td>16</td>
</tr>
<tr>
<td>Bullying</td>
<td>16</td>
</tr>
<tr>
<td>Caregiver Violence</td>
<td>17</td>
</tr>
<tr>
<td>Child Abduction</td>
<td>17</td>
</tr>
<tr>
<td>Child Exposure to Domestic Violence</td>
<td>18</td>
</tr>
<tr>
<td>Child Maltreatment</td>
<td>18</td>
</tr>
<tr>
<td>Cisnormative</td>
<td>19</td>
</tr>
<tr>
<td>Classism</td>
<td>19</td>
</tr>
</tbody>
</table>
Coercive Control ........................................................................................................... 20
Collective Violence ........................................................................................................ 20
Colonialism ..................................................................................................................... 21
Community Policing ....................................................................................................... 21
Compassion Fatigue ........................................................................................................ 22
Complex Trauma ............................................................................................................ 22
Consent .......................................................................................................................... 22
Consent Culture ............................................................................................................. 23
Coordinated Community Response .............................................................................. 23
Coping Strategy/Mechanisms ......................................................................................... 24
Criminal Harassment ...................................................................................................... 24
Cultural Humility ........................................................................................................... 25
Cyber Misogyny ............................................................................................................... 25
Cyberstalking .................................................................................................................. 26
Cycle of Violence .......................................................................................................... 26
Dating Violence ............................................................................................................. 27
Discrimination .............................................................................................................. 27
Dissociation .................................................................................................................... 28
Domestic Homicide ......................................................................................................... 28
Domestic Violence Court (DVC) Program ................................................................... 29
Domestic Violence Intervention ..................................................................................... 29
Domestic Violence Prevention ....................................................................................... 29
Domestic Violence Screening ......................................................................................... 30
Drug Facilitated Sexual Assault .................................................................................... 30
Economic Abuse/Financial Abuse .................................................................................. 31
Elder Abuse .................................................................................................................... 31
Emotional Abuse ........................................................................................................... 32
Environmental Racism .................................................................................................. 32
Equality/Equity ............................................................................................................... 33
Ethnocentrism ............................................................................................................... 33
Eurocentrism .................................................................................................................. 33
<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Failure To Protect</td>
<td>34</td>
</tr>
<tr>
<td>Faithism</td>
<td>34</td>
</tr>
<tr>
<td>Family Violence</td>
<td>34</td>
</tr>
<tr>
<td>Female Genital Mutilation</td>
<td>35</td>
</tr>
<tr>
<td>Femicide</td>
<td>36</td>
</tr>
<tr>
<td>Feminism</td>
<td>37</td>
</tr>
<tr>
<td>Femme</td>
<td>37</td>
</tr>
<tr>
<td>First Nations</td>
<td>37</td>
</tr>
<tr>
<td>Gaslighting</td>
<td>38</td>
</tr>
<tr>
<td>Gender/Gender Norms</td>
<td>38</td>
</tr>
<tr>
<td>Gender Equality</td>
<td>39</td>
</tr>
<tr>
<td>Gender Equity</td>
<td>39</td>
</tr>
<tr>
<td>Gender Expansive</td>
<td>40</td>
</tr>
<tr>
<td>Gender-Based Analysis Plus (GBA+)</td>
<td>40</td>
</tr>
<tr>
<td>Gender-Based Violence</td>
<td>41</td>
</tr>
<tr>
<td>Gender Mainstreaming</td>
<td>41</td>
</tr>
<tr>
<td>Genocide</td>
<td>42</td>
</tr>
<tr>
<td>Harassment</td>
<td>42</td>
</tr>
<tr>
<td>Hate Crime</td>
<td>43</td>
</tr>
<tr>
<td>Healing Centered Engagement</td>
<td>43</td>
</tr>
<tr>
<td>Health Effects</td>
<td>43</td>
</tr>
<tr>
<td>Health Promotion</td>
<td>44</td>
</tr>
<tr>
<td>Healthy Relationships</td>
<td>44</td>
</tr>
<tr>
<td>Heteropatriarchy</td>
<td>45</td>
</tr>
<tr>
<td>Heterosexism</td>
<td>45</td>
</tr>
<tr>
<td>Heterosexuality</td>
<td>46</td>
</tr>
<tr>
<td>Homelessness</td>
<td>46</td>
</tr>
<tr>
<td>Human Rights</td>
<td>47</td>
</tr>
<tr>
<td>Human Trafficking</td>
<td>47</td>
</tr>
<tr>
<td>Hypersonicization</td>
<td>48</td>
</tr>
<tr>
<td>Immigrant</td>
<td>48</td>
</tr>
<tr>
<td>Term</td>
<td>Page</td>
</tr>
<tr>
<td>-------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>Incest</td>
<td>49</td>
</tr>
<tr>
<td>Indigenous</td>
<td>49</td>
</tr>
<tr>
<td>Indigenous Feminisms</td>
<td>50</td>
</tr>
<tr>
<td>Indigenous Masculinities</td>
<td>50</td>
</tr>
<tr>
<td>Innu</td>
<td>51</td>
</tr>
<tr>
<td>Inuit</td>
<td>51</td>
</tr>
<tr>
<td>Intergenerational Trauma</td>
<td>52</td>
</tr>
<tr>
<td>Internalized Oppression</td>
<td>52</td>
</tr>
<tr>
<td>Interpersonal Violence</td>
<td>53</td>
</tr>
<tr>
<td>Intersectionality</td>
<td>53</td>
</tr>
<tr>
<td>Intimate Partner Violence</td>
<td>55</td>
</tr>
<tr>
<td>Islamophobia</td>
<td>55</td>
</tr>
<tr>
<td>Lateral Violence</td>
<td>56</td>
</tr>
<tr>
<td>Legal Coaching</td>
<td>56</td>
</tr>
<tr>
<td>Lethality</td>
<td>57</td>
</tr>
<tr>
<td>Marginalization</td>
<td>57</td>
</tr>
<tr>
<td>Masculinities</td>
<td>58</td>
</tr>
<tr>
<td>Media Violence</td>
<td>58</td>
</tr>
<tr>
<td>Métis</td>
<td>59</td>
</tr>
<tr>
<td>#MeToo Movement</td>
<td>59</td>
</tr>
<tr>
<td>Misogynoir</td>
<td>60</td>
</tr>
<tr>
<td>Misogyny</td>
<td>60</td>
</tr>
<tr>
<td>Neglect</td>
<td>61</td>
</tr>
<tr>
<td>Oppression</td>
<td>61</td>
</tr>
<tr>
<td>Partner Assault Response (PAR) programs</td>
<td>61</td>
</tr>
<tr>
<td>Patriarchy</td>
<td>62</td>
</tr>
<tr>
<td>People of Colour</td>
<td>62</td>
</tr>
<tr>
<td>Perpetrator</td>
<td>63</td>
</tr>
<tr>
<td>Physical Abuse</td>
<td>63</td>
</tr>
<tr>
<td>Poly-Victimization</td>
<td>63</td>
</tr>
<tr>
<td>Post-Colonialism</td>
<td>64</td>
</tr>
<tr>
<td>Term</td>
<td>Page</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>Post-Separation Violence</td>
<td>64</td>
</tr>
<tr>
<td>Post-Traumatic Stress Disorder</td>
<td>65</td>
</tr>
<tr>
<td>Power/Power Imbalance</td>
<td>65</td>
</tr>
<tr>
<td>Power and Control Wheel</td>
<td>66</td>
</tr>
<tr>
<td>Prejudice</td>
<td>66</td>
</tr>
<tr>
<td>Prevention</td>
<td>67</td>
</tr>
<tr>
<td>Privilege</td>
<td>67</td>
</tr>
<tr>
<td>Queer</td>
<td>68</td>
</tr>
<tr>
<td>Racial Profiling</td>
<td>68</td>
</tr>
<tr>
<td>Racism</td>
<td>68</td>
</tr>
<tr>
<td>Racist</td>
<td>69</td>
</tr>
<tr>
<td>Rape</td>
<td>70</td>
</tr>
<tr>
<td>Rape Culture</td>
<td>70</td>
</tr>
<tr>
<td>Refugee</td>
<td>71</td>
</tr>
<tr>
<td>Relational Aggression</td>
<td>71</td>
</tr>
<tr>
<td>Reprisal</td>
<td>71</td>
</tr>
<tr>
<td>Reproductive Violence/Coercion</td>
<td>72</td>
</tr>
<tr>
<td>Resilience</td>
<td>72</td>
</tr>
<tr>
<td>Revenge Porn</td>
<td>73</td>
</tr>
<tr>
<td>Re-Victimization</td>
<td>73</td>
</tr>
<tr>
<td>Risk</td>
<td>74</td>
</tr>
<tr>
<td>Risk Assessment</td>
<td>75</td>
</tr>
<tr>
<td>Risk Factor</td>
<td>75</td>
</tr>
<tr>
<td>Risk Management</td>
<td>76</td>
</tr>
<tr>
<td>Safety Planning/Safety Plan</td>
<td>77</td>
</tr>
<tr>
<td>Segregation</td>
<td>78</td>
</tr>
<tr>
<td>Self Defense</td>
<td>78</td>
</tr>
<tr>
<td>Sex Work</td>
<td>79</td>
</tr>
<tr>
<td>Sexism</td>
<td>79</td>
</tr>
<tr>
<td>Sexting</td>
<td>80</td>
</tr>
<tr>
<td>Sexual Assault</td>
<td>80</td>
</tr>
</tbody>
</table>
ABANDONMENT
Abandonment can be physical (e.g. the person leaves) or emotional (e.g. withholding affection, lack of time spent together). Abandonment can be cause for a child abuse investigation. [1]

Footnotes:

ABLEISM
“Ableism and ableist views are ideas/beliefs that are based on the assumption that the ‘able-body’ is favoured/preferred over the disabled body. Similar to the experience of racism, homophobia/transphobia and sexism, socially constructed characteristics of disability position people with disabilities as an ‘inferior’ group to non-disabled people.” [1]

Learn More:
- Issue-Based Newsletter: Women with Disabilities and D/deaf Women, Housing, and Violence – Learning Network
- Issue-Based Newsletter: Violence Against Women with DisAbilities and Deaf Women – Learning Network
- Infographic: Violence Against Women Living with Disabilities in Canada – Learning Network
- Brief: Violence Against Women with DisAbilities and Deaf Women: An Overview – Learning Network

Footnotes:

ABUSE
“Abuse is behavior used to intimidate, harm, isolate, dominate, or control another person.” Abusive behavior encompasses actions, words, and neglect, and may be a pattern of occurrences or a single isolated incident. The abuse can be sexual, physical, verbal, spiritual, emotional, financial, neglectful or psychological in nature. [1] “Abuse can happen to anyone, of any age, ethnicity, sexual orientation, religion or gender. (It) can affect people of all socioeconomic backgrounds and education levels.” [2]
ABUSED PARTNER
An individual who is abused by their intimate partner. Used interchangeably with survivor, victimized parent, and adult victim. Many advocates prefer the term “survivor,” or the fact that a person has “lived experience” of abuse, since these reflect the reality that many abused individuals cope and move on with personal strength, resourcefulness, and determination. [1]

Learn More:
• Webinar: Abuse of Older Women – Learning Network

Footnotes:

ACID ATTACK
“An acid attack involves the premeditated throwing of acid on a victim, usually on her face. In addition to causing psychological trauma, acid attacks result in severe pain, permanent disfigurement, subsequent infections, and often blindness in one or both eyes. Perpetrators commit acid attacks for a number of reasons, including revenge for refusal of a marriage proposal or other romantic or sexual advances; land disputes; perceived dishonor; and jealousy. While acid attacks are most prevalent in Bangladesh, Cambodia, India and Pakistan, they have also been reported in Afghanistan and in parts of Africa and Europe.” [1]

Footnotes:

ADVOCATE
Advocates raise public awareness of the issue of interpersonal violence and empower and help [individuals] navigate the system to access resources. [1]
AGEISM
Ageism is a form of discrimination against people based on age. It can be experienced at any age, but most commonly is experienced by those who are described as young or old. Ageism functions through stereotypes, marginalization, and social exclusion and can negatively affect the lives of people in many domains including their employment, housing, services, medical care, and group membership. Ageism is also connected to elder abuse.

Learn More:
- Learning Modules: Violence Against Older Women - Elder Abuse Prevention Ontario
- Issue-Based Newsletter: Violence Against Women Who Are Older - Learning Network
- Workshop Guide: Age and Discrimination - Elder Abuse Prevention Ontario
- Website: It’s Not Right: Neighbours, Friends & Families for Older Adults
- Website: Aging Without Violence

AGENCY/AUTONOMY
Agency is an “individual’s (or group’s) ability to make effective choices and to transform those choices into desired outcomes.” [1]

“Across all countries women and men differ in their ability to make effective choices in a range of spheres, with women at a disadvantage. Thus, agency is key to understanding how gender outcomes emerge and why they are equal or unequal. Expressions of agency include control over resources, ability to move freely, decision making over family formation, freedom from the risk of violence, and the ability to have a voice in society and influence policy. Social norms shape women’s agency.” [1]

Learn More:

Footnotes:
AGGRAVATED SEXUAL ASSAULT
According to Section 273 (1) of the *Criminal Code*, “Every one commits an aggravated sexual assault who, in committing a sexual assault, wounds, maims, disfigures or endangers the life of the complainant.” [1]
The maximum penalty for Aggravated Sexual Assault is life imprisonment. [2]

Learn More:
- Issue-Based Newsletter: Sexual Violence Awareness – Learning Network
- Organization: Ontario Coalition of Rape Crisis Centres
- Brief: The Neurobiology of Sexual Assault Learn – Learning Network

Footnotes:

ALLY
“A person who works to end a form of oppression that gives them privilege(s). Allies listen to, and are guided by, communities and individuals affected by oppression. Forms of oppression include: able-ism, ageism, audism, classism, biphobia, homophobia, transphobia, racism, sexism, and others.” [1]

Footnotes:

ANIMAL ABUSE
“Animal abuse includes physical abuse (non-accidental injury), sexual abuse, emotional abuse, neglect, and staging animal fights. Physical abuse includes the infliction of injuries or causing unnecessary pain, including inappropriate methods of training. Sexual abuse includes any sexual conduct with animals, which may or may not result in physical injury to the animal. Emotional abuse may include repeated or sustained ‘mental violence’ including withholding social interactions. Neglect is the failure to provide adequate levels of food, water, shelter, and veterinary care to animals causing poor physical condition.” [1]

Learn More:
- Infographic: Enhancing Women’s Safety by Keeping Pets Safe – Learning Network
- Organization: Animal and Interpersonal Abuse Research Group (AIPARG)

Footnotes:

ANTI-BLACK RACISM
“Anti-Black Racism is defined as policies and practices rooted in Canadian institutions such as, education, health care, and justice that mirror and reinforce beliefs, attitudes, prejudice, stereotyping and/or discrimination towards people of Black-African descent. Anti-Black Racism is associated with significant mental and physical negative health outcomes, poor stress-coping behaviors (e.g. substance abuse), and a reduced likelihood to seek service provided care. Black Canadians often reside in ‘service deserts,’ which further limits accessibility to healthcare and community services.” [1]

Learn More:
- Webinar: Roots and Resilience – Learning Network

Footnotes:

ANTI-OPPRESSION
“The term anti-oppression reflects a number of different approaches to the work of addressing the social and institutional inequalities in our society.” [1] “Anti-oppression work seeks to recognize and develop strategies, theories, and actions which challenge systems of inequalities and injustices that are ingrained in our systems, such as institutional policies and practices that allow certain groups to dominate other groups (or the ideologies that justify such domination).” [2]
“An anti-oppression framework involves an analysis of the effects of class demarcation, power, privilege, the absence and presence of civil liberties, internalized and external classism, caste systems, gender oppression, heterosexism, homophobia, and transphobia within society for the purpose of eradicating the associated burdens imposed upon oppressed and marginalized individuals and groups. An anti-oppression framework supports oppressed and marginalized individuals and groups in building their capacity for self-determination, while also challenging those who currently wield power to enact changes toward greater social equity.” [3]

Learn More:

Footnotes:

**ANTI-RACISM**

“Anti-racism is an active and consistent process of change to eliminate individual, institutional and systemic racism as well as the oppression and injustice racism causes. Anti-racism is an action-oriented strategy which mobilizes the skills and knowledge of racialized people in order to work for a redistribution of power in organizations and society.” [1]

“To be effective, the Anti–Racism Strategies must be results-oriented and must produce long term, sustainable change that will withstand the test of time, and any change in political power.” [2]

Footnotes:
ANTI-SEMITISM

“Discrimination or violence against Jews, Judaism and the cultural, intellectual and religious heritage of Jewish people leading to social, economic, institutional, religious, cultural or political discrimination. The word Semite literally refers to any of the peoples supposed to be descended from Shem, son of Noah, especially the Jews, Arabs, Assyrians and Phoenicians. However, Anti-Semitism is mostly used to refer to prejudice, discrimination, and violence directed at Jews.” [1]

Footnotes:

ARMED VIOLENCE

“Armed Violence refers to the use or threatened use of weapons to inflict injury, death, or psychosocial harm.” [1] “In Canadian households, the presence of firearms in the home is the single greatest risk factor for lethality of domestic violence. Firearms cause harm to Canadian women in a variety of ways. Access to a firearm in the home closely correlates with risk of completed suicide and homicide. Firearm use is prevalent in spousal murder-suicides... Rural women are particularly vulnerable to homicide by firearms. Shotguns and rifles commonly kept in rural homes have been referred to as ‘the weapons of choice’ when it comes to domestic violence by the Canadian Association of Police Chiefs. In violent homes, these weapons have been used to intimidate and control women living in rural areas.” [2]

Learn More:
- Issue-Based Newsletter: Femicide – Learning Network

Footnotes:

ASSAULT

An unlawful act aggression, with or without a weapon, in which a person applies or threatens force upon another person without their consent. [1]

“Assault” is defined under the Canadian Criminal Code, Section 265 as follows:

265 (1) A person commits an assault when
(a) without the consent of another person, he applies force intentionally to that other person, directly or indirectly;

(b) he attempts or threatens, by an act or a gesture, to apply force to another person, if he has, or causes that other person to believe on reasonable grounds that he has, present ability to effect his purpose; or

(c) while openly wearing or carrying a weapon or an imitation thereof, he accosts or impedes another person or begs. [1]

Learn More:
- Brief: The Neurobiology of Sexual Assault – Learning Network

Footnotes:

AUDISM
“Audism can be defined as the devaluation of people who are Deaf, deafened or hard of hearing. An example of this would be assuming that sign language is an inferior language and/or the cultural ways of Deaf people are somehow inferior.” [1]

Learn More:
- Issue-Based Newsletter: Violence Against Women with DisAbilities and Deaf Women – Learning Network

Footnotes:

BARRIER
Just as physical barriers can present an obstacle to physical movement or accessing physical objects, social barriers consist of social obstacles that either overtly or covertly “prevent a person from fully taking part in all aspects of society,” including (but not limited to) accessing various spaces or resources. [1]

Depending on the circumstances, certain beliefs, policies, traditions, institutions, or social environments may constitute barriers that “prevent or limit a person’s access to opportunities, benefits, or advantages that are available to other members of society.” [1]
Learn More:

- Infographic: Barriers to reporting sexual harassment – Learning Network
- Brief: Barriers to Reporting Sexual Harassment – Learning Network

Footnotes:


BATTERERS’ INTERVENTION PROGRAMS (PROGRAMMING RESPONSES FOR INTIMATE PARTNER VIOLENCE)

Batter Intervention Programs “were first developed in the late 1970s based on concerns expressed by advocates for abused women.”

The initial goals of these programs remain applicable today: “(a) Changing beliefs and attitudes that justify intimate partner violence, (b) Providing the skills to stop abusive actions, and (c) Preventing recidivism. Programs differ in their clinical approaches to helping batterers acknowledge their behavior and stop behaving abusively.” [1]

Learn More:

- Webinar: Engaging Men to Reduce and Prevent Gender-Based Violence - Learning Network

Footnotes:


BEST PRACTICES

“‘Best Practices’ refer to programs or components of programs or delivery methods that have been identified as most effective (i.e. produce significant reductions in poor outcomes or associated risk factors or significant increase in positive outcomes or associated protective factors) by repeated methodologically sound studies using an experimental (RCT [Randomized Controlled Trial]) or quasi-experimental design.” [1]

Footnotes:

BI-DIRECTIONAL VIOLENCE
“Bilateral violence is a controversial concept and experts do not agree about its characteristics. It occurs when both partners within a relationship are violent towards each other. Understanding this issue is challenging. Data on intimate partner violence are not always collected to reflect that relationships can be complex and dynamic. Data can also span a wide spectrum of behaviours, from unhealthy conflict (sometimes known as common couple violence) in a relationship to severe physical and psychological abuse (sometimes known as intimate terrorism).” [1]

Footnotes:

BIPHOBIA
“Negative attitudes, feelings, or irrational aversion to, fear or hatred of bisexual people and their communities, or of behaviours stereotyped as bisexual, leading to discrimination, harassment or violence against bisexual people.” [1]

Learn More:
- Issue-Based Newsletter: LGBTQ2S Youth, Violence, and Homelessness – Learning Network
- Issue-Based Newsletter: Intimate Partner Violence in Rainbow Communities – Learning Network
- Organization: The 519
- Poster Campaign: This is Our Community – Researching for LGBTQ2S+ Health

Footnotes:

BULLYING
“Bullying is characterized by acts of intentional harm, repeated over-time, in a relationship where an imbalance of power exists. It includes physical actions (punching, kicking, biting), verbal actions (threats, name calling, insults, racial or sexual comments), and social exclusion (spreading rumours, ignoring, gossiping, excluding).” [1]
Learn More:
- Report: Sexual Harassment and Bullying of Youth: Sexual Violence & Individuals Who Identify as LGBTQ – Centers for Disease Control and Prevention
- Campaign: Boys Don’t Cry – White Ribbon
- Issue-Based Newsletter: Sexual and Gender-Based Harassment – Learning Network

Footnotes:

CAREGIVER VIOLENCE
Violence perpetrated by paid or unpaid individuals who provide help with daily activities and support. Caregivers can be family, personal support workers, home support worker, housekeepers, and respite workers. Caregiver violence can come in multiple forms including sexual abuse, financial abuse, physical abuse, and neglect. Women who are older and women living with disabilities, may be particularly targeted for caregiver violence.

Learn More:
- Issue-Based Newsletter: Violence Against Women Who Are Older – Learning Network
- Issue-Based Newsletter: Violence Against Women with DisAbilities and Deaf Women – Learning Network

CHILD ABDUCTION
“In Canada the most common form of child abduction is by a parent or guardian.” [1] “Parental child abduction occurs when one parent, without either legal authority or the permission of the other parent, takes a child from the parent who has lawful custody. There may be both international and domestic aspects to child abduction. Although children may not be in physical danger, their lives are nevertheless greatly disrupted. They are deprived by the abducting parent of security, stability and continuity in their lives.” [2]

Learn More:
- Resource: Parental Child Abduction: Prevention, Missing Kids – Canadian Centre for Child Protection

Footnotes:
CHILD EXPOSURE TO DOMESTIC VIOLENCE

“Children can be exposed in a number of ways including seeing [domestic violence], hearing it, seeing the aftermath, or being told about it.” [1] “Research has indicated that exposure to DV can suppress a child’s IQ, lead to premature aging, and influence the functioning of the brain’s emotional systems in ways that can increase vulnerability to psychopathology. Research also showed that exposure to family violence (i.e., domestic violence and child maltreatment) was associated with heightened neural activity in children’s brains similar to that of soldiers exposed to violent combat situations.” [2] “Children who witness violence between parents may also be at greater risk of being violent in their future relationships or being victims of violence in their future relationships. The impact of being exposed to woman abuse on children varies depending on the child’s age and development stage but also on the individual child and the circumstances of their exposure.” [3]

Learn More:
- Issue-Based Newsletter: Children Exposed to Domestic Violence – Learning Network
- Brief: Exposure to Domestic Violence and its Effect on Children’s Brain Development and Functioning – Learning Network
- Report: Little Eyes, Little Ears. How Violence Against a Mother Shapes Children as They Grow—Centre for Children & Families in the Justice System

Footnotes:

CHILD MALTREATMENT

Child maltreatment, sometimes called child abuse, “includes physical, sexual and emotional abuse. It also includes neglect, and any violence that children see or hear in their families. e person who abuses the child can be: a parent; a brother or sister; another relative; a caregiver;
a guardian; a teacher; or another professional or volunteer who works with children (for example, a doctor or coach).” [1]

Learn More:
- Issue-Based Newsletter: Boys’ Victimization & Adult IPV Perpetration – Learning Network
- Issue-Based Newsletter: Sibling Violence – Learning Network

Footnotes:

CISNORMATIVE
“Cisnormativity (‘cis’ meaning ‘the same as’) refers to the commonplace assumption that all people are cisgender and that everyone accepts this as “the norm”. The term cisnormativity is used to describe systemic prejudice against trans. This form of systemic prejudice may go unrecognized by the people or organizations responsible.” [1]

Learn More:
- Issue-Based Newsletter: Intimate Partner Violence in Rainbow Communities – Learning Network
- Issue-Based Newsletter: LGBTQ2S Youth, Violence, and Homelessness – Learning Network

Footnotes:

CLASSISM
“Any practices and beliefs that judge and value people according to their social class, or the social class that other people assume they belong to.” [1] This may include practices that judge or value people (positively or negatively) according to the class position they occupy (or are believed to occupy), as well as norms, language, or policies that have the effect of reinforcing class hierarchy and wealth inequality.
COERCIVE CONTROL
“Coercive control is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.” [1]
“This controlling behaviour is designed to make a person dependent by isolating them from support, exploiting them, depriving them of independence and regulating their everyday behavior... Coercive control creates invisible chains and a sense of fear that pervades all elements of a victim’s life. It works to limit their human rights by depriving them of their liberty and reducing their ability for action.” [1]

Learn More:
• Brief: Defining Coercive Control in Comparison to Situational Couple Violence – Neighbors, Friends & Families

COLLECTIVE VIOLENCE
“The instrumental use of violence by people who identify themselves as members of a group – whether this group is transitory or has a more permanent identity – against another group or set of individuals, in order to achieve political, economic or social objectives.” [1]
“Various forms of collective violence have been recognized, including: wars, terrorism and other violent political conflicts that occur within or between states; state-perpetrated violence such as genocide, repression, disappearances, torture and other abuses of human rights; (and) organized violent crime such as banditry and gang warfare.” [1]

Footnotes:

COLONIALISM

“Colonialism is defined as a policy or set of policies and practices where a political power from one territory exerts control in a different territory. It involves unequal power relations. Colonialism and its bigger brother, imperialism, flourished between the late 1400s and the 1800s as European countries took over the Americas, Africa and most of Asia, mostly to gain access to resources such as gold, silver, furs and fish. Canada experienced settler colonialism as Europeans aggressively took lands from Indigenous peoples and over time displaced and then greatly outnumbered them. Settlement by Europeans began first on the east coast of Canada. Colonialism in Canada may be best understood as Indigenous peoples’ forced disconnection from land, culture and community by another group. It has its roots in Canada’s history but it is alive and well today, too.” [1]

Learn More:
- Issue-Based Newsletter: Indigenous Women, Intimate Partner Violence & Housing – Learning Network
- Resource: Colonialism and Its Impacts – Canadian Research Institute for the Advancement of Women Feminist Northern Network

Footnotes:

COMMUNITY POLICING

“Community policing is a philosophy that promotes organizational strategies that support the systematic use of partnerships and problem-solving techniques to proactively address the immediate conditions that give rise to public safety issues such as crime, social disorder, and fear of crime. Community policing comprises three key components: community partnerships, organizational transformation, and problem solving.” [1]

In the context of domestic violence, “domestic violence police units network and liaise with local shelters, community/government agencies, the Crown, probation and parole services, victim witness assistance programs, local Children’s Aid Societies, and other local services and community representatives responsible for responding to issues relating to domestic violence occurrences.” [2]

Footnotes:
COMPASSION FATIGUE
“[A] state of exhaustion and dysfunction biologically, psychologically, and socially as a result of prolonged exposure to compassion stress and all it invokes.” [1] It is sometimes referred to as secondary traumatic stress.

Footnotes:

COMPLEX TRAUMA
“Most people with trauma-related problems have experienced multiple traumas. The term, complex trauma describes exposure to multiple traumas. It also refers to the impacts of that exposure. Complex trauma is usually interpersonal; involves ‘being or feeling’ trapped; is often planned, extreme, ongoing and/or repeated; often has more severe, persistent and cumulative impacts; involves challenges with shame, trust, self-esteem, identity and regulating emotions; has different coping strategies which include alcohol and drug use, self-harm, over- or under-eating, over-work etc.; affects emotional and physical health, wellbeing, relationships and daily functioning. Complex trauma commonly occurs with repeated trauma against a child; however, complex trauma is not always the result of childhood trauma. It can also occur as a result of adults’ experience of violence in the community e.g. domestic and family violence, civil unrest, war trauma or genocide, refugee and asylum seeker trauma, sexual exploitation and trafficking, extreme medical trauma and/or re-traumatization.” [1]

Footnotes:

CONSENT
“When it comes to sexual assault, consent is defined as the voluntary agreement to engage in sexual activity. In other words, you must actively and willingly give consent to sexual activity. Any type of sexual activity without consent is sexual assault.” [1]

Learn More:
• Video: Forum on Sexual Violence – Learning Network
CONSENT CULTURE
“A culture in which the prevailing narrative of sex is centered on mutual consent. It is a culture that does not force anyone into anything, respects bodily autonomy and is based on the belief that a person is always the best judge of their own wants and needs. Consent to any activity is ongoing, freely given, informed and enthusiastic.” [1]

Learn More:
- Video: Cycling Through Consent – Learning Network
- Video: Forum on Sexual Violence – Learning Network
- Toolkit: Campus Toolkit for Creating Consent Culture – Canadian Federation of Students-Ontario

Footnotes:

COORDINATED COMMUNITY RESPONSE
“The implementation of new laws and policies is most effective when paired with the development of a community-wide strategy that ensures all members of the community respond in a consistent way to violence against women and can be held accountable for their responses. Coordinated community response (CCR) programs engage the entire community in efforts to develop a common understanding of violence against women and to change social norms and attitudes that contribute to violence against women. Law enforcement, civil society, health care providers, child protection services, educators, local businesses, the media, employers, and faith leaders should be involved in a coordinated community response.” [1]

Footnotes:
COPING STRATEGY/MECHANISMS
“Coping mechanisms can also be described as ‘survival skills’. They are strategies that people use in order to deal with stresses, pain, and natural changes that we experience in life. Coping mechanisms are learned behavioural patterns used to cope. We learn from our lived experiences how to manage our stresses. There are negative coping mechanisms and positive coping mechanisms. Many people use their coping mechanisms to benefit them in a positive way. However, we are not always able to cope with the difficulties that we face.” [1]

Footnotes:

CRIMINAL HARASSMENT
Criminal Harassment (stalking) is found in section 264 of the Criminal Code. It prohibits repeated acts that cause a person to fear for their safety and that may escalate into physical injury or assault. According to the Criminal Code, the intimidating acts may include:

a) repeatedly following a person;
b) repeatedly communicating with a person;
c) repeatedly watching a person’s home or workplace;
d) directly threatening the victim or a person known to the victim. [1]

“While many crimes are defined by conduct that results in a very clear physical outcome (for example, murder), the offence of criminal harassment prohibits deliberate conduct that is psychologically harmful to others. Criminal harassment often consists of repeated conduct that is carried out over a period of time and that causes its targets to reasonably fear for their safety but does not necessarily result in physical injury. It may be a precursor to subsequent violent and/or lethal acts.” [2] Thus, “If any of [the above] activities causes a person to fear for their safety or the safety of anyone connected to him/her, it is considered to be a criminal harassment and is a criminal offence.” [3]

Learn More:
• Infographic: Places Where Sexual Harassment Occurs and its Potential Impacts – Learning Network
• Infographic: Sexual Harassment - What is a myth and what is reality? – Learning Network

Footnotes:
CULTURAL HUMILITY
“Cultural humility is a process of self-reflection to understand personal and systemic biases and to develop and maintain respectful processes and relationships based on mutual trust. Cultural humility involves humbly acknowledging oneself as a learner when it comes to understanding another’s experience.” [1]

Footnotes:

CYBER MISOGYNY
The term “cyber misogyny” encapsulates the diverse forms of gendered hatred, harassment, and abusive behaviour directed toward women and girls online. It offers a more nuanced way of describing behaviours often lumped into the catch-all term “cyberbullying” in mainstream discourse.” [1] The specification of cyber misogyny foregrounds patterns of particularly sexist, racist, homophobic, transphobic, and otherwise discriminatory qualities of this behaviour, as well as “the context of power and marginalization in which it occurs.” [1]

Common examples of cyber misogyny include image-based sexual videos (e.g. “revenge porn”), cyberstalking, gender-based hate speech online, child sexual exploitation, and non-consensual sharing of intimate images. [1]

Learn More:
• Brief: Cyber Misogyny – Learning Network

Footnotes:
CYBERSTALKING
“The terms ‘cyberstalking’ and ‘online harassment’ are often used to refer to three types of activities: direct communication through e-mail or text messaging; Internet harassment, where the offender publishes offensive or threatening information about the victim on the Internet; and unauthorized use, control or sabotage of the victim’s computer.” [1]

Learn More:
- Paper: Protection from Cyberstalking: Basic Advice – Canadian Resource Centre for Victims of Crime
- Paper: Technology Safety for Women and Children: Legal Remedies for Stalking and Cyberstalking – BC Society of Transition Houses

Footnotes:

CYCLE OF VIOLENCE
“The cycle of violence looks at the repetitive nature of perpetrator’s actions that hinder a victim’s ability to leave an abusive relationship. The cycle of violence theory provides an insight into this by illustrating how the behaviour of a perpetrator can change very dramatically, making it difficult for the woman to leave. Women who have experienced violence may recognise this cycle. The cycle of violence theory was developed in 1979 by Dr Lenore Walker. It describes the phases an abusive relationship moves through in the lead up to a violent event and its follow-up.” [1]

“In phase 1, tension-building phase, tension between the people in the relationship starts to increase and verbal, emotional or financial abuse occurs. Phase 2, acute explosion, the peak of the violence is reached in this phase. The perpetrator experiences a release of tension and this behaviour may become habitual. Lastly Phase 3 is referred to as the honeymoon stage which is characterized by remorse, pursuit, and denial. During remorse, the perpetrator may start to feel ashamed. They may become withdrawn and try to justify their actions to themselves and others. During the pursuit phase, the perpetrator may promise to never be violent again. They may try to explain the violence by blaming other factors such as alcohol or stress at work. The perpetrator may be very attentive to the person experiencing violence, including buying gifts and helping around the house. It could seem as though the perpetrator has changed. At this point, the person experiencing the violence can feel confused and hurt but also relieved that the violence is over. Both people in the relationship may be in denial about the severity of the abuse and violence. Intimacy can increase during this phase. Both people may feel happy and want the relationship to continue, so they may not acknowledge the possibility that the violence could happen again.” [1]
DATING VIOLENCE
“A type of intimate partner violence often referred to in the context of adolescent relationships. It occurs between two people in a dating relationship and involves physical, psychological, and sexual abuse.”[1]

Learn More:
- Issue-Based Newsletter: Violence Against Young Women – Learning Network
- Website: The Fourth R: Strategies for Healthy Youth Relationships

Footnotes:

DISCRIMINATION
Discrimination is behaviour that results from prejudiced attitudes by individuals or institutions, resulting in unequal outcomes for persons who are perceived as different. It is the unfair treatment due to a “Prohibited Ground” under the Human Rights Code, which includes race, sex, sexual orientation, gender orientation and gender expression, same sex partner status, colour, ancestry, place of origin, ethnic origin, marital status, age, disability, citizenship, family status, or religion.

Discrimination includes, but is not restricted to, the denial of equal treatment, civil liberties and opportunities to individuals or groups with respect to education, accommodation, health care, employment and access to services, goods and facilities. [1]

Learn More:
- Issue-Based Newsletter: Intersectionality – Learning Network

Footnotes:
DISSOCIATION

“Dissociation is a coping strategy to manage overwhelming experiences. In the absence of stress, the mind is able to collect all the information around us – sensations, feelings, thoughts, behaviours and identity – and use it to make sense of one’s experience. This means that at any given moment we know who we are, where we are, what we are thinking and feeling, and so on. However, in an overwhelming or unbearable situation, a person may dissociate, or protect herself by disconnecting from aspects of what she is experiencing. This makes the situation momentarily tolerable. When one dissociates, one or more pieces of information are cut off from the self, resulting in a fragmented or confusing sense of oneself or of the experience. When there is chronic traumatization, dissociation may become a well-practiced strategy that can lead to problems in daily life and/or increase one’s vulnerability to additional harm. For example, individuals who dissociate regularly may: feel as though there are large periods of time when they don’t know what happened; find themselves in places without any memory of how they got there; find evidence that they have engaged in some activity – for example, gone shopping – but not have any memory of it; be told they were acting different or strange; have others insist they know them from somewhere, but have no memory of meeting this person.” [1]

Footnotes:

DOMESTIC HOMICIDE

“Domestic homicide is defined as the killing of a current or former intimate partner, their child(ren), and/or other third parties. An intimate partner can include people who are in a current or former married, common-law, or dating relationship. Other third parties can include new partners, other family members, neighbours, friends, co-workers, helping professionals, bystanders, and others killed as a result of the incident. Domestic homicide is a form of gender-based violence rooted in historical patterns of inequality, exclusion and discrimination.” [1]

Learn More:
• Brief: Children in Danger of Domestic Homicide – Learning Network
• Website: Canadian Domestic Homicide Prevention Initiative (CDHPI)

Footnotes:
DOMESTIC VIOLENCE COURT (DVC) PROGRAM

“In DVC programs, domestic violence cases are heard separately from other criminal law cases by specific judges who are trained about violence between intimate partners and familiar with the issues involved in these types of cases. The program also includes special training about intimate partner violence for police, Crown lawyers, probation officers and other staff that are involved in the program.” [1]

Footnotes:

DOMESTIC VIOLENCE INTERVENTION

“Action taken to stop domestic violence, lessen its effects on the victims and their families, and hold the abuser accountable.” [1] “Domestic Violence Interventions are delivered to either victims or perpetrators after the violence has occurred so as to reduce negative impacts and prevent reoccurrence.” [2]

Footnotes:

DOMESTIC VIOLENCE PREVENTION

“Actions taken to prevent the onset or repetition of domestic violence. Prevention includes activities and approaches that promote safe, healthy relationships and behaviors.” [1] “Prevention activities can be delivered to the whole population or to groups without regard to individual risk levels (i.e. universal interventions), or to particular groups that are at heightened risk of using or experiencing violence (i.e. selected interventions).” [2]

Learn More:
• Brief: Examples of Evaluated Social Marketing Campaigns addressing Woman Abuse – Learning Network
• Brief: Engaging Men & Boys to End Violence Against Women – Learning Network
DOMESTIC VIOLENCE SCREENING

“Domestic violence screening is the process of identifying warning signs for domestic violence. This process is critical for assessing and managing risk for domestic violence. Correct identification of warning signs allows us to assess risk and, where it exists, take appropriate steps to manage it; but missed identification of warning signs represent a lost opportunity to prevent domestic violence and protect potential victims/survivors.” [1]

Learn More:
- Online Training: Domestic Violence Risk Assessment and Management Curriculum – CREVAWC

Footnotes:

DRUG FACILITATED SEXUAL ASSAULT

“Drug Facilitated Sexual Assault (DFSA) occurs when alcohol or other drugs are used to intentionally sedate or incapacitate a person in order to perpetrate non-consensual sexual assault. In essence, a person utilizes incapacitating substances as a weapon to facilitate the sexual assault. The Criminal Code of Canada (section 273.1) defines consent as a “voluntary agreement of the complainant to engage in the sexual activity in question.” Consent cannot be obtained if the person is incapable of consenting to the activity (i.e., the person is drunk, stoned, unconscious)…There are two types of DFSA:

1. Proactive – a perpetrator puts a drug into a victim’s drink or gives a victim alcohol until she becomes inebriated and incapacitated
2. Opportunistic – a perpetrator targets an already intoxicated or incapacitated victim.” [1]

Learn More:
- Brief: Drug Facilitated Sexual Assault – Learning Network
ECONOMIC ABUSE/FINANCIAL ABUSE

“Financial abuse happens when someone uses money or property to control or exploit someone else. It can involve:

- taking someone's money or property without permission
- withholding or limiting money to control someone
- pressuring someone to sign documents
- forcing someone to sell things or change a will

Most forms of financial abuse are crimes, including theft and fraud.” [1]

Footnotes:

ELDER ABUSE

Elder Abuse is defined as “a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person.” [1]

“Elder abuse often occurs when there is an imbalance of control. The abuser either limits or takes control over the rights and freedoms of the senior. The abuse/violence is used to intimidate, humiliate, coerce, frighten or simply to make the senior feel powerless.” [2]

Learn More:
- Website: Elder Abuse Prevention Ontario
- Website: It’s Not Right: Neighbours, Friends & Families for Older Adults
- Website: Aging Without Violence
- Issue-Based Newsletter: Violence Against Women Who Are Older – Learning Network
- Issue-Based Newsletter: Femicide of Women Who Are Older – Learning Network

Footnotes:
EMOTIONAL ABUSE
“Emotional abuse is the repeated use of controlling and harmful behaviours by a perpetrator to control a victim, most likely a woman. As a result of emotional abuse, a woman lives her life in fear and repeatedly alters her thoughts, feelings, and behaviours, and denies her needs, to avoid further abuse. Emotional Abuse includes verbal abuse, stalking and harassing, isolation, threats, intimidation, sexual and financial abuse, and neglect. Emotional abuse is the greatest predictor of physical violence.” [1] “It can be difficult to explain psychological abuse to other people because there are no physical signs of it and the impact of it can last long after the abuse has ended.” [2]

Learn More:
• Resource: Emotional Abuse Assessment Guide – Springtide Resources

Footnote:

ENVIRONMENTAL RACISM
“Environmental racism is racial discrimination in environmental policymaking; in the enforcement of regulation of laws; in the deliberate targeting of communities of colour for toxic waste disposal and the siting of polluting industries; in the official sanctioning of the life-threatening presence of poisons and pollutants in communities of colour; and in the history of excluding people from the mainstream environmental groups, decision-making boards, commissions, and regulatory bodies. It is the intentional siting of hazardous waste sites, landfills, incinerators and polluting industries in areas inhabited mainly by Blacks, Latinos, Indigenous peoples, Asians, migrant farm workers and low-income peoples. Environmental racism is an extension of institutional racism.” [1]

Learn More:
• Organization: Canadian Environmental Law Association

Footnotes:
EQUALITY/EQUITY
As it relates to social questions of fairness and justice, **equality** entails a principle of impartiality and sameness of treatment for all people—that is, “of ensuring equal treatment to all people, without consideration of individual and group diversities.” [1]

By comparison, **equity** entails a principle “of ensuring fair, inclusive and respectful treatment of all people, with consideration of individual and group diversities.” [1]

The practical differences between equality and equity emerge when social or historical factors cause *sameness* of treatment to be inconsistent with *fairness* of treatment—for instance, in cases where legacies of social inequality or systems oppression have placed groups in dominant or subordinate statuses relative to one another.

Under such circumstances, “access to services, supports and opportunities and attaining economic, political and social fairness cannot be achieved by treating individuals in exactly the same way. Equity honours and accommodates the specific needs of individuals/groups.” [1]

**Learn More:**
- Issue-Based Newsletter: Gender Equality – Learning Network
- Issue-Based Newsletter: Gender Equity – Learning Network

**Footnotes:**

ETHNOCENTRISM
“An uncompromising loyalty to one’s own cultural values as natural, normal and necessary. Difficulties arise when these standards are used to evaluate the behaviour of other groups as inferior, backward or irrational.” [1]

**Footnotes:**

EUROCENTRISM
Presupposes the supremacy of Europe and Europeans in world culture, and relates history, policies, legislation, practices, structures, and societal norms according to a European perception and experience. [1]
FAILURE TO PROTECT

“Failure to protect is a form of child neglect. It implies that the neglecting parent has failed to protect a child when it was possible to do so. While this may sometimes be the case, the term is very controversial when applied to parents who are also victims themselves, such as in the case of victimized women. As viewed by advocates of domestic violence, this term is a key charge by which child protective services find mothers who are victims of domestic violence neglectful under state law, by failing to protect or endangering their children through exposure to domestic violence against them. The consequence of such a finding can lead to children being removed from the home and placed in foster care.” [1]

Footnotes:

FAITHISM

“The cultural, institutional and individual set of practices and beliefs that assign different values to people according to their religion or creed, or their lack of religion or creed, thereby resulting in differential treatment on the basis of faith.” [1]

Footnotes:

FAMILY VIOLENCE

“Family violence is considered to be any form of abuse, mistreatment or neglect that a child or adult experiences from a family member, or from someone with whom they have an intimate relationship.” [1] “Family violence is a gender-based crime as most victims are women and girls. One out of four violent crimes in Canada reported to police involves family violence.” [2] “The different terms used for family violence can have slightly different meanings depending on where and how they are used, such as in a courtroom or a hospital. For example:

- Domestic violence can sometimes mean family violence and sometimes it means intimate partner violence.
- **Intimate partner violence** refers to physical, sexual, or psychological harm by a current or former partner or spouse and can also be called **dating violence** between couples who are not married.
- The terms **violence against women** and **gender-based violence** are also used.
- **Child abuse** is sometimes called **child maltreatment or neglect**, and **elder abuse** is sometimes referred to as **neglect**.” [3]

**Learn More:**
- Learning Brief: It Shouldn’t Be This Hard: Family Law, Family Court and Violence Against Women and Children—Learning Network

**Footnotes:**

**FEMALE GENITAL MUTILATION**
“Female genital mutilation (FGM) comprises all procedures involving partial or total removal of the external female genitalia or other injury to the female genital organs for non-medical reasons.” [1] “Infections incurred as the result of unhygienic operations frequently result in loss of life, which is considered an acceptable outcome.” [2]

“The World Health Organization has classified FGM into four types:
- **Type I** – Excision of the prepuce, with or without excision of part or all of the clitoris.
- **Type II** – Excision of the clitoris with partial or total excision of the labia minora.
- **Type III** – Excision of part or all of the external genitalia and stitching/narrowing of the vaginal opening (infibulation).
- **Type IV** – Unclassified which includes pricking, piercing or incising of the clitoris and/or labia; stretching of the clitoris and/or labia; cauterization by burning of the clitoris and surrounding tissue.” [1]

**Learn More:**
- Organization: Women’s Health in Women’s Hands
FEMICIDE

"Femicide is the intentional killing of women and girls because they are women and girls." [1]

There are different forms of femicide including:

- **Intimate Femicide**: The killing of women and girls by current or former partners or family members.
- **Non-Intimate Femicide**: The killing of women and girls by someone without an intimate relationship with them (e.g. serial killings motivated by misogyny).
- **Murder in the Name of ‘Honor’**: The killing of women and girls because their lived experience (e.g. engaging in premarital sex) is judged as a violation of gender and/or family expectations.
- **Female Infanticide and Gender-Based Sex-Selective Foeticide**: The killing of female infants or fetuses because they are female.
- **Genital Mutilation Related Femicide**: The killing of women and girls resulting from complications associated with female genital mutilation.
- **Dowry-Related Femicide**: The killing of a woman or girl by the groom’s family because the dowry (e.g. money, property) provided by her family is judged as inadequate.
- **Organized Crime Related Femicide**: The killing of women and girls associated with gangs, drugs, human trafficking, and/or gun proliferation. [2]

Learn More:
- Web Resource: Femicide in Ontario Annual List and Media Analysis – Ontario Association of Interval & Transition Houses (OAITH)
- Organization: Canadian Femicide Observatory for Justice and Accountability
- Issue-Based Newsletter: Femicide – Learning Network
- Issue-Based Newsletter: Femicide of Women Who Are Older – Learning Network

Footnotes:
FEMINISM
Feminism has a rich and complicated history, and it can entail different meanings and applications for many people. Nevertheless, the influential feminist bell hooks offers the following “simplified,” “open-ended” way of thinking about this term:

“Simply put, feminism is a movement to end sexism, sexist exploitation, and oppression... I liked this definition because it did not imply that men were the enemy. By naming sexism as the problem it went directly to the heart of the matter. Practically, it is a definition which implies that all sexist thinking and action is the problem, whether those who perpetuate it are female or male, child or adult. It is also broad enough to include an understanding of systemic institutionalized sexism. As a definition it is open-ended. To understand feminism it implies one has to necessarily understand sexism.” [1]

Learn More:
• Issue-Based Newsletter: Gender Equality – Learning Network

Footnotes:

FEMME
Femme is “an identity that encapsulates femininity that is dislocated from, and not necessitating, a female body/identity, as well as a femininity that is embodied by those whose femininity is deemed culturally unsanctioned.” [1]

Footnotes:

FIRST NATIONS
“First Nation is a term used to identify Indigenous peoples of Canada who are neither Métis nor Inuit. This term came into common usage in the 1970s to replace the term “Indian” and “Indian band” which many find offensive. First Nation is used instead of “Indian” when referring to an individual. First Nations people includes both status and non-status Indians and is used to refer to a single band or the plural First Nations for many bands. The term ‘First Nation Community’
is a respectful alternative phrase; however, First Nation communities in Ontario have expressed publicly and politically that they prefer Indigenous Peoples.” [1]

Learn More:
• Issue-Based Newsletter: Indigenous Women, Intimate Partner Violence & Housing—Learning Network

Footnotes:

GASLIGHTING
“Gaslighting involves (i) the attempt by the gaslighter to undermine his victim’s self-trust: her conception of herself as an autonomous locus of experience, thought, and judgment. The gasligther’s (ii) motivation is a strong desire to neutralize his victim’s ability to criticize him and to ensure her consent to his way of viewing things (specifically with regard to issues relevant to the relationship, perhaps in general), and thus to maintain control over her. The gaslighter (iii) pursues this goal by means of a strategy of manipulation, fabrication, and deception that (iv) specifically relies upon his victim’s trust in him as a peer or authority in some relevant sense.” [1]

Footnotes:

GENDER/GENDERNORMS
“Gender is based on the expectations and stereotypes about behaviours, actions, and roles linked to being a ‘man’ or ‘woman’ within a particular culture or society. The social norms related to gender can vary depending on the culture, and can change over time.

The gender binary influences what society considers ‘normal’ or acceptable behaviour, dress, appearance and roles for women and men. Gender norms are a prevailing force in our everyday lives. Strength, action, and dominance are stereotyp-ically seen as ‘masculine’ traits, while vulnerability, passivity, and receptiveness are stereotypically seen as ‘feminine’ traits. A woman expressing masculine traits may be chastised as ‘overly aggressive,’ while a man expressing ‘feminine’ traits may be labelled as ‘weak.’ Gender norms can contribute to power imbalances and gender in equality in the home, at work, and in communities.” [1]

Learn More:
• Issue: Gender Equality – Learning Network
GENDER EQUALITY

“Gender equality means that women and men enjoy the same status and the same conditions in which to fully realize their human rights and their potential to contribute to national, political, economic, social, and cultural development, as well as to benefit from the results of that development. Gender equality means that society values the similarities and differences between women and men and the various roles they play.” [1]

[See for comparison: Gender Equity]

Learn More:
• Issue-Based Newsletter: Gender Equality – Learning Network Brief
• Issue-Based Newsletter: Gender Equity – Learning Network

Footnotes:

GENDER EQUITY

“The process of being fair to women and men. To ensure fairness, strategies and measures must often be available to compensate for the historical and social disadvantages that have kept women from enjoying equal opportunity. Equity contributes to equality.” [1]

Since “access to services, supports and opportunities and attaining economic, political and social fairness cannot be achieved by treating individuals in the same way” [2], “equity work analyses and challenges unfair systems and practices” and works towards creating outcomes and access that are fair for everyone. [2]

[See for comparison: Gender Equality]

Learn More:
• Issue-Based Newsletter: Gender Equality – Learning Network
• Issue-Based Newsletter: Gender Equity – Learning Network

Footnotes:
GENDER EXPANSIVE

“An umbrella term sometimes used in place of ‘gender non-binary’ or ‘gender non-conforming’, to describe individuals with gender identities and expressions that expand and broaden definitions of cisnormative and gender normative identities.” [1]

Learn More:
- Issue-Based Newsletter: LGBTQ2S Youth, Violence, and Homelessness – Learning Network
- Issue-Based Newsletter: Intimate Partner Violence in Rainbow Communities – Learning Network
- Organization: The 519

Footnotes:

GENDER-BASED ANALYSIS PLUS (GBA+)

“GBA+ is an intersectional analytical process for examining how various intersecting identity factors impact the effectiveness of government initiatives. It involves examining disaggregated data and research, and considering social, economic, and cultural conditions and norms. Using GBA+ means taking a gender- and diversity-sensitive approach to your work.” [1]

Learn More:
- Online Training: Introduction to GBA+ - Status of Women Canada

Footnotes:
GENDER-BASED VIOLENCE

Gender-based violence is a term that recognizes that violence occurs within the context of women’s and girl’s subordinate status in society and serves to maintain this unequal balance of power.

Gender-based violence is sometimes used interchangeably with “violence against women” although the latter is a more limited concept. The United Nations (UN) defines violence against women as “any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivations of liberty, whether occurring in public or private life.” [1, 2]

The UN also notes that “While gender-based violence can happen to anyone, anywhere, some women and girls are particularly vulnerable - for instance, young girls and older women, women who identify as lesbian, bisexual, transgender or intersex, migrants and refugees, indigenous women and ethnic minorities, or women and girls living with HIV and disabilities, and those living through humanitarian crises.” [3] The existence and impact of gender-based violence are therefore often interconnected with other systems of inequality and/or vulnerability.

Learn More:
- Organization: World Health Organization
- Organization: Centre for Research & Education on Violence Against Women & Children
- Organizations: Learning Network Provincial Resource Group
- Issue-Based Newsletter: Sexual and Gender-based Harassment — Learning Network
- Issue-Based Newsletter: Gender Equality — Learning Network

Footnotes:


GENDER MAINSTREAMING

“Gender Mainstreaming is a globally accepted strategy for promoting gender equality. Mainstreaming is not an end in itself but a strategy, an approach, a means to achieve the goal of gender equality. Mainstreaming involves ensuring that gender perspectives and attention to the goal of gender equality are central to all activities - policy development, research, advocacy/ dialogue, legislation, resource allocation, and planning, implementation and monitoring of programmes and projects.” [1]
Learn More:
- Issue-Based Newsletter: Gender Equality — Learning Network
- Resource: Gender Mainstreaming, Promoting Gender Equality — Comité québécois femmes et développement

Footnote:

GENOCIDE
“Deliberate decisions and actions made by one nation or group of people in order to eliminate, usually through mass murder, the entirety of another nation or group. The term has also been used to refer to the destruction of the culture of a people, as in cultural genocide.” [1]

Footnotes:

HARASSMENT
“Persistent, ongoing behavior conveying negative attitudes towards an individual or group to make them feel intimidated and humiliated. Harassment is an exercise of power. It includes any action that a person knows, or should know, is not welcome. Harassment includes name-calling, jokes, slurs, graffiti, insults, threats, rudeness and crude gestures, verbal or physical abuse. Human Rights Codes in most provinces prohibit harassment based on race, religion, sex, ethnicity and the other prohibited grounds for discrimination.” [1]

For legal definition of Harassment, see “Criminal Harassment.”

Learn More:
- Infographic: Places where sexual harassment occurs and its potential impacts — Learning Network
- Infographic: Sexual Harassment - What is a myth and what is reality? — Learning Network

Footnotes:
HATE CRIME
“Criminal acts which promote hatred against identifiable groups of people, motivated by bias, prejudice or hate. Although individuals and groups that promote this destructive form of human rights-based discrimination often defend their right to ‘free speech,’ it is a criminal offense to disseminate hate propaganda and/or to commit hate crimes.” [1]

Under the Canadian Criminal Code, both the “public incitement of hatred” and the “willful promotion of hatred” are considered crimes punishable by law. [2]

Footnotes:

HEALING CENTERED ENGAGEMENT
“A healing centered approach is holistic involving culture, spirituality, civic action and collective healing. A healing centered approach views trauma not simply as an individual isolated experience, but rather highlights the ways in which trauma and healing are experienced collectively. The term healing centered engagement expands how we think about responses to trauma and offers more holistic approach to fostering well-being.” [1]

Learn More:
• Webinar: Roots and Resilience – Learning Network

Footnotes:

HEALTH EFFECTS
The effects of violence on a victim’s physical and psychological health are severe. “In addition to the immediate injuries from the assault, victims display increased risk for chronic pelvic pain, genitourinary problems, gastrointestinal distress, somatization disorder, substance abuse, obesity, heart disease, cancer, and diabetes. Women who are abused also display an increased risk of unplanned or early pregnancies and sexually transmitted diseases, including HIV/AIDS. Interpersonal forms of trauma can also impact many aspects of a victim’s psychological health leading to negative psychological health outcomes. Victims are at risk for depleted self-esteem, trouble forming relationships, PTSD, depression, panic disorder, chronic stress, insomnia, suicide ideation, and anxiety. Victims also often engage in avoidance behaviors to cope with difficult feelings including substance abuse, eating disorders, or self-harm.” [1]
**HEALTH PROMOTION**

“Health promotion is the process of enabling people to increase control over, and to improve, their health. To reach a state of complete physical, mental and social well-being, an individual or group must be able to identify and to realize aspirations, to satisfy needs, and to change or cope with the environment. Health is, therefore, seen as a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities. Therefore, health promotion is not just the responsibility of the health sector, but goes beyond healthy life-styles to well-being.” [1]

**Footnotes:**

**HEALTHY RELATIONSHIPS**

“When people are in healthy relationships, they feel valued, respected, and treated like equals.” [1] “Healthy relationships allow both partners to feel supported and connected but still feel independent. Communication and boundaries are the two major components of a healthy relationship. Ultimately, the two people in the relationship decide what is healthy for them and what is not. If something doesn’t feel right, you should have the freedom to voice your concerns to your partner.” [2]

**Learn More:**
- Toolkit: Engaging Men & Boys to End Violence in the Family – White Ribbon
- Toolkit: School Counsellors Tool Kit: Talking to Your Students About Dating and Healthy Relationships – Ontario Native Education Counselling Association
- Videos: Healthy Talks for Young Adults – Neighbours, Friends & Families
HETEROPATRIARCHY
Social systems “in which heterosexuality and patriarchy are perceived as normal and natural, and in which other configurations are perceived as abnormal, aberrant, and abhorrent.” [1] These systems rely on “very narrow definitions of the male/female binary, in which the male gender is perceived as strong, capable, wise, and composed and the female gender is perceived as weak, incompetent, naïve, and confused.” [1]

Indigenous scholars and activists have drawn particular attention to the way that the naturalization of heteropatriarchy facilitates the broader settler-colonial project. [1, 2]

Because heteropatriarchy imposes itself upon the political orders, thought, agency, self-determination, and freedom “of Indigenous bodies,” it also operates as a violent and “dispossessing force.” It therefore attacks all genders and sexualities of Indigenous people, as well as Indigenous peoples’ claims to land. [3]

Footnotes:

HETEROSEXISM
“The assumption that everyone is heterosexual and that heterosexuality is superior and preferable. The result is discrimination against bisexual, lesbian and gay people that is less overt, and which may be unintentional and unrecognized by the person or organization responsible for the discrimination.” [1]

Learn More:
- Issue-Based Newsletter: LGBTQ2S Youth, Violence, and Homelessness – Learning Network
- Issue-Based Newsletter: Intimate Partner Violence in Rainbow Communities – Learning Network
**Organization: The 519**

**Footnotes:**

**HETEROSEXUALITY**
“A sexual orientation in which a person feels physically and emotionally attracted to people of a gender other than their own.” [1] Sometimes referred to as “straight.”

**Footnotes:**

**HOMELESSNESS**
Homelessness refers to “the situation of an individual or family without stable, permanent, appropriate housing, or the immediate prospect, means, and ability of acquiring it.”[1]

Homelessness could be visible (e.g. sleeping outside, staying at an emergency shelter), hidden (e.g. sleeping at a friend’s house, engaging in survival sex in exchange for housing), or it could be that the housing is unaffordable, inaccessible, and/or unsafe. [2]

Violence (e.g. intimate partner violence, sexual violence, child maltreatment) and discrimination (e.g. anti-Indigenous discrimination, homophobia, transphobia) contributes to homelessness. Homelessness also increases vulnerability to experiencing violence.

**Learn More:**
- Issue-Based Newsletter: Women, Intimate Partner Violence, & Homelessness – Learning Network
- Issue-Based Newsletter: Voices of Our Sisters: Poems on experiences of violence and homelessness – Learning Network
- Issue-Based Newsletter: LGBTQ2S Youth, Violence, and Homelessness – Learning Network
- Issue-Based Newsletter: Indigenous Women, Intimate Partner Violence & Housing – Learning Network
- Issue-Based Newsletter: Women with Disabilities and D/deaf Women, Housing, and Violence – Learning Network

**Footnotes:**
HUMAN RIGHTS
“Human rights affirm and protect the right of every individual to live and work without discrimination and harassment. Human Rights policies and legislation attempt to create a climate in which the dignity, worth and rights of all people are respected, regardless of age, ancestry, citizenship, colour, creed (faith), disability, ethnic origin, family status, gender, marital status, place of origin, race, sexual orientation or socio-economic status.” [1]

“Universal human rights are often expressed and guaranteed by law, in the forms of treaties, customary international law, general principles and other sources of international law. International human rights law lays down obligations of Governments to act in certain ways or to refrain from certain acts, in order to promote and protect human rights and fundamental freedoms of individuals or groups.” [2]

Learn More:
- Online Training: Human Rights 101 – Ontario Human Rights Commission

Footnotes:


HUMAN TRAFFICKING
Human trafficking is internationally recognized as a human rights violation.

Since establishing the “Protocol to Prevent, Suppress and Punish Trafficking in Persons, Especially Women and Children” in 2000 (sometimes known as the “Palermo Protocol”), the United Nations has defined human trafficking according to three distinct elements:

1. The Act: Recruiting, transporting, sheltering, or receiving people...
2. The Means: ...through the use (or threat) of force, coercion, fraud, or deception...
3. The Purpose: ...for sexual exploitation, forced labour, or organ removal. [1]

The Canadian Criminal Code [2] also outlaws human trafficking, which it defines as follows:

279.01(1) Every person who recruits, transports, transfers, receives, holds, conceals or harbours a person, or exercises control, direction or influence over the movements of a person, for the purpose of exploiting them or facilitating their exploitation is guilty of an indictable offence.
Learn More:
- Issue Based Newsletter: Human Trafficking – Learning Network
- Organization: Canadian Human Trafficking Hotline

Footnotes:

HYPERSEXUALIZATION
The prefix of “hyper” to sexualization is used to distinguish this form of sexualization as one that focuses on children and youth.

“Hypersexualization of girls can refer to girls being depicted or treated as sexual objects. It also means sexuality that is inappropriately imposed on girls through media, marketing or products directed at them that encourages them to act in adult sexual ways.” [1]

Footnotes:

IMMIGRANT
“[A] a person who has settled permanently in another country.” [1]

“You may also hear... illegal immigrant/Illegal – these terms are problematic because they criminalize the person, rather than the act of entering or remaining irregularly in a country. International law recognizes refugees may need to enter a country without official documents or authorization. It would be misleading to describe them as ‘illegal migrants.’ Similarly, a person without status may have been coerced by traffickers: such a person should be recognized as a victim of crime, not treated as a wrong-doer.” [1]

Learn More:
- Website: Neighbours, Friends & Families – Immigrant and Refugee Communities
- Website: Ontario Council of Agencies Serving Immigrants
- Issue-Based Newsletter: Intimate Partner Violence Against Immigrant and Refugee Women – Learning Network
INCEST
According to the Department of Justice Canada, “every one commits incest who, knowing that another person is by blood relationship his or her parent, child, brother, sister, grandparent or grandchild, as the case may be, has sexual intercourse with that person. Everyone who commits incest is guilty of an indictable offence and is liable to imprisonment for a term of not more than 14 years and, if the other person is under the age of 16 years, to a minimum punishment of imprisonment for a term of five years. No accused shall be determined by a court to be guilty of an offence under this section if the accused was under restraint, duress or fear of the person with whom the accused had the sexual intercourse at the time the sexual intercourse occurred.” [1]

Footnotes:

INDIGENOUS
“There are three constitutionally defined Indigenous groups in Canada including First Nations, Metis, and Inuit (FNMI). To reflect the diversity of Indigenous peoples and to include all, regardless of status, nationhood, membership or community affiliation, the terms Indigenous and FNMI are applied interchangeably. It is acknowledged that many FNMI people refer to themselves differently and in their own languages.” [1]

Learn More:
• Issue-Based Newsletter: Indigenous Women, Intimate Partner Violence & Housing – Learning Network
• Webinar: Missing and Murdered Indigenous Women – Learning Network
• Website: Ontario Native Women’s Association (ONWA)

Footnotes:
INDIGENOUS FEMINISMS

“At their root, Indigenous feminisms examine how gender and conceptions of gender influence the lives of Indigenous peoples, historically and today. Indigenous feminist approaches challenge stereotypes about Indigenous peoples, gender and sexuality, for instance, as they appear in politics, society and the media. Indigenous feminisms offer frameworks for learning about and understanding these, and other issues, regardless of one’s gender or ethnicity.”

Although gender, sex and sexuality are central in Indigenous feminisms, they intersect with other aspects of people’s identities, including indigeneity (i.e., Indigenous identity), age, ability and social class. Scholars therefore emphasize that Indigenous feminisms should consider multiple aspects of identity. To focus on only one or two creates incomplete and flawed understandings.

Indigenous feminisms are also concerned with the ways that gender is embedded in broader power relations, and with the ways that sexism, racism and colonialism are structures of oppression that operate together. Scholars Maile Arvin (of Kanaka Maoli ancestry), Eve Tuck (Unangax) and Angie Morrill (Klamath) (in addition to many other Indigenous feminists) have argued that ‘settler colonialism has been and continues to be a gendered process.’ That is, the impacts of settler colonialism are targeted and experienced differently depending on one’s gender. It is well-documented, for instance, that Indigenous women on average experience higher rates of gender-based violence, have lower incomes and have less political representation compared to Indigenous men and non-Indigenous women. Too often these realities are ignored by settler communities and can even be disregarded within some Indigenous communities as well.” [1]

Footnotes:


INDIGENOUS MASCULINITIES

A focus upon Indigenous masculinity entails consideration of the many forces shaping how masculinity and manhood is experienced by Indigenous individuals. This entails both a resurgence of traditional ways of knowing and identifying, as well as a critical analysis of the ways in which “Indigenous men and masculinities have been profoundly impacted by colonization, hegemonic masculinities and the heteronormative patriarchal system of white supremacy.” [1]

For instance, “[t]he assimilation of invader masculinity into Indigenous masculinity led to the public face of power at least to be exclusively male. Indigenous masculine leadership came to reflect modernity’s masculinity. Similarly, Indigenous heterosexuality came to reflect such a
sentiment where Indigenous women became the property of men and, thus, under these conditions were given very little say in the matter.” [2]

As a result, “traditional Indigenous masculinities were violently displaced and subordinated by colonial masculinities. The colonial milieu of white settler society with its political economic, social and cultural practices usurped Indigenous culture, tradition and gender systems.” [1]

Cultural teachings therefore “offer means of regenerating an egalitarian way of life.” [1]

Footnotes:


INNU

“The Innu Nation is the organization that formally represents the Innu of Labrador, approximately 2200 persons, most of whom live in the two Innu communities of Sheshatshiu and Natuashish. The Sheshatsiu Innu live in the community of Sheshatshiu while the Mushuau Innu live in the community of Natuashish. Some Innu also live in other communities within Labrador and on the Island part of the province of Newfoundland and Labrador.” [1]

“In order to protect their interests, their land and their rights from outside forces the Innu people first organized themselves in 1976 under the Naskapi Montagnais Innu Association (NMIA). In 1990, the NMIA changed its name to the Innu Nation. Today the Innu Nation forms the governing body of the Labrador Innu.” [1]

Footnotes:

INUIT

“Inuit are an Indigenous people living primarily in Inuit Nunangat.” [1]

“The majority of [the Inuit] population lives in 51 communities spread across Inuit Nunangat, the Inuit homeland encompassing 35 percent of Canada’s landmass and 50 percent of its coastline. [Inuit] have lived in our homeland since time immemorial. [Inuit] communities are among the most culturally resilient in North America. Roughly 60 percent of Inuit report an ability to conduct a conversation in Inuktut (the Inuit language), and [Inuit] people harvest country foods such as seal, narwhal and caribou to feed... families and communities.” [2]

Learn More:
- Website: Pauktuutit Inuit Women of Canada
**Footnotes:**

[1] Inuit Nunangat “is a Canadian Inuit term that includes land, water, and ice,” which are integral to Inuit culture and way of life.


**INTERGENERATIONAL TRAUMA**

“Intergenerational trauma is the transmission of historical oppression and its negative consequences across generations.” [1] It is “[a] collective complex trauma inflicted on a group of people who share a specific group identity or affiliation—ethnicity, nationality, and religious affiliation. It is the legacy of numerous traumatic events a community experiences over generations and encompasses the psychological and social responses to such events.” [2]

**Learn More:**

- Webinar: Intergenerational Trauma, Aboriginal Worldviews and Education – University of Toronto

**Footnotes:**


**INTERNALIZED OPPRESSION**

“When members of a marginalized group accept negative aspects of stereotypes assigned to them by the dominant group and begin to believe that they are inferior. The incorporation by individuals within an oppressed group of the prejudices against them within the dominant society can result in self-hatred, self-concealment, fear of violence, feelings of inferiority, resignation, isolation, and powerlessness. It is a mechanism within an oppressive system for perpetuating power imbalance.” [1]

**Footnotes:**

INTERPERSONAL VIOLENCE

Interpersonal violence refers to violence between individuals and can be subdivided into family and intimate partner violence and community violence.

Family and intimate partner violence includes child maltreatment, intimate partner violence, and elder abuse.

Community violence “is broken down into acquaintance and stranger violence and includes youth violence; assault by strangers; violence related to property crimes; and violence in workplaces/institutions.” [1]

Footnotes:

INTERSECTIONALITY

Intersectionality is a concept and analytic framework coined by Kimberlé Crenshaw and further developed by numerous scholars, advocates, and activists. [1] “Intersectionality is a useful framework for examining how forms of privilege and disadvantage shape women’s experiences of violence and their access to resources and supports.” [2]

“Intersectionality is made up of 3 basic building blocks: social identities, systems of oppression, and the ways in which they intersect.

- **Social Identities** are based on the groups or communities a person belongs to. These groups give people a sense of who they are. For example, social class, race/ethnicity, gender, and sexual orientation are all social identities. A person is usually a member of many different groups or communities at once; in this way, social identities are multidimensional. An individual’s social location is defined by all the identities or groups to which they belong.

- **Systems of Oppressions** refer to larger forces and structures operating in society that create inequalities and reinforce exclusion. These systems are built around societal norms and are constructed by the dominant group(s) in society. They are maintained through language (e.g. “That’s so gay”), social interactions (e.g. “catcalling” women), institutions (e.g. when school curriculum does not acknowledge residential schools), and laws and policies (e.g. immigration policies that make it difficult for new Canadians to access health services). Systems of oppression include racism, colonialism, heterosexism, class stratification, gender inequality, and ableism.

- Social identities and systems of oppression do not exist in isolation. Instead, they can be thought of as intersecting or interacting. In other words, individuals’ experiences are shaped by the ways in which their social identities intersect with each other and with
interacting systems of oppression. For instance, a person can be both black, a woman, and elderly. This means she may face racism, sexism, and ageism as she navigates everyday life, including experiences of violence.” [2]

In the case of intimate partner violence (IPV), “people of intersecting identities are affected by oppression in different ways and therefore have unique experiences of IPV and we should not assume that survivors of IPV speak with only one voice.” [3] “Intersectionality influences whether, why, how, and from whom help is sought; experiences with and responses by service providers and justice systems; how abuse is defined; and what options seem feasible, including escape and safety concerns. Policies and programs that do not include an intersectional dimension exclude survivors of IPV who exist at points of intersection between inequalities.” [4]

Learn More:
- Issue-Based Newsletter: Intersectionality – Learning Network
- Issue-Based Newsletter: Indigenous Women, Intimate Partner Violence & Housing – Learning Network
- Issue-Based Newsletter: Women, Intimate Partner Violence & Homelessness – Learning Network
- Issue-Based Newsletter: Intimate Partner Violence in Rainbow Communities – Learning Network

Footnotes:


INTIMATE PARTNER VIOLENCE

“Intimate partner violence is one of the most common forms of violence against women and includes physical, sexual, and emotional abuse and controlling behaviours by an intimate partner. Intimate partner violence (IPV) occurs in all settings and among all socioeconomic, religious and cultural groups. The overwhelming global burden of IPV is borne by women. Although women can be violent in relationships with men, often in self-defence, and violence sometimes occurs in same-sex partnerships, the most common perpetrators of violence against women are male intimate partners or ex-partners.” [1]

Learn More:
- Issue-Based Newsletter: Intimate Partner Violence Against Immigrant and Refugee Women — Learning Network & Ontario Council of Agencies Serving Immigrants (OCASI)
- Issue-Based Newsletter: Indigenous Women, Intimate Partner Violence & Housing — Ontario Native Women’s Association (ONWA)
- Issue-Based Newsletter: Women, Intimate Partner Violence, & Homelessness — Learning Network
- Issue-Based Newsletter: Intimate Partner Sexual Violence — Learning Network
- Issue-Based Newsletter: Intimate Partner Violence in Rainbow Communities — Learning Network
- Webinar: Traumatic Brain Injury (TBI) and Intimate Partner Violence (IPV): Implications of the Co-occurrence of PTSD & TBI — Learning Network

Footnotes:

ISLAMOPHOBIA

Islamophobia is a form of racism and consists of “a fear or hatred of Muslim people that results in discrimination, exclusion and violence against Muslims. Islamophobia is based on false and toxic ideas that Muslims are less than human, demonic, terrorists, or trying to take over the country. These toxic ideas are spread through the media and social media. Islamophobia mostly affects Muslims, but Sikhs and other groups who have been mistaken as Muslim can also face Islamophobia.” [1]

Islamophobia can be gendered in its portrayal of Muslim women as victims of their religion, exotic and hyper-sexualized, and weak or passive. [2]

Learn More:
- Brief: Unlearning Islamophobia in Anti-Violence Against Women Work – Sidra Ahmad
• Issue-Based Newsletter: Intimate Partner Violence Against Immigrant and Refugee Women – Learning Network

Footnotes:

LATERAL VIOLENCE
“Lateral violence takes on a number of different toxic behaviours, and it is any action that is meant to discourage or make a person feel bad in the workplace. If you are the target of lateral violence the constant barrage of negative behaviours can be likened to harassment and bullying. In its extreme form, lateral violence can be conscious, deliberate act of meanness with the overall intention to harm, hurt and induce fear in a co-worker. In other forms of lateral violence, the individual perpetrating the negative behaviour may not be aware of the meanness they are exhibiting and they may not be doing these actions intentionally.” [1]

“Although the most common place for lateral violence is in the workplace, it does cross the line into the community and home...” [1]

Footnotes:

LEGAL COACHING
“Legal coaching is not legal representation: the legal coach does not go on the record for the client. Legal coaching allows a litigant to retain a lawyer to provide her with behind the scenes guidance and mentorship. The lawyer assists the client to develop strategies for her case, shares their knowledge and offers practical tools for the client to use. The lawyer can also provide tips about courtroom etiquette and decorum. The legal coach can offer assistance throughout the case on all issues or can provide that support at key moments in the family court process. A lawyer who has been retained to provide legal coaching can offer advice, draft documents, review documents that have been drafted by the client as well as assist the client prepare for court appearances. In their role as legal coach, the lawyer can assist the client to assess the strengths and weaknesses of her own case as well as that of her ex-partner. The lawyer can also help the client set realistic goals and can do legal research for the client’s case.
Legal coaching can be empowering for the client, who may learn new skills as well as increase her confidence through her relationship with her lawyer. The lawyer/client relationship can be more of a partnership than is likely in a traditional retainer where the lawyer speaks for the client in the legal process. The goal is to maximize the client’s capacity to take on the next steps on her own.” [1]

Learn More:
- Organization: Luke’s Place

Footnotes:

LETHALITY
Lethality refers to the possibility of something causing death. The Domestic Violence Death Review Committee with the Office of the Chief Coroner, Province of Ontario found that the top risk factors for lethal violence include:

- History of domestic violence
- Actual or pending separation
- A perpetrator who was depressed
- Obsessive behavior by the perpetrator
- Prior threats or attempts to end their life [1]

Learn More:
- Organization: Canadian Domestic Homicide Prevention Initiative

Footnotes:

MARGINALIZATION
“A process that keeps groups or individual from having access to all or part of the social, economic, cultural and political institutions of society. That is, these individuals or groups are on the “margins” of society.” [1]

“Marginalization can occur as a result of several factors, alone or in combination. These factors might include, but are not limited to, poverty, race, gender, discrimination, a lack of education and training, or disadvantaged geographic or social location.” [2]
MASCULINITIES

“Masculinities refer to the culturally constructed social norms for behavior, comportment, and characteristics assigned to men and boys. Scholars talk about multiple masculinities instead of a singular masculinity because the category varies according to context, culture, geographic location, and historical period.” [1]

Hypermasculinity refers to “the overexpression of male stereotypes, including callous attitudes towards women, the valorization of violence as an expression of manliness, and danger-seeking behaviours.” [2]

Learn More:

• Organization: White Ribbon

MEDIA VIOLENCE

“Media violence has been defined as ‘visual portrayals of acts of physical aggression by one human or human-like character against another,’” but it may also exist in music and text as well (e.g. the internet or literary sources). [1]

“Acts of violence that are witnessed or virtually perpetrated through various forms of media including television, movies, video games, music and internet. Extensive research evidence indicates that media violence can contribute to aggressive behavior, desensitization to violence, nightmares, and fear of being harmed.” [2]

“Exposure to media violence is most likely one facet of a complex set of interacting variables that increase the probability of problem behaviours and related concerns.” [3]
Footnotes:


MÉTIS
“The Métis emerged as a distinct people or nation in the historic Northwest during the course of the 18th and 19th centuries. This area is known as the ‘historic Métis Nation Homeland,’ which includes the 3 Prairie Provinces and extends into Ontario, British Columbia, the Northwest Territories and the northern United States. This historic Métis Nation had recognized Aboriginal title, which the Government of Canada attempted to extinguish through the issuance of ‘scrip’ and land grants in the late 19th and 20th centuries. The Métis National Council consequently adopted the following definition of ‘Métis’ in 2002:

‘Métis’ means a person who self-identifies as Métis, is distinct from other Aboriginal peoples, is of historic Métis Nation Ancestry and who is accepted by the Métis Nation.” [1]

Footnotes:

#METOO MOVEMENT
Tarana Burke founded the #MeToo movement in 2006.

“In October 2017, the hashtag #MeToo made headlines internationally, prompting women from around the world to publicly share their experiences of sexual assault or harassment. The #MeToo Movement has been called a watershed moment in the advancement of gender equality, giving a powerful platform to women and demonstrating the extent of sexual assault and harassment across society. In Canada, the Movement has had implications not only for survivors, but also for support service providers, educators, law enforcement, employers, and the government. The #MeToo Movement has prompted women across Canada to share experiences of sexual assault, harassment, or discrimination in a rage of fields including politics, theatre, journalism, music, comedy, sports, food and wine, and the airline industry... Participants called for meaningful change in the behaviours that surround sexual assault and harassment and advocated for improved services for survivors of sexual violence.” [1]
Learn More:

- Video: Sexual Violence & Consent – Learning Network

Footnotes:

MISOGYNOIR

Misogynoir was coined by Moya Bailey to describe “the particular brand of hatred directed at black women in American visual & popular culture.” [1] “The term is a combination of misogyny, the hatred of women, and noir, which means black but also carries film and media connotations. It is the particular amalgamation of anti-Black racism and misogyny in popular media and culture that targets Black trans and cis women. Representational images contribute to negative societal perceptions about Black women, which can precipitate racist gendered violence that harms health and can even result in death.” [2]

Learn More:

- Webinar: Roots and Resilience – Learning Network

Footnotes:

MISOGYNY

Misogyny is “primarily a property of social environments in which women are liable to encounter hostility due to the enforcement and policing of patriarchal norms and expectations – often, though not exclusively, insofar as they violate patriarchal law and order. Misogyny hence functions to enforce and police women’s subordination and to upload male dominance, against the backdrop of other intersecting systems of oppression and vulnerability, dominance and disadvantage, as well as disparate material resource, enabling and constraining social structures, institutions, bureaucratic mechanisms, and so on.”

Learn More:

- Issue-Based Newsletter: Femicide – Learning Network
- Brief: Cyber Misogyny – Learning Network
NEGLECT

“Neglect happens when a family member, who has a duty to care for you, fails to provide you with your basic needs.

This can involve:

- not providing proper food or warm clothing
- failing to provide adequate health care, medication and personal hygiene (if needed)
- failing to prevent physical harm
- failing to ensure proper supervision (if needed)

Spouses and common-law partners have a duty to care for each other. Adults have a duty to care for their dependent children as well as their dependent parents.

Some forms of neglect are crimes in Canada, including failure to provide the necessities of life and child abandonment. If a child is neglected, child protection authorities could intervene and remove the child from his or her parents.” [1]

OPPRESSION

“The unilateral subjugation of one individual or group by a more powerful individual or group, using physical, psychological, social or economic threats or force, and frequently using an explicit ideology to sanction the oppression. Refers also to the injustices suffered by marginalized groups in their everyday interactions with members of the dominant group, or with the social systems that reinforce the dominant group’s social position. The marginalized groups usually lack avenues to express reaction to disrespect, inequality, injustice and lack of response to their situation by individuals and institutions that can make improvements.” [1]

PARTNER ASSAULT RESPONSE (PAR) PROGRAMS

“A component of Ontario’s Domestic Violence Court program, PARS are specialized counseling and educational services offered by community-based agencies to people who have assaulted their partners.” [1] “Everyone convicted of assaulting a partner in Ontario must go through a

Footnotes:


[1]  "Everyone convicted of assaulting a partner in Ontario must go through a
PAR program.” [2] “PAR programs aim to enhance victim safety and hold offenders accountable for their behaviour. The program gives offenders the opportunity to examine their beliefs and attitudes towards domestic abuse, and to learn non-abusive ways of resolving conflict. During weekly group counselling sessions, offenders discuss their beliefs and behaviours, healthy relationships and techniques for defusing violence.” [2] “While an offender is in the PAR program, staff offer the victim help with safety planning, referrals to community resources, and information about the offender's progress.” [1]

Footnote:

PATRIARCHY
“A social system in which men are the primary authority figure, central to social organization, and where fathers hold authority over women, children, and property.” [1]

Learn More:
• Issue-Based Newsletter: Engaging Men and Boys to End Violence Against Women – Learning Network

Footnotes:

PEOPLE OF COLOUR
“Any person who is not White or [Indigenous]. This term was first adopted in the United States by racialized people who were trying to name themselves with a positive identity, rather than as non-whites, coloured, ethnics, or racial minorities.” [1]

Learn More:
• Resource: An Integrated Anti-Oppression Framework for Reviewing and Developing Policy – Springtide Resources
PERPETRATOR

“A perpetrator is a person, group, or institution that directly inflicts, supports and condones violence or other abuse against a person or a group of persons. Perpetrators are in a position of real or perceived power, decision-making and/or authority and can thus exert control over their victims.” [1]

Perpetrators of violence come from various age, socio-economic, cultural, sexual orientation, ethnic, and religious demographics. Perpetrators of domestic violence are most commonly male. [2]

Footnotes:

PHYSICAL ABUSE

“Physical abuse is the most obvious kind of [gender-based violence], but it is not the most common and is not necessarily the most serious. It is the intentional infliction of pain or injury by slapping, shoving, punching, strangling, kicking, burning, stabbing and/or shooting; using a weapon or other objects to threaten, hurt or kill; abducting a woman or keeping her imprisoned.” [1]

Footnotes:

POLY-VICTIMIZATION

“Experiencing more than one type of victimization during one life stage (e.g. sexual, physical and emotional abuse in childhood).” [1]

“Repeated victimization and poly-victimization are distinct from, but can be involved in, revictimization. For example, a girl may experience emotional and physical abuse (i.e. poly-
victimization) throughout her childhood from a caregiver (i.e. repeated victimization) and later as a teen experience bullying by a peer (i.e. revictimization), and then as an adult experience intimate partner violence (i.e. revictimization) in the form of sexual and physical abuse (i.e. poly-victimization) multiple times (i.e. repeated victimization).” [1]

Learn More:
- Issue-Based Newsletter: Links Between the Maltreatment of Girls and Later Victimization or Use of Violence – Learning Network

Footnotes:

POST-COLONIALISM
“The study of the cultures of countries and regions, especially in Africa, Asia, and Latin America, whose histories are marked by colonialism, anti-colonial movements, and the transition to independence during the 20th century, and the study of their present-day influence on the societies and cultures of former colonizers.” [1]

This perspective may also analyze “issues of ‘otherness’, hybridity, national and ethnic identity, race, imperialism, and language both during and after colonial times.” [1]

Footnotes:

POST-SEPARATION VIOLENCE
“One of the most serious and troubling issues for many women who have left an abusive relationship is the misapprehension held by many professionals in the family court system that the abuse ends at the time of separation. In fact, post-separation violence – any tactics used by an abuser that stop a woman from leaving, retaliate for her departure or force her return – can have significant long-term consequences and can even result in death.

The initial period of separation, when the violence continues and possibly escalates, is also when separated couples are the most likely to be involved in difficult and contested family court proceedings. These proceedings can take on a deadly tone for families where there has been a history of woman abuse.” [1]
Learn More:
- Brief: It Shouldn't Be This Hard: Family Law, Family Court and Violence Against Women – Learning Network

Footnotes:

POST-TRAUMATIC STRESS DISORDER
“Women who have experienced trauma can develop symptoms of post-traumatic stress disorder (PTSD). There are three categories of PTSD symptoms

**Intrusive re-experiencing:** Symptoms in which the trauma victim re-experiences traumatic events or feelings in ways that intrude on everyday life. Flashbacks and traumatic nightmares are vivid recollections of the trauma or an aspect of the trauma. During a flashback, one may see, hear or smell aspects of the trauma, or may have bodily sensations or body memories connected to the trauma. People who have flashbacks can feel as if they are going crazy or are out of control. Flashbacks are actually the brain’s attempt to integrate the traumatic material. Until this is accomplished, flashbacks can be extremely disruptive to one’s daily life.

**Avoidance:** Avoiding things or situations associated with the trauma – Following a trauma, individuals may avoid certain things that have become associated with the trauma; for example, a place or an activity. This can generalize to other things and leave someone feeling quite constricted in their life.

**Hyperarousal:** Individuals may always feel on edge or as if they have to be aware of everything around them. Individuals may suffer from insomnia or persistent restlessness.” [1]

Footnotes:

POWER/POWER IMBALANCE
In its simplest sense, power entails the capacity of an individual (or group) to influence the behaviour of others, even against opposition or resistance. [1] As a social relation, this capacity may be exercised through many different forms, such as authority, coercion, status, the control over resources, or through the leverage afforded by social institutions, policies, norms, ideologies, etc. As a result, power imbalances may occur at the level of individual interactions (such as between intimate partners), and/or as a direct result of “historic, social, economic, and political events.” [2]
Depending on the degree of mutuality and consensus (or, on the other hand, manipulation or coercion) within a given context, power may be seen as a more or less productive or destructive force, capable of both realizing and repressing the interests of individuals or groups. Advocates for gender equity and social justice aim to empower individuals and communities by seeking to replace existing power imbalances with power relations that are based on fairness, consent, and mutual respect.

**Footnotes:**

**POWER AND CONTROL WHEEL**
The Power and Control wheel was developed by The Domestic Abuse Intervention Project pertaining to heterosexual couples and was later adapted by different groups. The wheel identifies power and control as the main cause of abusive behaviors and highlights different coercive techniques used by perpetrators of partner abuse.

**Power and Control Wheels:**
- Power and Control Wheel
- Lesbian, Gay, Bisexual and Trans Power and Control Wheel
- Children Coping with Family Violence Wheel
- Immigrant Power and Control Wheel
- People with Disabilities Relationship Wheel
- Violence Against Indigenous Women Wheel

**PREJUDICE**
“Prejudice means literally to pre-judge.” [1] “Prejudice encompasses positive or negative attitudes toward a person or group, formed without just grounds or sufficient knowledge, which will not be likely to change in spite of new evidence or contrary arguments. Frequently prejudices are not recognized as false or unsound assumptions or stereotypes, and, through repetition, become accepted as common sense notions.” [1] “When backed with power, prejudice results in acts of discrimination and oppression against groups or individuals.” [2]

**Footnotes:**
PREVENTION
“Approaches and activities to prevent the likelihood of a health-related state or event impacting individuals and communities. There are several types of prevention, which include Primordial, Primary, Secondary and Tertiary.

Primordial Prevention: Prevention of risk factors, beginning with change in social and environmental conditions in which these factors are observed to develop

Primary Prevention: Prevention of disease or injury before it occurs. Occurs by preventing exposures to hazards that cause disease or injury, altering unhealthy or unsafe behaviours that can lead to disease or injury, and increasing resistance to disease or injury should exposure occur.

Secondary Prevention: Secondary prevention aims to reduce the impact of a disease or injury that has already occurred. This is done by detecting and treating disease or injury as soon as possible to halt or slow its progress, encouraging personal strategies to prevent reinjury or recurrence, and implementing programs to return people to their original health and function to prevent long-term problems.

Tertiary Prevention: Tertiary prevention aims to soften the impact of an ongoing illness or injury that has lasting effects. This is done by helping people manage long-term, often-complex health problems and injuries (e.g. chronic diseases, permanent impairments) in order to improve as much as possible their ability to function, their quality of life and their life expectancy.” [1]

Footnotes:

PRIVILEGE
“Systemic advantages based on certain characteristics that are celebrated by society and preserved through its institutions. In North America, these can include being white, having money, being heterosexual, not having a disability, etc. Frequently people are unaware that these characteristics should be understood as privileges as they are so effectively normalized.” [1]

Learn More:
• Issue-Based Newsletter: Intersectionality – Learning Network
QUEER
“Formerly derogatory slang term used to identify LGBT people. Some members of the LGBT community have embraced and reinvented this term as a positive and proud political identifier when speaking among and about themselves.” [1]

Learn More:
• Issue-Based Newsletter: LGBTQ2S Youth, Violence, and Homelessness – Learning Network
• Issue-Based Newsletter: Intimate Partner Violence in Rainbow Communities – Learning Network
• Organization: The 519

Footnotes:

RACIAL PROFILING
“Any action undertaken for reasons of safety, security or public protection that relies on stereotypes about race, colour, ethnicity, ancestry, religion, or place of origin rather than on reasonable suspicion, to single out an individual for greater scrutiny or differential treatment. Profiling can occur because of a combination of the above factors, and age and/or gender can influence the experience of profiling.” [1]

Footnotes:

RACISM
“Racism occurs when an expression of racial prejudice emerges from a more powerful/privileged location in the hierarchy, and is directed at an individual/group in a less powerful/privileged location. Racism is an exercise of power and refers not only to social attitudes towards non-dominant ethnic and racial groups but also to social structures and actions which oppress, exclude, limit and discriminate against such individuals and groups. Such
social attitudes originate in and rationalize discriminatory treatment. Racism can be seen in discriminatory laws, residential segregation, poor health care, inferior education, unequal economic opportunity and the exclusion and distortion of the perspectives of non-dominant Canadians in cultural institutions.” [1]

“Racism is a common form of violence that is experienced by women from immigrant communities in Canada who are racialized.” [2]

“When looking at gender-based violence against immigrant and refugee women, it is critical to see the different ways in which racism and sexism intersect and influence their lives. For instance, dominant discourses of immigrant and refugee women and domestic violence tend to culturalize violence, seeing it as a product of cultural conflict rather than structural inequality.” [3]

See also: Anti-Black Racism, Anti-Indigenous Racism, Anti-Semitism

Learn More:
• Webinar: Roots and Resistance – Learning Network
• Issue-Based Newsletter: Intimate Partner Violence Against Immigrant and Refugee Women – Learning Network

Footnotes:

RACIST
“Refers to an individual, institution, or organization whose beliefs and/or actions imply (intentionally or unintentionally) that certain races have distinctive negative or inferior characteristics. As an adjective, also refers to racial discrimination inherent in the policies, practices and procedures of institutions, corporations, and organizations which, though applied to everyone equally and may seem fair, result in exclusion or act as barriers to the advancement of marginalized groups, thereby perpetuating racism.” [1]

Footnotes:
RAPE
“Rape is an act of power and control, in which the victim is humiliated, degraded, and left with feelings of shame, guilt, and anger. The Criminal Code of Canada does not specifically define ‘rape’ in terms of specific acts. The crime of sexual assault is codified within the general assault provision (s. 265(2)), which makes it a crime to intentionally apply force to another person without their consent.” [1]

Learn More:
• Organization: Ontario Coalition of Rape Crisis Centres

Footnotes:

RAPE CULTURE
“Many prevailing societal attitudes justify, tolerate, normalize and minimize sexual violence against women and girls. While often subtle, these persistent attitudes are integrated with and rooted in rape myths, stereotypes, and oppressive beliefs. This phenomenon is popularly referred to as ‘rape culture’.

Rape culture impacts various groups of women differently. For instance, while influencing all of us, rape culture sets up some groups as more likely to be targeted for sexual violence and to be disbelieved or blamed for the violation they experience (e.g., women of colour, impoverished women, women living with disabilities, trans-identified women and other women).” [1]

Learn More:
• Brief: Sexual Violence Prevention: Are we increasing safety or reinforcing rape culture? – Learning Network
• Infographic: Rape Culture Is... – Learning Network

Footnotes:
REFUGEE
“[A] person who is forced to flee from persecution and who is located outside of their home country. We may also call this person a Convention refugee – a person who meets the refugee definition in the 1951 Geneva Convention relating to the Status of Refugees. This definition is used in Canadian law and is widely accepted internationally. To meet the definition, a person must be outside their country of origin and have a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group or political opinion.” [1]

Learn More:
• Website: Neighbours, Friends & Families – Immigrant and Refugee Communities
• Website: Ontario Council of Agencies Serving Immigrants
• Issue-Based Newsletter: Intimate Partner Violence Against Immigrant and Refugee Women – Learning Network

Footnotes:

RELATIONAL AGGRESSION
“Relational or social aggression is defined as intentionally harming another person’s social relationships.” [1] “Relational aggression is typically covert and indirect. Examples can include shunning, excluding, ignoring, gossiping, rumour spreading, or disclosing another person’s secret. Relational aggression is different from other forms of bullying in that most bullying occurs outside the peer group while relational aggression occurs within the peer group. However, it is similar because it can be repeated, aggressive, harassing, and severe.” [2]

Footnotes:

REPRISAL
“A person who has authority or power denies you something important, punishes or threatens you for refusing a sexual request, or for [disclosing] inappropriate sexual behaviour or comments.” [1]
Learn More:
• Resource: Surviving the System Handbook – CREVAWC

Footnotes:

REPRODUCTIVE VIOLENCE/COERCION
“Restricting or denying a woman’s ability to make her own decisions about her body is an attempt to maintain power and control over a woman. Behaviour that has the intention of controlling a woman’s reproductive health decision-making is known as reproductive coercion.”

Learn More:

Footnotes:

RESILIENCE
“The process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors. Resilience is multidimensional and is associated with individual, relationship, community, cultural and environmental factors.” [1]

Learn More:
• Webinar: Roots and Resilience – Learning Network
• Podcast: Resilience and Children Exposed to Intimate Partner Violence – Make Resilience Matter
• Graphic Novel: Immigrant Women’s Resilience – Ontario Council of Agencies Serving Immigrants (OCASI)

Footnotes:

REVENGE PORN
The term “revenge porn” has been argued to be problematic so the term “non-consensual sexual videos” is preferred. [1]
Non-consensual sexual videos involve pornographic materials produced and/or distributed in order to humiliate an individual. It constitutes a form of sexual violence, and is most frequently perpetrated as a form of violence against women:
“Because young women’s social status has historically been closely tied to chastity and modesty, women are particularly vulnerable to humiliation when their private sexual life is made public.” [2]

Learn More:
• Infographic: What You Need to Know About Nonconsensual Sexual Deepfakes – Learning Network

Footnotes:

RE-VICTIMIZATION
Re-victimization refers to “the experience of victimization at two different life stages or during the same life stage, by more than one perpetrator.” [1] “People who have experienced trauma are at an increased risk for being revictimized in the future. In fact, it is reported that approximately two out of every three people who are sexually victimized are revictimized later in life. Also, when someone who experienced childhood trauma is victimized again later in life, they may have more severe and complicated responses to the new trauma.” [2]
Learn More:

- Issue-Based Newsletter: Links Between the Maltreatment of Girls and Later Victimization or Use of Violence – Learning Network

Footnotes:


RISK

“A risk is a danger that is incompletely understood and can be forecasted only with uncertainty. The danger we are concerned with is domestic violence, which is a complex event. Violent acts can vary greatly with respect to such things as motivations of the perpetrator, nature of the relationship with the victim/survivor, or nature of physical harm. Risk is multi-faceted and cannot be conceptualized simply by trying to quantify the probability that someone will engage in domestic violence. Instead, you must also consider the nature, seriousness, frequency or duration, and imminence of any future violence. Risk is inherently dynamic and contextual. The risk posed by perpetrators depends on such things as where they will reside, what kinds of services they will receive, whether they will experience adverse life events. For example, a perpetrator’s risk for domestic violence may decrease if he no longer resides with the victim/survivor, if he receives appropriate substance use treatment, if he establishes or maintains stable employment or if he has a good support personal system of family and friends.” [1]

Learn More:

- Online Training: Domestic Violence Risk Assessment and Management Curriculum – CREVAWC

Footnotes:
RISK ASSESSMENT
Assessment is the process of gathering information for use in making decisions. The specific assessment procedures used are determined by what is being assessed and the nature of the decisions to be made.

“Domestic violence risk assessment involves the process of gathering information about perpetrators of domestic violence to make decisions regarding their risk of perpetrating domestic violence. While the focus of domestic violence risk assessment is on the perpetrator, victim safety planning is a very important part of this process. The primary goal of domestic violence risk assessment is prevention of future domestic violence. To prevent future domestic violence it is critical for service providers to determine what domestic violence risks are posed by a perpetrator and what steps can be taken to mitigate domestic violence risk… Overall, domestic violence risk assessment can be defined as the process of evaluating individuals to: (1) speculate about the risks for domestic violence posed by the perpetrator; and, (2) mitigate the risks posed by the perpetrator.” [1]

Learn More:
• Online Training: Domestic Violence Risk Assessment and Management – Centre for Research & Education on Violence Against Women & Children
• Website: Canadian Domestic Homicide Prevention Initiative
• Online Training: Risk Assessment & Safety Planning with Infants, Children and Youth – Ontario Association of Interval & Transition Houses (OAITH)

Footnotes:

RISK FACTOR
“A risk factor is a condition or circumstance that that has been found to be positively associated with domestic violence/homicides in previous research. This condition or circumstance precedes the occurrence of the danger and may influence a perpetrator’s decision making. In other words, a risk factor increases the likelihood of danger to domestic violence. While it is critically important to pay attention to and manage risk factors, we should not confuse risk factors with the underlying causes of violence. A risk factor may prompt a perpetrator to act on a violent urge, but it is not the reason for embracing violence as a way to get what he wants.” [1]
“In the case of domestic violence risk assessment, risk factors should be supported by science (e.g., have statistical and empirical support and have demonstrated predictive validity), by practice (e.g., are practical and useful and have strong theoretical foundations), and by law (e.g., are reasonable, logical, and fair). Some examples of important risk factors for domestic violence are employment problems, substance use, mental health problems, relationship problems and periods of heightened tension, such as significant anniversaries. Information about risk factors is critical for violence risk assessment and management because it helps you understand what risks may be posed by the perpetrator and how to manage those risks. For instance, if substance use problems are identified as an important risk factor for violence in a particular case, efforts can be taken to monitor, treat, or supervise the perpetrator’s use of substances.” [1]

Learn More:
- Online Training: Domestic Violence Risk Assessment and Management Curriculum – CREVAWC
- Website: Canadian Domestic Homicide Prevention Initiative

Footnotes:

RISK MANAGEMENT
“Risk Management is taking action to prevent violence from happening, often in collaboration with other service providers and the potential victim/survivor. The victim/survivor’s children may also be at risk and should be included in the assessment and management strategies. Management strategies should focus on what should be done in health care, social service, education, victim/survivor services, workplace and legal settings to manage the potential violence risks posed by a person. Specifically, decisions should be made about general strategies that can be used to manage violence risk, such as Partner Assault Response Programs, substance use and mental health intervention, as well as specific tactics that can be taken to manage violence risk, such as referral to Partner Assault Response Programs, detox, inpatient substance use intervention, outpatient substance use intervention, employee assistance programs, or alcoholics anonymous, taking into account practical issues that can affect availability, accessibility, acceptability, affordability, and appropriateness access of services (e.g., cost, location, transportation, waiting times). Once a referral has been made, it is important to follow-up to ensure that the person was able to access that service, or that appropriate alternative action was taken.” [1]
Learn More:

- **Online Training: Domestic Violence Risk Assessment and Management Curriculum – CREVAWC**
- **Website: Canadian Domestic Homicide Prevention Initiative**
- **Online Training: Risk Management and Working with Older Women Experiencing Abuse – Ontario Association of Interval & Transition Houses (OAITH)**

Footnotes:


SAFETY PLANNING/SAFETY PLAN

“Victim/survivor safety planning refers to the process of supporting or empowering victims/survivors in developing strategies to increase their safety. Safety planning should always be done in collaboration with the victim/survivor. The victim/survivor constantly navigates her safety and is often the most knowledgeable about the danger she faces. Consistent with the principles of domestic violence risk management, safety plans should be tailored to the victim/survivor’s circumstances and developed to suit her individual needs. Safety plans must take into account the realities of each victim/survivor given that many of them face major barriers to putting safety plans in place due to the lack of available, accessible, acceptable, affordable, and appropriate services. A wide range of victim services, mental health, social service, human resource, law enforcement, and security professionals may engage in safety planning. If a team is involved in managing risk for violence, one member of the team should be designated as the victim/survivor liaison. As with domestic violence risk management, professionals engaging in comprehensive safety planning require the appropriate training and experience. Consistent with domestic violence risk management, victim/survivor safety planning involves improving both static and dynamic security. With respect to static security, victims/survivors may collaborate with victim support workers to identify security improvements that could be made to where she lives, works and travels. For instance, improvements could be made to visibility by adding lights, altering gardens or landscapes, ensuring proximity between parking locations and workplace entrances, employing security personnel, and installing video cameras. Access could be restricted by adding or improving entry systems, door locks, and security checkpoints. Alarms could be installed, or victims/survivors could be provided with personal alarms. In some cases, it is impossible to ensure the safety of victim/survivor in a particular site and the victim/survivor may consider extreme measures such as relocation of her residence or workplace. Shelters and counseling agencies specializing in violence against women can provide direct services and linkages to other services.” [1]
Learn More:

- Online Training: Domestic Violence Risk Assessment and Management Curriculum – CREVAWC

Footnotes:

SEGREGATION

“The social, physical, political and economic separation of diverse groups of people, particularly referring to ideological and structural barriers to civil liberties, equal opportunity and participation by minorities within a majority racial, ethnic, religious, linguistic or social group. Segregation may be a mutually voluntary arrangement but more frequently is enforced by the majority group and its institutions.” [1]

Footnotes:

SELF DEFENSE

The Self-Defense Act of Canada states “[a] person is not guilty of an offence if they believe on reasonable grounds that force is being used against them or another person or that a threat of force is being made against them or another person; the act that constitutes the offence is committed for the purpose of defending or protecting themselves or the other person from that use or threat of force; and the act committed is reasonable in the circumstances.” [1]

“Most legal definitions of self-defense consider violent conduct on an incident by incident basis. This is a problem in a domestic violence context since domestic violence operates, in pattern and effect, in a cumulative fashion. When people, who have been targeted repeatedly by abuse and violence, ultimately respond themselves with violence, that violence is commonly a reaction to the cumulative effects of prior patterns of abuse and violence in the relationship rather than a response to an immediate, imminent threat. This type of violence will seldom be classified, in law, as self-defense. The problem is compounded by criminal definitions that define crimes of violence as incidents rather than as a pattern of behavior.” [2]

Footnotes:
SEX WORK
“Sex work includes various activities such as soliciting on the street or in other public areas, nude dancing with or without contact, providing erotic massages, visiting or receiving through an escort service, acting in pornographic movies, animating erotic phone or webcam conversations, and offering specific or specialized services like domination or fetishism. Sex work is diverse and may apply to sexual or erotic activities for payment. It therefore goes beyond prostitution, which exclusively describes the exchange of sexual services for payment... The morally charged term, ‘prostitution’, has been associated with deviance, corruption and criminality, and still is today. The use of the terms like ‘prostitution’ and ‘prostitute’, restrict a person’s identity to the activities she engages in. The negative labels or words like ‘prostitute’ and ‘whore’ reduce a person to one dimension: engaging in sexual activities for money... Using the term sex work therefore helps draw a distinction between the economic activity and the person’s identity.” [1]

More recently, there has been a move by some individuals and organizations to use the term “people who do sex work” in order to not reduce individuals to their profession.

Learn More:

Footnotes:

SEXISM
“Sexism stems from a set of implicit or explicit beliefs, erroneous assumptions and actions based upon an ideology of inherent superiority of one gender over another and may be evident within organizational or institutional structures or programs, as well as within individual thought or behaviour patterns. Sexism is any act or institutional practice, backed by institutional power which subordinates people because of gender. While, in principle, sexism may be practiced by either gender, most of our societal institutions are still the domain of men and usually the impact of sexism is experienced by women.” [1]

Footnotes:
SEXTING

“‘Sexting’ commonly refers to sending messages that are meant to be sexually exciting through text, email, or social media (Facebook, Instagram, Snapchat, etc.). ‘Sexting’ can also include sending someone sexual pictures and/or videos. Sharing a sexual/intimate image of yourself or someone else can have big impacts.

If a sexual picture/video is taken, shared or posted online without the permission of the person in the picture/video, it is against Canadian criminal law. For youth under 18 years old, taking and sharing sexual images can also be against the law, even if the youth agrees to have the images shared with others or if the images are of yourself.”

Learn More:
  • Online Resource: Sexting: Privacy and the Law – Kid’s Help Phone

Footnotes:

SEXUAL ASSAULT

“Any unwanted touching of a sexual nature is sexual assault. This can range from touching of sexual parts of the body to vaginal or anal penetration. As with other assaults, if weapons are involved or there is serious physical injury, the charge can become either sexual assault with a weapon or aggravated sexual assault.” [1]

“[Sexual assault] is an act of power and control over the victim. Sexual assault is a crime of violence because the victim is subjected to the aggression of the assailant. It is not a crime of sex. The feelings associated with sexual assault are disgust, shame, humiliation and powerlessness. It not only violates someone physically but may also affect a person’s sense of safety and ability to control their own life.” [2]

Learn More:
  • Brief: Sexual Violence Awareness – Learning Network

Footnotes:
SEXUAL ASSAULT/RAPE CRISIS CENTRES
“Victims and survivors of sexual assault who are 16 years of age or older are eligible for a variety of counseling, information and referral services from community-based Sexual Assault/Rape Crisis Centres (SACs). These services include Accompanying a victim to court, a hospital or police station; supportive peer counseling services (both one-to-one and group); sexual violence education and training for professionals and members of the public; and, information and referral services.” [1]

Learn More:
  • Organization: Ontario Coalition of Rape Crisis Centres

Footnotes:

SEXUAL COERCION
“Sexual coercion is unwanted sexual activity that happens after being pressured in nonphysical ways that include:
  • Being worn down by someone who repeatedly asks for sex
  • Being lied to or being promised things that weren’t true to trick you into having sex
  • Having someone threaten to end a relationship or spread rumors about you if you don’t have sex with them
  • Having an authority figure, like a boss, property manager, loan officer, or professor, use their influence or authority to pressure you into having sex.” [1]

Other “methods of coercion used by perpetrators of sexual violence to exert power and aggression over victims/survivors include: intimidation and threats; assaultive behaviour or physical force; the use of alcohol or other substances; the use of power imbalances created by social status, position or role, physical size/strength/ability; persistent pressure to wear down the victim/survivor; and the exploitation of vulnerabilities.” [2]

“In a healthy relationship, you never have to have sexual contact when you don’t want to. Sexual contact without your consent is assault. Sexual coercion means feeling forced to have sexual contact with someone.” [1]

Learn More:
  • Report: Overcoming Barriers and Enhancing Supportive Responses – Learning Network
  • Issue-Based Newsletter: Intimate Partner Sexual Violence – Learning Network
SEXUAL HARASSMENT

“Unwelcome sexual advances, requests for sexual favours, and other verbal or physical conduct of a sexual nature when:

- Submission to such conduct is made either explicitly or implicitly a term or condition of an individual's employment, or
- Submission to or rejection of such conduct by an individual is used as a basis for employment decisions affecting such individual, or
- Such conduct has the purpose or effect of unreasonably interfering with an individual's work performance or creating an intimidating, hostile, or offensive working environment.” [1]

“(Sexual harassment) can be coercive or subtle in nature. Sexual harassment is an abuse of power and is often used as a way of controlling or intimidating someone. Sexual harassment can happen in schools, universities, workplaces or even on the street.” [2] Some examples of sexual harassment include:

- Threats/intimidation
- Untrue sexual comments said about a person
- Remarks about a person’s sexual identity (i.e. gay bashing)
- Displaying sexist or demeaning pictures [2]

Learn More:
- Issue-Based Newsletter: Sexual Violence Awareness – Learning Network
- Issue-Based Newsletter: Sexual and Gender-based Harassment – Learning Network

Footnotes:
SEXUAL VIOLENCE

“Sexual violence is one of many interconnected expressions of violence against women (VAW). Other forms include physical, psychological and economic violence. Like all VAW, sexual violence is not confined by racial, geographical, cultural or community boundaries. Its harmful consequences impoverish women and girls, their families, communities, and nations. This serious systemic social problem is a violation of human rights rooted in persistent discrimination against women.

Sexual Violence...

- refers to any violence, physical or psychological, carried out through sexual means or by targeting sexuality (e.g., childhood sexual abuse, sexual assault, drug facilitated sexual assault, rape during armed conflict, sexual harassment, stalking, sexual cyber harassment, sexual exploitation)
- is gender-based violence
  is about exerting power and control over another.” [1]

“Sexual violence includes any act that undermines an individual’s sexual or gender integrity. Forced prostitution, forced marriage (especially of minors), forced cohabitation, forced adoption of a gender role that does not conform to an individual’s identity, trafficking for the purposes of sexual exploitation also come under this category. Some hate crimes and the more loosely defined “hate incidents” such as those directed at women and lesbian, gay, bisexual, transsexual, transgender, two-spirited, intersex, queer and questioning (LGBTQITQQ) individuals are also sexual violence. Sexual violence includes the imposition or elimination of actions related to sexual and reproductive health. Non-availability, withholding or forcing abortion and contraception, not allowing measures to prevent STIs (Sexually Transmitted Infections) and HIV/AIDS, Female Circumcision/FGM (Female Genital Mutilation), and practices designed to detect whether a woman’s virginity is intact, are all examples of this kind of violence.” [2]

Learn More:
- Issue-Based Newsletter: Sexual Violence Awareness – Learning Network
- Organization: Ontario Coalition of Rape Crisis Centres

Footnotes:
SIBLING VIOLENCE
“Sibling violence is the physical, emotional, and/or sexual abuse of one sibling by another. It is not the everyday squabbles, rivalry, or physical playing between siblings. Sibling violence often involves a power imbalance that makes it difficult for the harmed child to protect or defend themselves.” [1]

Learn More:
• Issue-Based Newsletter: Sibling Violence – Learning Network

Footnote:

SOCIAL DETERMINANTS OF HEALTH
“The social determinants of health are the conditions in which people are born, grow, live, work and age. These circumstances are shaped by the distribution of money, power and resources at global, national and local levels. The social determinants of health are mostly responsible for health inequities - the unfair and avoidable differences in health status seen within and between countries.” [1]

Footnotes:

SOCIAL EXCLUSION
“Social Exclusion describes a process by which certain groups are systematically disadvantaged because they are discriminated against on the bases of their ethnicity, race, religion, sexual orientation, caste, descent, gender, age, disability, HIV status, migrant status or where they live. Discrimination occurs in public institutions, such as the legal system or education and health services, as well as social institutions like the household.” [1]

Footnotes:
SOCIAL JUSTICE
Social justice is about: “transforming the way resources and relationships are produced and distributed so that all can live dignified lives in a way that is ecologically sustainable. It is also about creating new ways of thinking and being and not only criticizing the status quo.” [1]

Footnotes:

SPIRITUAL ABUSE
“Spiritual abuse includes using a person's religious or spiritual beliefs to manipulate, dominate or control them. It may also include preventing someone from engaging in spiritual or religious practices or ridiculing their beliefs.” [1]

Footnotes:

SPOUSAL ABUSE
“Physical, sexual, financial, and/or psychological abuse that a [person] may experience at the hands of a current or former marital, common-law or same-sex partner. Spousal abuse may happen at any time during a relationship, including while it is breaking down, or after it has ended.” [1]

Footnotes:

STALKING
“Stalking is defined as repeated and unwanted attention that causes a person to fear for their personal safety or for the safety of someone they know, a definition which qualifies as criminal harassment under the Criminal Code of Canada (s. 264). While stalking, by definition, makes someone feel unsafe, it can take the form of actions that do not include overt threats of physical violence. Examples include threats to divulge sensitive personal information and unwanted romantic advances that make the person feel unsafe, despite not including threats of physical harm. Stalking can encompass a range of behaviours, such as someone waiting outside a person’s home, school or work, physical or electronic surveillance, damage to property and
various kinds of unwanted communication, as further outlined in the *Criminal Code* (ss. 372(2) and (3)). Stalking often involves a pattern of repeated behaviour, as opposed to one occurrence of a harassing phone call, email, or other action.” [1]

**Learn More:**
- Website: Outside of the Shadows – Julie Lalonde

**Footnotes:**

**STATE VIOLENCE**

“State violence is the use of legitimate governmental authority to cause unnecessary harm and suffering to groups, individuals, and states. State violence stems from the desire of official state actors to reach the organizational goals of a state or governmental agency. The goals may be implicit or explicit and are often related to building or preserving hegemony and control, racial and ethnic exclusivity, imperialism, or facilitating the accumulation of capital or scarce resources such as oil.

The most common forms of state violence are human rights violations, crimes against humanity, war crimes, genocide, torture, prisoner abuse, and the oppression of racial, ethnic, gender, religious, or political minorities. These acts are prohibited by several international laws and agreements (e.g., the UN Charter and Universal Declaration of Human Rights, and the Geneva and Genocide Conventions) and some domestic legal codes” (such as the Canadian Charter of Rights and Freedoms).” [1]

**Footnotes:**

**STEREOTYPE**

“Stereotypes are taken to mean simplistic and uncritical judgements of people based on such characteristics as gender, age, race, ethnicity and skin colour ascribing to them attributes learnt early in life from society.” [1] “As such, there is a tendency to believe in the ‘correctness’ or ‘truth’ of the judgements with disregard for evidence to the contrary. Stereotypes not only serve to categorize, organize and simplify the amount of complex information that we receive, they also operate to essentialize people – attributing sameness to them, as well as evaluating and generalizing about them as a group.
In Canada, stereotyping is practised in a context informed by a multicultural discourse that tends to mask the fact that race, ethnicity, language, accent, religion and other demographic factors are used to ascribe particular cultural practices to various members of society.” [2]

Footnotes:

**STRANGULATION**
Strangulation involves “the physical act of applying external force to the neck area and cutting off oxygen flow to and away from the brain. This is very different from choking, which involves an object, like a piece of food, being trapped inside the throat… Strangulation, especially in the context of intimate partner violence, is an intentional and deliberate act that somebody does to someone else.” [1]

Learn More:
- Executive Summary: A fresh breath: Examining the experience of strangulation among women abused by an intimate partner – WomenatthecentRE
- Issue-Based Newsletter: Traumatic Brain Injury & Violence Against Women – Learning Network

Footnotes:

**STRUCTURAL INEQUALITY**
Structural inequality consists of hierarchical relations that are embedded within the organization of a society and its dominant institutions (e.g. law, education, economic systems, government, healthcare). It also consists of the processes that reinforce and perpetuate the dominant and subordinate statuses conferred to individuals, or to the roles, opportunities, resources, or identities they hold.
Structural inequality may be examined in terms of a *specific arrangement* of institutions or structures (i.e., the *systems* through which inequality takes place) or it may refer to a *specific form* of inequality (such as the unequal power often ascribed to people of different ethnicities or different levels of wealth). In practice, structural inequality is often reinforced through the interconnections of multiple institutions and multiple systems of domination.

**Learn More:**
- Brief: Intersectionality – Learning Network

**STRUCTURAL VIOLENCE**

“Refers to the physical and psychological harm that result from exploitative and unjust social, political and economic systems. Forms of structural violence operate globally against women, children, Indigenous peoples and those in poverty, and constitute human rights violations and significant social determinants of ill health. Structural violence is, however, often most pervasive because of its invisibility: embedded in ubiquitous social structures (and) normalized by stable institutions and regular experience...structural inequities usually seem ordinary.” [1]

**Footnotes:**

**SURVIVOR**

Any individual can be a survivor of interpersonal violence regardless of age, race, economic status, gender, religion, sexual orientation, or ethnicity. “The term ‘survivor’ is preferred to victim as it reflects the reality that many abused individuals cope and move on with personal strength, resourcefulness, and determination.” [1]

Some individuals and organizations have also proposed using “experiencer” as a general term encompassing all individuals with lived experiences of violence. This term encompasses those who might also identify as survivors and those who may legally be defined as “victims.” It also recognizes those who identify with neither of these terms, and those that did not survive this experience. [2]

**Learn More:**
- Issue-Based Newsletter: Voices of Our Sisters: Poems on experiences of violence and homelessness – Learning Network
- Brief: Learning from Women with Lived Experience – Learning Network

**Footnotes:**

**SYSTEMIC DISCRIMINATION**

“The institutionalization of discrimination through policies and practices which may appear neutral on the surface but which have an exclusionary impact on particular groups, such that various minority groups are discriminated against, intentionally or unintentionally.” [1]

Additionally, “while it does not necessarily exclude all of a group’s members,” and while any individual policy or practice may not appear overtly prejudicial, the effect of systemic discrimination is a process and pattern of exclusion, marginalization, or barriers faced by people based on the social group they belong to (such as women, non-white, immigrant, disAbled, LGBTQ2S, poor, working class, etc.). [1, 2]

**Footnotes:**


**THREAT ASSESSMENT**

“Threat Assessment is the practice of determining the credibility and seriousness of a potential threat, as well as the probability that the threat will become a reality. In the context of interpersonal violence, threat assessment involves the formal application of instruments to assess the likelihood that intimate partner violence will be repeated and will escalate. The term is synonymous with the use of instruments specifically developed to identify potentially lethal situations.” [1] In Canada, threat assessment services include “assessing the level of risk an individual poses, providing case management strategies, training, safety planning, expert testimony and facilitating access to certified threat assessors, forensic psychology and external agencies including other mental health, specialized law-enforcement and criminal justice units, and creating new identities for victims of abuse under the Confidential Services for Victims of Abuse Program.” [2]

**Footnotes:**
TRANSITIONAL HOUSING

“Transitional housing refers to a supportive – yet temporary – type of accommodation that is meant to bridge the gap from homelessness to permanent housing by offering structure, supervision, support (for addictions and mental health, for instance), life skills, and in some cases, education and training.” [1] “Transitional housing is conceptualized as an intermediate step between emergency crisis shelter and permanent housing. It is more long-term, service-intensive and private than emergency shelters, yet remains time-limited to stays of three months to three years. It is meant to provide a safe, supportive environment where residents can overcome trauma, begin to address the issues that led to homelessness or kept them homeless, and begin to rebuild their support network.” [2]

Learn More:
• Issue-Based Newsletter: Women, Intimate Partner Violence, & Homelessness – Learning Network

Footnotes:

TRAUMA- AND VIOLENCE-INFORMED APPROACHES

[Also known as: Trauma- and violence-informed care.] Trauma- and Violence-Informed (TVI) approaches “are policies and practices that recognize the connections between violence, trauma, negative health outcomes and behaviours.” [1]

TVI approaches are based on four principles:
1. Understand trauma and violence, and their impacts on peoples' lives and behaviours
2. Create emotionally and physically safe environments
3. Foster opportunities for choice, collaboration, and connection
4. Provide a strengths-based and capacity-building approach to support client coping and resilience [1]
The specification of violence in TVI approaches draws direct attention to the broader structural and social conditions, as well as forms of ongoing and/or institutional violence, and the need for service providers to conduct their work in full recognition of these contexts. [1]

Learn More:
- Organization: Knowledge Hub

Footnotes:

TRAUMATIC BRAIN INJURY
Traumatic Brain Injury (TBI) is “an injury which disrupts the normal functioning of the brain. The result of such disruption may include changes in physical, cognitive and/or emotional wellbeing.”[1] It is one of the leading causes of long-term disability. [2]

TBI can be the result of violence including being hit in the head (e.g. punched, shoved into a wall or floor, hit by an object), arduous shaking, and non-fatal strangulation. [3] The lingering symptoms of TBI (e.g. headache, sleeping problems, irritability, memory problems) are also referred to as post-concussive syndrome.

Head injuries and/or probable TBI are prevalent in women experiencing violence, including Intimate Partner Violence (IPV). [4]

Learn More:
- Issue-Based Newsletter: Traumatic Brain Injury & Violence Against Women – Learning Network
- Toolkit: Abused and Brain Injured Toolkit – Acquired Brain Injury (ABI) Research Lab

Footnotes:
TWO-SPRIRT/2-SPRIRT
“Two-spirit means different things to different people and different communities. One of the most commonly cited understandings of the term is a person who possesses both masculine and feminine spirits; however, two-spirit is used throughout English-speaking communities on Turtle Island to distinguish the wide variety of Indigenous concepts of gender and sexual diversity as separate from the European gender binary, which was violently imposed on Indigenous communities through Christianization and the residential school system. Within Indigenous cosmologies, gender and sexual diversity are viewed holistically, with people of many genders and sexualities holding important roles in families and communities. For some people two-spirit is a gender identity, while others use it to describe their sexual orientation, and still others as a spiritual identity (and some a combination of these elements). Although two-spirit is sometimes used as an umbrella term for LGBTQ Indigenous people, it is important to note that not every Indigenous person who identifies as LGBTQ will identify as twospirit, and not everyone who identifies as two-spirit will identify as LGBTQ. Some people use the term two-spirit in order to distance themselves from colonial society. Others may identify with a nation-specific term, as many Indigenous languages have words for the gender diversity traditionally found in their communities.” [1]

Footnotes:

2SLGBTQQIA
This initialism stands for “Two-Spirit, lesbian, gay, bisexual, transgender, queer, questioning, intersex and asexual.” [1]

It may also appear as LGBTQ2SIA, or in shortened versions such as LGBTQ2S or LGBT+.

Learn More:
- Website: The 519
- Website: Egale Canada
UNIVERSAL INTERVENTIONS

“Universal interventions are defined as those interventions that are targeted at the general public or to a whole population group that has not been identified on the basis of increased risk.” [1]

Footnotes:

VICTIM BLAMING

“Victim blaming is a devaluing act that occurs when the victim(s) of a crime or an accident is held responsible — in whole or in part — for the crimes that have been committed against them. This blame can appear in the form of negative social responses from legal, medical, and mental health professionals, as well as from the media and immediate family members and other acquaintances.” [1]

Learn More:
- Brief: Barriers to Reporting Sexual Harassment – Learning Network
- Issue-Based Newsletter: Sexual Violence Awareness – Learning Network

Footnotes:

VIOLENCE AGAINST WOMEN

The United Nations defines violence against women as "any act of gender-based violence that results in, or is likely to result in, physical, sexual, or mental harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life." [1]

Footnotes:
WHITE SUPREMACY

“White supremacy generally refers to a nineteenth-century Euro-American doctrine that positioned specific racialized groups—‘whites’—and the societies they developed—“the West”—as superior to other peoples, nations, or communities.” [1]

Accordingly, it is a system based on the assumption of the “rightness of Whiteness” in which political, economic and social systems result in White people having more privilege and power than racialized people. [2]

Although this doctrine is often associated with the discriminatory attitudes and behaviours of individuals and relatively small groups, critical race theorists have shown that it emerges from a broader system of domination in society:

“[White supremacy] does not require individuals to hold racist ideas but rests upon a structuring of the interests of white-dominated societies as superior to others and on a systemic exploitation and control of other racialized groups and societies. It operates to maintain and defend a system of white wealth, power, and privilege — an ideology and not a skin color — that also takes for granted the role of those who adhere to the ideology as national and global leaders, thinkers, creators, authorities, and decision makers... Moreover, white supremacy does not always require a distancing, exclusion, or hatred of the racial Other. When steeped in neoliberalism, it can express a longing for the presence of, or a desire to help, the Other, neither of which unsettle unequal racialized relations of power.” [1]

Footnotes:


WORKPLACE VIOLENCE

“The exercise of physical force by a person against a worker, in a workplace, that causes or could cause physical injury to the worker. It also includes an attempt to exercise physical force against a worker in a workplace, that could cause physical injury to the worker; and a statement or behaviour that a worker could reasonably interpret as a threat to exercise physical force against the worker, in a workplace, that could cause physical injury to the worker. Every employer in Ontario must prepare and review, at least annually, a policy on workplace violence, as required by the OHSA [section 32.0.1 (1) (a) and (c)]. The workplace violence policy should show an employer’s commitment to protecting workers from workplace violence; address violence from all possible sources; outline the roles and responsibilities of the workplace parties
in supporting the policy and program; and, be dated and signed by the highest level of management of the employer or at the workplace as appropriate.” [1]

Learn More:
- Website: Make It Out Business

Footnotes:

**XENOPHOBIA**

“An unreasonable fear or hatred of foreigners or strangers, their cultures and their customs.” [1]

Learn More:
- Issue-Based Newsletter: Intimate Partner Violence Against Immigrant and Refugee Women – Learning Network

Footnotes: