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DOMESTIC VIOLENCE IN CANADA

«Domestic Violence» is abuse committed against an adult or a child, a spouse, a former spouse, a cohabitant, a former cohabitant, a person with whom the suspect has had a child or is having or has had a dating or engagement relationship. Same sex relationships are included.

Abuse means that someone hurts you or treats you badly. The abuser can be male or female. Domestic abuse can be physical, sexual, emotional, psychological, financial. Domestic abuse is a crime in Canada. It is against the law. At least 1 from 10 women in Canada experiences abuse. Domestic abuse happens to people from all races, religions, sexual orientations, income levels and education levels.

In Canada, the issue of domestic violence is strictly controlled. Police can refer you to certain services. If the situation isn't dangerous right now, you can also call a health centre, victim services, community organization, shelter, or the local police and tell them about the abuse.

They can help you to figure out what to do next. Creating a safety plan is a way to think in advance about what you and your children can do during a violent incident, the people you can turn to for help and important documents you will need if you have to leave quickly. In order to avoid domestic violence, both children and adults need to learn some tips for improving the family climate. First of all, try to make comments one by one alone, tactfully and delicately. Do not provoke conflicts. Stop the anger is not the one who is right, but who stopped the quarrel in a timely manner.

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THE PROBLEM OF DOMESTIC VIOLENCE IN CANADA

When people think of domestic abuse, they often focus on domestic violence. But domestic abuse includes any attempt by one person in an intimate relationship or marriage to dominate and control the other. Domestic violence and abuse are used for one purpose and one purpose only: to gain and maintain total control over victim. An abuser doesn't "play fair." An

abuser uses fear, guilt, shame, and intimidation to wear victim down and keep her under their control.

Domestic violence and abuse can happen to anyone. It occurs within all age ranges, ethnic backgrounds, and economic levels. And while women are more often victimized, men also experience abuse especially verbal and emotional. The bottom line is that abusive behavior is never acceptable, whether from a man, woman, teenager, or an older adult. Domestic abuse often escalates from threats and verbal assault to violence. And while physical injury may pose the most obvious danger, the emotional and psychological consequences of domestic abuse are also severe. Emotionally abusive relationships can destroy your self-worth, lead to anxiety and depression, and make you feel helpless and alone. No one should have to endure this kind of pain—and first step to breaking free is recognizing that relationship is abusive.

Of all reported violent crime in 2018, in Canada, more than one quarter (26%) resulted from family violence. Almost 67% of family violence victims were women and girls. 79% of police reported intimate partner violence is against women.

Experts know that rates of all forms of family violence are underestimated. For example, in 2014, (19%) those who had been abused by their spouse reported abuse to police.

There are many reasons why people don't report family violence. One is because of the stigma associated with it. Young children may not report violence because they may have limited contacts outside the family in whom they can safely confide.

Intimate partner violence. Women are more likely to experience severe spousal violence compared to men, women who experience spousal violence are:

- twice as likely to report being sexually assaulted, beaten, choked or threatened with a gun or a knife.

- more likely to report higher rates of injury caused by abuse (40% of female victims compared to 24% of male victims).

- more likely to experience long term PTSD-like effects than men.

Nearly 60% of Indigenous women who reported spousal abuse also reported being physically injured as a result of it versus 41% of non-Indigenous women.

Half of the Indigenous women experiencing violence reported the most severe forms of violence: being sexually assaulted, beaten, choked, or threatened with a gun or a knife.

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