

## Ways to help?

Help a friend or family member who is experiencing Intimate Partner Violence by:

- empowering them to seek safety options
- helping them to identify resources, services and options available to them
- letting them know that it is not their fault

By providing non-judgmental support, you create an opportunity for them to seek your support again.

## Support

The Toronto Police Service is committed to assisting with the prevention and reduction of Intimate Partner Violence as well as supporting victims and survivors.

For information on Intimate Partner Violence resources and services, contact:

Victim Services Toronto:  
416-808-7066  
victimservicestoronto.com

Women's College Hospital Sexual Assault/Domestic Violence Care Centre  
416-323-6040  
womenscolleghospital.ca

Scarborough Health Network Sexual Assault/Domestic Violence Care Centre:  
416-495-2555  
shn.ca/areas-of-care/sexual-assault-and-domestic-violence-care-centre

Assaulted Women's Helpline:  
1-888-936-3049  
awhl.org

**In an emergency dial:  
9-1-1**

**For non-emergency service  
call:  
(416) 808-2222**

**See it. Say it. Stop it.**

For more information about the Crime Stoppers program, visit [www.222tips.com](http://www.222tips.com). If you have a tip, call **416-222-8477 (TIPS)** or use the toll free number **1-800-222-TIPS**



**Scan for  
Victim and Survivor Services**



Community Partnerships and Engagement Unit  
SP- 20240921



# Intimate Partner Violence

TPS.ca

## What is Intimate Partner Violence?

Intimate Partner Violence is any physical, sexual or psychological harm caused, or attempted, between persons involved in an intimate relationship. Anyone can experience Intimate Partner Violence regardless of age, sexual orientation, ethnicity, economic status, religion or education.

Intimate Partner Violence can occur in both public and private spaces, as well as online, and can include:

- **physical abuse:** intentional or threatened use of physical force, including pushing, hitting, cutting, punching, slapping, shoving, strangulation.
- **criminal harassment (also referred to as stalking):** repeated conduct that creates fear for one's safety or the safety of a loved one. The repeated conduct can include making threats, obscene phone calls, following, watching, tracking, contacting on the Internet, including through texts or email messages.
- **sexual violence:** sexual acts without consent, threats of repercussions for refusing sexual activity, forcing someone to watch or participate in the making of pornography, sexually degrading language and belittling sexual comments.

- **emotional /psychological abuse:** insults, belittling, constant humiliation, intimidation, threats of harm, threats to take away children, harm or threat of harm to pets.
- **spiritual abuse:** using a partner's spiritual beliefs to manipulate, dominate or control them.
- **financial abuse:** control or misuse of money, assets or property, control of a partner's ability to access school or a job.
- **reproductive coercion:** controlling reproductive choices, pregnancy outcomes and/or access to health services.
- **coercive control:** patterns of control and abuse that cause fear or terror, including coercion (using force and/or threats to alter behaviour) and control (regulating or dominating a partner's behaviour and choices), isolating a person from family and friends, and restricting access to employment, education or medical care.
- **technology-facilitated violence:** use of technologies to facilitate virtual or in-person harm including observing and listening to a person, tracking their location, to scare, intimidate or humiliate a person.

## Intimate Partner Violence facts

- Intimate Partner Violence is not a result of being provoked or poor anger management. It is not caused by drugs, alcohol, mental illness or stress. Abuse is a deliberate behaviour with the intention of gaining power and control over the other person.
- When seeking help, abuse victims face many barriers, including fear of further harm or injury, self-blame, shame, restrictions on finances, resources and supports. Victims can experience social pressures to keep their family together and other cultural taboos. These barriers can hold victims back from seeking help or reporting to police.

