

## How to help an abuser

Remember to not place yourself in more danger if you are already experiencing some form of abuse. It may be best to approach the person committing the abuse with more than just yourself present. Do not leave yourself open for more abuse. Remove yourself from the situation and do not go back just because they say they are sorry. The person who is committing these actions needs help from a professional that will show them methods of dealing with their emotions, and actions.

- Give your friend/spouse/family member a clear message --violence is not acceptable
- Tell them that you're concerned about the abusive behavior
- Place responsibility for the abuse on the abuser without placing blame
- Tell them that you care no matter what
- Offer to help them seek help
- Be a role model for healthy relationships --treat your partner with respect
- Call the police if you witness an assault
- Tell them to call a local domestic violence agency

### If you hear or see abusive behavior...

Do not hesitate to call 911 or the Hudson Bay Family & Support Centre at 865-3064 to report abusive acts.

Violence is a crime and your family member or friend needs help. Batterers need to be held accountable under the law. Your call does not mean that the abuser will automatically go to jail but it is the most effective way to protect victims from immediate harm.

**Remember that your statement may be the very first warning to the abuser. Your interest might make a real difference.**



# Abusers



Box 403, 203 Patricia St.  
Hudson Bay, SK S0E 0Y0  
Phone~ (306) 865-3064  
Fax~ (306) 865-3391

[hbfamilyandsupport@sasktel.net](mailto:hbfamilyandsupport@sasktel.net)  
[www.hbfamilyandsupport.ca](http://www.hbfamilyandsupport.ca)

24 Hour Crisis Line  
(North East Region)  
1-800-611-6349

## Recognizing Abuse

He says he's sorry and that it won't happen again but you fear it will. Angry outbursts, hurtful words, sometimes a slap or a punch. You may start to doubt your own judgment, or wonder whether you're going crazy. Perhaps you've imagined the whole thing but in reality you have not. Domestic violence can and does happen to people of all ages, races and socioeconomic and educational backgrounds.

It may not be easy to identify abuse. An

**"A lot of people think domestic violence is about anger, and it really isn't, Batters do tend to take their anger out on their intimate partner. But it's not really about anger. It's about trying to instill fear and wanting to have power and control in the relationship."**

*Diana Patterson, licensed social worker & violence prevention coordinator at Mayo Clinic*

abusive relationship can start subtly. The abuser may criticize your appearance or may be unreasonably jealous. Gradually, the abuse becomes more frequent, severe and potentially life-threatening. These relationships don't happen overnight. It is a gradual process – a slow disintegration of a person's sense of self.

## Warning signs of an unhealthy relationship:

### **Always has to be right**

When you two disagree, are you allowed to have your own opinions? Or are your ideas pushed aside? Are you always being told that you don't know what you're talking about?

### **Bad Temper**

Is your friend or partner short-tempered? Do they take their anger out on inanimate objects, like slamming doors and punching walls?

### **Controlling**

Your partner can "sweet talk" you into doing things that you are not comfortable doing.

### **Cruel to Animals**

Sometimes, abusive people take out their anger and frustrations on innocent animals.

### **Excessive Jealousy/Possessiveness**

Your partner checks up on you, makes unfounded accusations and asks you lots of questions about where you were and who you were with? Do they accuse you of things that you didn't do?

### **Fascinated by Weapons**

Does your partner carry a knife or gun and seem to spend a lot of time "playing" with them?

## Warning Signs Continued

### **Heavy Drinking**

Does he have to demonstrate his "manhood" by drinking heavily or using drugs and partying.

### **Quick Involvement**

The relationship is moving faster than you are comfortable with.

### **Too Physical**

Have you been grabbed so hard it left marks?

### **Uses Force**

Your partner holds you down, pushes, shoves, slaps, kicks, and/or hits you.

### **Uses Children as Pawns.**

Accuses you of bad parenting, threatens to take the children away, uses the children to relay messages or threatens to report you to children's protective services.

### **Isolation.**

Limits your contact with family and friends, requires you to get permission to leave the house, doesn't allow you to work or attend school and controls your activities and social events. The abuser may ask where you've been, track your time and whereabouts or check the odometer on your car.