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What is abuse?

Sexual touching or sexual activity is abuse if you do not consent or if you are too young to consent.

Help is available

you leave. But remember—nothing you do gives anyone the right to abuse you. There is no excuse for abuse.

Many people have found that there is a cycle of abuse. The tension builds for a while until the person acts violently. After the "explosion" or violence, there is a perhf calm or quiet. The person who behaved abusively may say they are sorry and promise it will not happen again.
However, in time, the tension builds and the person may become violent again.

Others descrhbe an ever-increasing spiral of abuse where the severhty of the violence becomes worse over time and the violent outbursts

The person who abused you may tell you that you will be deported or you will lose your children if you leave. They are trying to scare you with these threats. Leaving an abusive situation does not mean you will be deported. Leaving an abusive situation does not mean you have to leave your children. You can get help and information from legal clinics, social workers, and community centres.

Remember that you have choices. You do not have to stay in an abusive situation. You are not alone.

What kind of help is available?

The police

Shelters are run by community groups. Their telephone numbers atg wuwann{ nkuvgd kp vjg Łtuv hgy raigu qh vjg vgngrjqpg bqqm ykvj

legal help

Helpful Resource	Telephone Number
Police	

Helpful Resource	Telephone Number
Crisis lines May be able to help with crisis intervention and refer you to helpful services.	
Shelters/Transition houses Can provide shelter, information and referrals for women or men who experience spousal abuse.	
Ogpvcɲ jgcɲvj qhŁegu Can offer information or counselling on depression, stress, and mental health issues.	
Multicultural and immigrant-serving organizations May be able to provide information and refer you to helpful services.	

Helpful Resource	**Telephone Number**

Other

Look for other sources of help!

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