

Aggression - Could This Be You?

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Mark and Kelly had been seeing each other for a short period of time. At first things were going well. As time went on Kelly began to notice that Mark was treating her differently. Mark would put her down, sometimes he would make fun of her and hurt her feelings. Mark became jealous of Kelly when she went out with her friends. He tried to control everything she did. Kelly did not think anything was wrong. She thought the change in Mark's behaviour was because he really liked her. She told herself that Mark just wanted to spend more time with her. Mark's abuse continued and before too long there was physical abuse.

Abuse is not only physical violence. Power, control, and emotional as well as verbal abuse are signs of a serious problem. Mark and Kelly's story shows many signs of an unhealthy relationship. Often in this type of relationship physical abuse occurs. Luckily, Kelly could see that things were getting worse. She knew that it was not her fault and that Mark was the one who needed to change. It is important to see the signs of abuse and seek help.

What is Violence?

To cause harm to self or others

For example...

Physical Abuse: Pulling hair, slapping, shoving, kicking, grabbing, twisting arms, tripping, biting, beating with a weapon.

Emotional Abuse: Jealousy, name calling, making

someone feel bad about themselves, being possessive, keeping someone apart from friends and family, threats of suicide, and ruining one's property.

Sexual Abuse: Unwanted touching, unwanted sexual acts, forced sex, and making fun of one's body parts.

"What begins with control, emotional and verbal abuse, often becomes physical violence." ¹

¹ Excerpt from Canadian Private Broadcasters' 1996 Anti-violence radio and television campaign.

Review the Questions Below and Answer as Honestly as you Can

- Do I have feelings of owning my partner or blame my partner for making me feel jealous?
- Do I feel upset when my partner is not with me and need to know where he/she is at all times?
- Do I feel that no matter what the problem, it is always my partner's fault?
- Do I threaten to hurt or break my partner's belongings to get my own way?
- Do I always need to be the one in charge and make all the rules in the relationship?
- Do I ever pressure or force my partner to have sex; and think of him/her as a sex object?
- Do I insult or put down my partner, make him/her feel stupid or worthless?
- Do I get angry and out of control and hit, kick, or slap my partner?

- Do I use being drunk or high as an excuse for being abusive towards my partner?

What You Can Do

Do you believe that any of the above questions have happened in your life or someone else's life? There are people you can talk to. Get in touch with any of the groups listed on the back of this pamphlet and they will be able to offer you the right support.

Alternatives for Men

(Support groups for men) 420-1980

Metro Immigrant Settlement Association 423-0500

(For new Canadians and their families)

Help Line 421-1188

(Someone to talk to 24 hours a day)

Halifax Youth Line 420-8336

(Talk to peers 6 pm. to 10 pm. daily)

Project New Start 453-4320

(Program for men who abuse)

Alive 424-5623

(Program for men who abuse)

Men for Change 492-4104

(Support for men exploring positive masculinity)

Family Violence Prevention Initiative 424-2079

(Information and resources on violence)

Nova Scotia Drug Dependency 424-5920

(Support and counselling for ending addictions)

We would like to hear from you!

The Emergency Department is constantly striving to improve the service we offer to our patients and their families. We would like to hear from you with any suggestions, comments or criticisms. Please call 473-1598 and leave a message.

Comments will be reviewed and discussed by the Emergency Department's Continuous Quality Improvement Committee and passed along to the staff. We will not be able to answer all comments. If you would like a reply please leave contact number or address.

Please note that this is not an official concern line. People wishing that a specific concern be addressed, may call the QEII Patient Representative at 473-2880.

Please only comment on issues concerning the Emergency Department.

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*Prepared by: Department of Emergency Medicine
Designed and Printed by: QEII Audio Visual & Printing Services*