



*"Building the smallest democracies at the heart of society."
The United Nations: The International Year of the Family, 1994*

Agreement# 40063171

Honour Based Violence?

A Research Project Exploring Family Violence Towards Young Women from Immigrant Families in Winnipeg



by Esther Blum (Qualtrica Associates), Arlene Elliott (Mount Carmel Clinic) and Lucia Madariaga-Vignudo (Qualtrica Associates)

In 2009, service providers in Winnipeg identified an emerging trend among their female clients, 15-30 years of age, from immigrant families. Young women were disclosing that they were victims of family violence and seeking support to find emergency shelter and services. This type of violence, also known as "honour based violence" (HBV)*, is perpetuated by family members other than spouses, common law partners or boyfriends (e.g. by fathers, mothers, brothers, uncles and aunts). Most existing services and policies in Winnipeg were developed to respond to domestic violence.

Concerns were raised at the **Network of Organizations for War Affected Newcomers (NOWAN)**, which provides a monthly forum for service providers to share information and research and to work collaboratively to address emerging issues. **Mount Carmel Clinic, Nor' West Co-op Community Health Centre** and **Osborne House Inc.** established a collaborative partnership with **Qualtrica Associates** to develop a qualitative study (with a literature review) to explore the issue. Interviews were carried out with 34 service providers and two courageous immigrant women who had experienced family violence as teenagers. The research was approved by the Psychology/Sociology Research Ethics Board at the University of Manitoba as issues of confidentiality continue to be paramount.

SUMMARY OF FINDINGS

Who are the women being affected by so-called HBV?

Young women in their teens and early 20's from a range of ethno-cultural minority communities and religious groups are targets of abuse. Some are immigrants privately sponsored by family members, but others are second generation Canadians.

Who is involved in the violence?

- Multiple family members (males and females)
- Brothers are pressured to follow and keep control over their sisters on behalf of older family members.
- Relatives sponsoring women to Canada may be more likely to be involved in carrying out abuse.

What does the abuse and violence look like?

Emotional abuse in the form of young women being controlled, stalked and followed was commonly identified in the interviews. As well, young women were sometimes forced into marriages with older men. Coercion to work and contribute financially to the family means less time for schoolwork and friendships. Physical abuse was also present.

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What are You Wearing?: Day of Pink



by Rebecca Ulrich, Canadian Red Cross; Introduction by Dr. Jocelyn Proulx, RESOLVE Manitoba



Every week last year more than 268 youth learned how to have healthier dating relationships, stand up to bullying, or recognize abuse.

Youth: Agents of Abuse, Agents of Change

For many Canadian youth bullying is part of their school and peer experience. Approximately 45% of students experienced verbal and/or physical victimization at school and among their peers (Abada, Hou, & Ram, 2008; Josephson & Proulx, 2008). A more recent study of youth's experiences of violence conducted by the Alliance of Family Violence Research Centers found that out of 576 youth in Manitoba, Ontario and Quebec, 58% had at least one incident of emotional abuse or bullying within the past year; 24% had at least one incident of physical violence; and 26% had experienced some form of sexual violence. Youth believed they were targeted because of their gender, their age, and their appearance.

Within schools peers are often present during episodes of bullying (88%) and some actively intervene (19%). Most interventions (57%) are successful in stopping the bullying (Hawkins, Pepler & Craig, 2001). These statistics suggest that youth themselves are agents of anti-bullying actions. Bullying is regarded as an issue of peer relationships, with greater connections between peers being associated with less bullying behaviour (Sutherland, 2011). Thus, efforts to build relationships among students may be an effective approach to reducing bullying through active intervention in episodes of bullying as well as preventing bullying from occurring. Events such as the **Day of Pink**, organized by the **Canadian Red Cross**, work to foster

positive relationships within schools.

Day of Pink is an initiative that provides students with the opportunity to discuss the impact of bullying and how they can use their power to help create a safe and respectful school environment. On April 11, 2012, students and staff wore pink shirts in solidarity to show their stand against bullying.

How did it get started? The Day of Pink began after two high school students in Nova Scotia took a stand against bullying in their school. The students asked all of their peers to wear pink to school after they heard that a male classmate had been bullied for wearing a pink shirt, and this led to a grassroots campaign that attracted worldwide attention.

Red Cross in Manitoba thought it was important to recognize this movement and encouraged the province to take a stand against bullying. A resource package containing classroom activity ideas, tip sheets, and information about Red Cross bullying prevention programs was sent out to all schools. Red Cross also provided schools with pink shirts to wear.

The response was overwhelming! On April 11, 2012, more than 8,500 people from over 130 schools in Manitoba took a stand against bullying by wearing pink shirts. Even the Minister of Education, **Nancy Allan**, joined the stand by wearing pink. There were pink parades, school rallies, Sash mobs, classroom presentations and much more - all to educate others about the issue of bullying and show Manitoba's commitment to creating respectful school environments for everyone.

Manitoba CAN imagine a world without bullying! ☘

Abada, T., Hou, F., & Ram, B. (2008). The effects of harassment and victimization on self-rated health and mental health among Canadian adolescents. *Social Science and Medicine*, 67 (4), 557-567.

Hawkins, D. L., Pepler, D.J., & Craig, W. M. (2001). Naturalistic observation of peer interventions in bullying. *Social Development*, 10 (4), 512-527.

Josephson, W. L., & Proulx, J. (2008). Violence in young adolescents; relationships: A path model. *Journal of Interpersonal Violence*, 23 (2), 189-208.

Sutherland, A. E. (2011). The roles of school climate and peers in bullying. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 72 (4-B), AAINR70378, 2484.

Manitoba Update: A Life that Made a Difference



by Jane Ursel

It is with great sadness that I report the death of **Ted Newall**, one of RESOLVE's greatest benefactors. He died peacefully on April 26, 2012, at the Tom Baker Cancer Centre in Calgary. When the Manitoba Family Violence Research Centre wanted to grow into a regional Centre, **Margaret Newall** became a champion of our project. She was a founding member of the **Prairieaction Foundation** (PAF) which made our regional dream a reality. Ted was the silent facilitator of our founding meeting in 1997, which was hosted by the Nova Corporation where he was president and CEO. For the next five years, Margaret and colleagues launched into a major fundraising campaign for the Prairieaction Foundation and Ted played a key role in opening corporate doors for PAF.

What I will remember most, however, is the incredible generosity of Ted and Margaret in the early years of RESOLVE's development. RESOLVE had no funds to support meetings in Calgary, so Ted and Margaret

opened the doors of their home and I became a fairly regular house guest as I attended to business at the University of Calgary. Margaret and I took off with the family car to tour around Alberta and Saskatchewan Universities looking for a "home" for our RESOLVE offices. Ted supported all of these incursions on his home life with grace and good humour.

Margaret and Ted, pictured here at their beloved Muskoka family cottage, were a couple committed to philanthropy in Calgary and throughout Canada. Ted served as chairman of the University of Calgary and was made an Officer of the Order of Canada in 1993, in recognition of his many contributions in business and philanthropy across Canada. I have learned so much from their example of community commitment and personal generosity and RESOLVE has benefited greatly from their support. Our thoughts and kind wishes are extended to Margaret and her family during this difficult time. ❀



Margaret and Ted Newall

Saskatchewan Update

Bridging the Gap: Criminal Harassment Victimization and the Criminal Justice Response



by Deb George

Sharing the frustrations and disappointments of their clients, with funding provided by **Status of Women Canada, Family Service Regina's Domestic Violence Unit** commenced work on the first of three phases of the *Domestic Violence Stalking Project* in 2006. Through promoting and contributing to the early identification and timely and effective community response in cases of intimate partner stalking, the goal of the Project was to reduce the duration and impact for victims. Allowing access to a variety of perspectives, a key piece of Phase I involved interviewing victims and front-line workers, including quantitative research and analysis with a cross-section of officers from Regina and Saskatoon Police Services.

Findings highlighted that at every step in the process, often hampering the goals of early identification and effective intervention, there appears to be a filtering system in place that determines the course of action taken. Minimization is common. Wondering if they are over-reacting, stalking targets second-guess themselves from the outset. Flawed advice and minimization are received from friends and family. As the gatekeepers to the criminal justice system, the police response impacts everything that follows. The final layer of filtering is the court—prosecutors and judiciary. Many interviewees expressed a lack of hope when discussing the breaching cycle and inconsequential sentencing practices. When sentencing imposes the same conditions that were breached pre-sentence, it falls short as a protective restriction. Failure at any step means targets and their loved ones remain at risk, front-line workers are rendered powerless to provide any concrete protection or direction, stalkers are given repeated opportunities to do harm, and everyone involved is left with a feeling that the “system” does not take the issue seriously. Emphasizing the need for a common understanding and seamless response is that the same concerns and frustrations are shared across the boundary of “victim” and “system.”

Research becomes most valuable when it is applied practically with the goal of visible and measurable change. As opportunities arose, Domestic Violence Unit staff provided community presentations throughout Phases II and III. The *Are You Being Stalked?* brochure and several informational handouts were researched, compiled and widely distributed. To aid in flagging potential cases of stalking as early as possible, a *Stalking Checklist* was put into use. The *Resource Manual:*

Working with Vulnerable Stalking Victims, which includes a list of specialized community resources, was created. Family Service Regina's website was expanded to include a section specifically dedicated to information on stalking. The *Stalking Log* brochure, with information about the crime of criminal harassment and the evidence required for a charge or a Peace Bond, was developed to ease the burden on victims. Finally, a number of audio recorders were made available for loan through the Collecting Audio Recorded Evidence Program.

Over the six years of the Project the importance of early intervention repeatedly became apparent. For this to occur, front-line professionals have a duty to acquire or access the knowledge necessary to accurately identify, effectively intervene, and actively advocate with and on behalf of victims. With appropriate information and resources, stalking targets will have the support they need to prompt a timely and positive response. In the short and long term it is much more valuable and helpful to take a proactive approach, rather than passively leave action to others and then point an accusatory finger when things do not proceed ideally.

We also learned that, no matter how optimal the response, extensive follow-up and ongoing support is critical to lessening the impact for stalking victims. Understanding the stages they are likely to go through will help them react appropriately and cope better. They also need information about the dynamics of stalking; the type of stalker they are dealing with; the likely motivation and intention of their stalker; what behaviours to expect; the potential risk; and how to keep themselves and their loved ones safe. Safety plans should be tailored to optimize security while restricting freedom as little as possible. Also required is specific information about what evidence is required and how best to collect it—detailing history; logging every incident; getting witnesses involved; using available technology; and saving messages, texts, gifts, etc. Finally, knowing that they are not alone by means of ongoing validation and encouragement is essential. ☘



Family Service Regina Domestic Violence team

Alberta Update



by Nicole Letourneau

Dear Friends and Colleagues:

As you all know by now Leslie Tutty, our long time RESOLVE Academic Coordinator, retired from the position in July 2011. Although she will be greatly missed, we are happy to report that she will continue to be active on a number of research projects in which RESOLVE is also a partner. While the search took a long time I am very happy to welcome **Dr. Nicole Letourneau**, a truly outstanding Canadian researcher as her bio below indicates. It is also wonderful to maintain a truly interdisciplinary team—Nicole’s nursing background will add an important perspective to my sociological and Mary Hampton’s psychology perspectives. On behalf of all RESOLVE offices and staff, a warm welcome to Nicole.

– Jane Ursel

Nicole Letourneau received her Ph.D. in Nursing from the University of Alberta and is tenured full Professor at the University of Calgary in the faculties of Nursing and Medicine (Pediatrics). Currently, she holds the Norlien/ACHF Chair in Parent-Infant Mental Health and previously was the Canada Research Chair (Tier 2) in Healthy Child Development. She remains adjunct professor at the universities of Alberta and New Brunswick. Nicole is PI of the CHILD (Child Health Intervention and Longitudinal Development; www.childstudies.ca) Studies Program studying parenting, attachment and child development in the context of family violence, maternal depression, and substance abuse.



Nicole Letourneau

She has conducted qualitative and quantitative research on mothering, mother-infant relationships and infant/child development in the context of violence. Her most recently funded study examines the mediating influence of maternal attachment behaviours on the relationship between maternal mental distress during pregnancy and infant Hypothalamic Pituitary Adrenal axis responses—she wants to know if parenting practices can overcome the effects of prenatal stress on infants’ neurodevelopment. Based on her past research, she is currently planning a large Canadian network grant to develop and implement an attachment intervention for mothers, infants and “others” (mothers’ partner, friend, family member, etc.). The intervention is unique in its focus on triadic (mother-infant-other) attachment and reducing trauma in families in risky conditions, such as

those exposed to violence, mental health problems or substance abuse. She will also seek to uncover the effects of triadic attachment intervention on mothers and children’s responses to stress and children’s neurodevelopment. Her research vision of developing and testing parenting interventions to reduce trauma in young children fits with the intentions and interests of RESOLVE partners.

All of Nicole’s research is community-based and seeks to develop evidence to guide best practice in parent-child support and intervention. She has received many honours for her scholarly work, including being named Canada’s Premier Young Researcher by CIHR in 2006 (for her research on family violence effects on mothers and mothering), to Canada’s Top 40 Under 40 in 2007, and to Who’s Who in Canada, initially in 2008. She has published (or in press) over 70 peer-reviewed papers, 13 chapters and book contributions, and 28 publications in trade journals such as the Canadian Nurse. Nicole has presented her research over 160 times. As Principal or Co-Principal Investigator she has earned over 5 million dollars from national and regional funders. As Co-Investigator, she has earned nearly 10 million more research dollars for her projects. Currently, she serves on the Canadian Institutes of Health Research Governing Council and chairs the Standing Committee on Ethics. She is on the board of the International Association for the Study of Attachment and Editor-in-Chief of their quarterly newsletter. She is also on the board of the Alberta Association for Infant Mental Health. ☘

Honour Based Violence?...cont'd from Page 1

“While I was sleeping, I was getting kicked and punched or getting hot water in my face or cold water. Hoping the next morning I should never wake up again...” (Young woman)

Why is the abuse happening?

- Patriarchal norms espoused by parents or guardians.
- Intergenerational clashes.
- Lack of parental knowledge about disciplining teenagers in a Canadian context.
- Diminished sense of parental control.
- Poverty, economic stress, parental unemployment and discrimination causing stress and friction.
- Mental health condition of parents and guardians.
- Sudden changes in family composition due to family reunification policies may create tension, especially in overcrowded conditions.

What are some barriers that young women encounter when seeking help?

Personal Barriers

The young women often normalize the abuse as a culturally acceptable way of life, feeling that they caused the violence, by not fulfilling family members' expectations. They lack the skills, confidence or trust to seek help and resources on their own.

Family and Community-Related Barriers

The pressure to remain silent and maintain the unity of the family and ethno-cultural community is great, as is fear of rejection and isolation if they reveal the violence to others outside.

Structural Barriers

There are very few places where women can turn to for help. There are a lack of culturally safe and age appropriate emergency housing and services. As well, there is poor communication and a lack of coordination between social service, health and settlement agencies

SOME KEY RECOMMENDATIONS

- Fund shelter spaces or other emergency housing for women from immigrant families who are affected by HBV.
- Foster constructive dialogue and strengthen ties between ethnocultural communities, service providers

and Child and Family Services (CFS).

- Establish an inter-departmental government working group to address this issue on a policy and programmatic level.
- Create awareness and training opportunities for service providers to detect and effectively respond to HBV.
- Integrate information about HBV into high school, community colleges and EAL classrooms.
- Develop poster campaigns in bus shelters, public bathrooms, doctor's offices and other public places.
- Fund community based education to create dialogue and action within ethnocultural communities.

Despite the increasingly multicultural make up of Manitoba, little attention has been paid to family violence towards young women from immigrant families. For the sake of young women at risk of so-called HBV (or currently being abused), it is time for collective action.

For more information about the study please contact Qualtrica Associates at qualtrica@gmail.com or Arlene Elliott at aelliott@mountcarmel.ca.

The final report and literature review will be posted on the Mount Carmel Clinic website at www.mountcarmel.ca. ☞



* As a research team we question the acceptance of the term honour-based violence. For a fuller discussion about why we are cautious of the term, please refer to the full length report.

¹ The findings outlined are drawn from focus group and individual interviews. Due to the small sample size in this study we advise caution in generalizing the results. The full-length report provides an elaboration of the study findings.

CONFERENCES, WORKSHOPS AND EVENTS



July 16 - 20, 2012 - *International Workshop on Gender Training*, a joint collaboration with Gender Equality and Mosaic International, Inc., at the University of Ottawa in Ottawa, ON. Organizations, programmes and projects are increasingly being asked to develop gender equality policies and strategies that seek to provide women and men with equal opportunities and ensure that their interventions are gender-sensitive or, at the very least, do not reinforce inequities. The gender training workshop seeks to provide workshop participants with core concepts, gender analytic frameworks and gender strategies that can improve the effectiveness of your organization, programmes and projects in working with vulnerable and marginalized women and men, boys and girls. This workshop will move you beyond the theory to apply in practical and useful ways gender analysis and gender sensitive strategies to your organization and its programmes and projects to achieve greater social justice, development and peace. For more information refer to www.mosaic-net-intl.ca/gender.shtml.

August 3 - 16, 2012 - *Trauma Recovery Certificate Training*, offered by Taking Flight International Corporation, in St. Albert, AB. The aim of this training is to translate new knowledge from the research setting to real-world applications in order to provide an effective wholistic and culturally sensitive healing service to those who have been traumatized, thereby improving their futures and the futures of their children. For more information refer to training@takingflightinternational.com or e-mail info@takingflightinternational.com.

October 19, 2012 - *RESOLVE Research Day 2012*, hosted by RESOLVE Saskatchewan, in Regina, Saskatchewan. Theme is Ways of Healing. See back page for more information.

October 24 - 26, 2012 - *Third International Conference on Violence in the Health Sector: Linking Local Initiatives With Global Learning*, hosted by the Scientific and Organization Committee and organized by Oud Consultancy. The conference will be held in Vancouver, BC. Specific aims of the conference are to sensitize stakeholders to the issue of violence in the health care sector; understand the manifestations and the human, professional and economic implications of violence in the health care sector; promote effective sustainable initiatives and strategies to create safe environments for workers and clients in the health care sector; and present initiatives which respond to the problem, and have transferable learning for efforts in broader service and geographical contexts. For more information refer to www.oudconsultancy.nl/vancouver/violence/invitation-third.html, or by e-mail to conference.management@freeler.nl.

November 7-9, 2012 - *National Research Day: Sexual Violence, Domestic Violence: Exploring the Continuum of Violence Against Women and Girls*, and is organized by the FREDA Centre (School of Criminology, Simon Fraser University), in partnership with the Alliance of Canadian Research Centres on Violence, the Canadian Observatory on the Justice System's Response to Intimate Partner Violence, the Ending Violence Association of British Columbia, BC Society of Transition Houses, and our National and Regional Advisory Committees. National Research Day will be held in Vancouver, British Columbia, at the Vancouver Marriott Pinnacle Downtown. A pre-conference training workshop, facilitated by doctors Lori Haskell and Melanie Randall, will be held on November 6, 2012, and will focus on issues that surround the provision of services for women who have experienced sexual violence. Early registration prices are available until August 31, 2012. Conference inquiries can be directed to NRDay@sfu.ca or fredacentre.com/events.



ANNOUNCEMENTS

Dr. Karen Wood has received a postdoctoral fellowship from the Indigenous Peoples' Health Research Centre. **Elder Betty McKenna** has received a *Saskatchewan Healthcare Excellence Award*. Details at www.iphrc.ca.

RESOLVEnews is a quarterly newsletter published by RESOLVE Manitoba. Any submissions, announcements and inquiries can be directed to the RESOLVE office in each of the three prairie provinces or to the editor, Ilze Cepelis, RESOLVE Manitoba - phone (204) 474-8965; fax: (204) 474-7686; e-mail: newsedit@cc.umanitoba.ca



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RESEARCH DAY 2012: WAYS OF HEALING



Research Day 2012 will be held **October 18-19, 2012**, in Regina, Saskatchewan, at the Regina Inn and Conference Centre in Regina, Saskatchewan. The event is presented by RESOLVE Saskatchewan.

Inspired by the healing wheel, conference topics include:

- Physical, mental, spiritual, and/or emotional healing
- Abuse prevention programs
- Abuse in communities and families
- Community-based program implementation and evaluation
- Institutional healing (human rights conventions, civil/constitutional law, government policy)
- Other ways of healing

Call for papers and registration information can be found on the RESOLVE Saskatchewan website at www.uregina.ca/resolve/.

For more information contact Mary Hampton or Ann Bishop at **306-337-2511** or RESOLVE@uregina.ca. ☘

RESOLVE Manitoba

*~ Dr. Jane Urşel ~
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