Shift: The Project to End Domestic Violence: Advancing Primary Prevention

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We are what we have learned to be
We care about what we have *learned* to care about
We do what we have *learned* to do
Violence, gender discrimination, and destructive relationships are learned behaviors. To understand those behaviors, we can’t just look at the individual. We have to look at how our social-cultural environments are producing violence and injustice.
"We are still standing on the bank of the river, rescuing people who are drowning. We have not gone to the head of the river to keep them from falling in. That is the 21st century task."

Where we focus

- **PRIMARY PREVENTION**
  Preventing violence before it occurs

- **EARLY INTERVENTION**
  Intervention targeted at the early signs of violence

- **CRISIS INTERVENTION**
  Intervention after violence has occurred

- **REBUILDING LIVES**
  Long-term supports
Shift: Sweet Spot for Social Change

Shift: The Project to End Domestic Violence

Academic / Research

Government / Policy

Community / Practitioner
What we do

- We convene, connect and motivate
- We identify strategic relationships and potential synergies between people, policy and research
- We summarize research in accessible ways
- We incubate ideas/innovations
- We are uniquely positioned to bridge research and practice because we are an Action Chair in an academic setting
Types of abuse

- Physical
- Sexualized
- Emotional/Verbal /Psychological
- Financial
- Social
- Technology
- Cultural/Spiritual
- Medical
- Intimidation, Threats and Control (including pets)
- Judicial
- Stalking/Harassing
Domestic Violence is **Pervasive**
Domestic Violence is **Costly**
Domestic Violence is **Complex**
Domestic Violence is **Preventable**
Domestic violence is pervasive.

Victims of police-reported intimate partner violence in Canada

<table>
<thead>
<tr>
<th>Year</th>
<th>Male</th>
<th>Female</th>
<th>Total</th>
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<tbody>
<tr>
<td>2013</td>
<td>18,850</td>
<td>71,457</td>
<td>90,307</td>
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<tr>
<td>2014</td>
<td>18,840</td>
<td>69,848</td>
<td>88,688</td>
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<tr>
<td>2015</td>
<td>19,440</td>
<td>72,403</td>
<td>91,843</td>
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<tr>
<td>2016</td>
<td>19,847</td>
<td>73,400</td>
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<tr>
<td>2017</td>
<td>20,102</td>
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<td>94,626</td>
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</tbody>
</table>

Statistics Canada, 2018
Domestic violence is pervasive

Victims of police-reported intimate partner violence, 2017

- Ontario
- Quebec
- Alberta
- British Columbia
- Manitoba
- Saskatchewan
- Nova Scotia
- New Brunswick
- Newfoundland and Labrador
- Northwest Territories
- Nunavut
- Yukon
- Prince Edward Island

Statistics Canada, 2018
1 in 2 women will experience one incident of physical or sexualized violence.

74% of Albertans report that they personally know at least one woman who has been sexually or physically assaulted.

Every hour of everyday, a woman in Alberta will be the victim of some form of violence by an ex-spouse or ex-partner.

Domestic Violence is Costly

Alberta spent over 1 Billion dollars over five years on family violence.

Domestic violence is gendered

- On average, every 2.5 days one woman or girl is killed in this country. A consistent trend for four decades.

- Indigenous women and girls were overrepresented as victims, comprising about five percent of the population in Canada, but 36% of those women and girls were killed by violence.

- 34% of the women and girls were killed in rural areas, where only 16% of the population lives.

Domestic violence is gendered

HOMICIDE RELATIONSHIPS
A look at the relationship between homicide victims and their accused in 2015:

PER CENT KILLED BY:

- **Family-spouse**
  - Male victims: 3.6%
  - Female victims: 0.7%

- **Other intimate partner**
  - Male victims: 0.7%
  - Female victims: 11.6%

- **Family-parent**
  - Male victims: 4.6%
  - Female victims: 6.1%

- **Family-other**
  - Male victims: 14.2%
  - Female victims: 22.4%

- **Casual acquaintance**
  - Male victims: 44.6%
  - Female victims: 14.3%

- **Criminal relationship**
  - Male victims: 16.2%
  - Female victims: 3.4%

- **Stranger**
  - Male victims: 16.2%
  - Female victims: 6.1%

SOURCE: Canadian Femicide Observatory for Justice and Accountability
THE CANADIAN PRESS
Murder
Rape and sexual assault; Physical abuse
Harassment, threats, verbal abuse, & controlling behaviour
Sexist jokes, discriminatory behaviours, name-calling
Rigid gender roles, objectification, gender stereotypes
Domestic violence is complex

- Gender inequality is linked with domestic violence
- Societies with stronger belief system about male dominance have more domestic violence
- Link between men’s adherence to sexist, patriarchal, and sexist hostile attitudes and their use of violence against women
- Witnessing or experiencing violence as a child linked to future perpetration/victimization
- Participating in peer groups and networks that support violence linked to violence
- Viewing media portrayals of violence against women (anti-violence messaging and violent pornography) linked to violence

Herrero et al. 2016; Minerson, 2011; Roberts et al., 2010; Salmivalli, 2010; DeKeseredy and Hall-Sanchez, 2016
We believe that violence is learned and reinforced through institutions like the family and school, through interpersonal relationships, through various forms of media, and through policies and legislation and this belief informs our prevention strategies.

Thus we use an ecological approach to violence prevention.
Ecological Systems Theory for Violence Prevention

**Individual**
- Learn & model attitudes & behaviors valuing healthy, respectful, non-violent relationships
- Give people skills to solve conflicts, manage emotions, & respect a partner’s right to autonomy
- Encourage witnesses to intervene if a conflict escalates between dating partners or spouses

**Community**
- Implement bystander prevention strategies that are evidence based
- Partner with groups across sectors to foster relationships that are healthy, safe, & non-violent

**Societal**
- Create & promote policies supporting positive relationships & healthy sexuality
- Enforce laws protecting respectful, non-violent relationships

Figure source: http://wiki.preventconnect.org/Socio-ecological+Model
Requires us to build a comprehensive approach that targets social and cultural norms, structures and institutions, policies and practices while building the will and skills of individuals which means we are trying to create opportunities and environments where people can learn, adapt, and change.
Domestic Violence is Preventable

✓ Every human has a right to be free of violence
Domestic violence is preventable by...

- Ensuring Albertans have the capacity to build and sustain healthy relationships
- Stopping the transmission of violence to children, youth and young adults
- Engaging and mobilizing non-violent men and boys as allies, leaders, advocates and violence disrupters
- Developing non-violent and healthy socio-cultural norms and environments
Creating the conditions
Men and boys **must** be part of the solution to stop violence against women.

But most men do **NOT** go to violence prevention programs.

We need to go where men **naturally congregate** (work, learn, socialize, worship and recreate).

We need to build creative, comprehensive, multifaceted strategies that take an intersectionality approach that includes support for implementation, evaluation, measurement with government and community.
We want men and boys...

- To feel a sense of responsibility to intervene
- We want men and boys to learn how to stop the perpetration of a specific incident – this is a skill that needs to be learned through practice
- We want men and boys to be able to respond appropriately to a disclosure of violence – to believe the survivor and not minimize the experience
- We want men and boys to have the skills to challenge someone who makes a sexist remark or joke that normalizes VAW but to do it in a safe and appropriate way
- We want men and boys to positively influence their environments
Healthy relationship behaviours in adolescents

Prevention of TDV

Prevention of adult domestic violence
Figure adapted from: Bronfenbrenner (1977)
Support the development of a strategic, coordinated approach to Healthy Relationship programming among community service providers and school boards.

Provide province-wide support and expertise to schools and communities via Healthy Youth Coordinator.

Support post-secondary institutions with course curricula to equip educators to cultivate safe schools.

Advocate for an evidence-based approach to healthy relationship programming in school jurisdictions throughout Alberta.

Provide ongoing training to a cohort of key leaders from across Alberta so that they have the knowledge and skills to lead their communities in supporting healthy relationship skills in youth.

Develop evidence-based healthy relationship resources for parents.

Cultivate healthy relationship skills in youth via evidence-based programming in schools.

Teach youth how to coach their peers about healthy relationships via evidence-based community programming.

The next generation can live a life free from domestic violence.

In partnership with CAMH, Shift is working to increase capacity at multiple levels...
Cultivate healthy relationships skills in youth via evidence-based programming in schools and community based programs.

**Fourth R – Western University:** A relationship-based approach to prevent adolescent violence and related risk behaviors (grade 7-9) taught by teachers.

**Healthy Relationship Plus Program (HRPP) – Western University:** Taught by community professionals in small-group community and/or school setting (ages 14-18).

**Healthy Relationship Training Module (HRTM) - PREVNet:** Provides formal training for adults who work with children and youth.

Supporting communities, schools, and families.
Fourth R

- 42 schools divisions and 317 schools
- 1600 teachers trained
- Over 83,000 grade 7-9 students reached

Healthy Relationship Plus Program (HRPP)

- 828 facilitators trained
- Over 18,000 youth participated in the program

Healthy Relationship Training Model (HRTM)

- 813 adults (who work with youth) trained
What does this mean for municipalities?
The role of local government

- Prioritize the issue
- Leadership and Coordination
- Sustained involvement
- Contact with the community
- Resources
- Ensure ongoing monitoring and evaluation
Four municipal level policies


Municipalities (N=25)

<table>
<thead>
<tr>
<th>Province/Territory</th>
<th>Municipalities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alberta</td>
<td>1. Calgary, 2. Edmonton</td>
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<tr>
<td>Saskatchewan</td>
<td>6. Saskatoon, 7. Regina</td>
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<tr>
<td>Manitoba</td>
<td>8. Winnipeg, 9. Brandon</td>
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<tr>
<td>Ontario</td>
<td>10. Ottawa, 11. Toronto</td>
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<tr>
<td>Quebec</td>
<td>12. Montreal, 13. Quebec City</td>
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<tr>
<td>Nova Scotia</td>
<td>17. Halifax, 18. Cape Breton</td>
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<tr>
<td>Newfoundland</td>
<td>21. St. John’s, 22. Corner Brook</td>
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<tr>
<td>North West Territories</td>
<td>23. Yellowknife</td>
</tr>
<tr>
<td>Yukon</td>
<td>24. Whitehorse</td>
</tr>
<tr>
<td>Nunavut</td>
<td>25. Iqaluit</td>
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</tbody>
</table>
What can FCSS and Municipalities do to end domestic violence?

- Mayor’s and City Council’s can be the ‘champion’ for the crime and violence prevention strategy
- Municipalities can lead, organize, motivate and fund local prevention plans (both external and internal)
- Shift from a relatively narrow focus on crime prevention to the broader issue of community safety and security as a public good (both in the home and in community)
- Prevention is cost effective compared with criminal justice solutions
Commit to develop and implement a local violence prevention plan

- Workplace initiatives/strategies (internal and contracted)
- Advancing gender equality policies Includes men and boys in the solution that promotes healthy masculinities
- Partners with child welfare and Early Childhood Development, schools and school jurisdictions
- Limiting alcohol outlet density
- Invest in the coordination of domestic violence sector AND other key institutions for collective impact
- Fund primary prevention activities/programs (evidence)
“If you want to fix something you are first obliged to understand...the whole system”

- Lewis Thomas
Thank you!

www.preventdomesticviolence.ca
What do we think needs to be put in place?

- Common definitions, goals and shared understanding
- Ecological approach
- Human rights-based and gender-transformative approach
- Intersectional approach to ensure effective support for diverse populations
- Funding to support the continuum of prevention: primary, secondary, tertiary
- Strong legal framework: criminal, civil, family, restorative justice and legal assistance
- Programs/supports for perpetrators/victims, children and informal networks (friends, families, neighbours, etc.)
- Engage/mobilize of men and boys
- On-going training across sectors/professionals
- Collaboration between systems and institutions including information sharing
- Supportive media-messaging NOT blaming the victim
- Strategies to prevent and reduce alcohol related harm
- Death Review Committee’s = systems change
- Accountability systems
Max Bell Foundation
SHIFT TO STOP VIOLENCE BEFORE IT STARTS

www.preventdomesticviolence.ca
Initiated by the Brenda Stafford Chair in the Prevention of Domestic Violence
GENDER-BASED ANALYSIS OF VIOLENCE

Indigenous women are 3 times more likely to be victims of violence than non-Indigenous women (Justice Canada, 2017)
Municipal governments can.....

- **Analyze** density of alcohol outlets and **strengthen** local zoning regulations (distance between outlets, per capita rate, geographical density)
- **Reduce** or avoid congestion in and around outlets and lower the likelihood of altercations
- **Evaluate** every licence application and contest those that could adversely impact a neighbourhood and **consider** citizens participation in alcohol liquor license application hearings
- **Promote** health by ensuring the community offers alternatives in entertainment, recreation and socializing
Consequences of violence

- Adverse childhood experiences lead to disrupted neurodevelopment...
- Disruptions lead to social, emotional and cognitive impairment...
- Impairments lead to adoption of health-risk behaviours to help manage emotions; and
- Risk behaviours lead to disease, disability, and social problems, all of which may culminate in early death

www.coleva.net
- Built the case
- Built capacity through working group/survey
- Calgary Domestic Violence Coalition Prioritizes area
- Comprehensive framework designed
- CWES and Sagesse launch programs
Trends: Contact informal supporters for help

Statistics Canada, General Social Surveys 1999-2014
A Way Forward...
Include gender equality strategies in Violence Prevention Plans

- **Implement policy to improve gender equality**
  - Paternal leave and fatherhood programs
  - Pay equity to fix the gender wage gap (equal pay for equal work)
  - Affordable, quality and accessible child care
  - Invest in women leadership
Commit to school based prevention activities, especially target adolescence

- Redesign the Education Act and curriculum and teacher training to prioritize
  - gender equality,
  - non-violent communication
  - by-stander skills
  - social & emotional learning
  - media literacy
  - promotion of healthy masculinities/femininity
  - sexual health, consent
Trojan Horse Approach: Entry-points are places, programs and initiatives where men and boys naturally congregate

- Schools
- Workplaces
- Health Care Settings
- Sports and Recreation
- Places of Worship
- Fatherhood Settings
- Military Settings

*Engaging Men and Boys in Domestic Violence Prevention: Opportunities and Promising Approaches* (Wells, Lorenzetti, Carolo, Dinner, Jones, Minerson, & Esina, 2012)
Other interventions...

- Support a long-term education campaign to promote healthy, non-violent masculinities
- Reduce exposure and access to pornography
- Invest in by-stander programs throughout lifespan
Prevent incidents of child abuse

- Promote positive discipline in parenting programs
- Invest in positive father involvement
- Invest in parenting after separation programs/supports
- Invest in programs that reduce impact of trauma, mental health and addictions
Men’s violence prevention efforts must:

- Be linked to the promotion of gender equality and be grounded in a feminist analysis;
- Challenge and work to transform traditional and violent masculinities;
- Be carried out in partnership with, and even be accountable to, women and women’s groups;
- Acknowledge and address intersections among gender, gender identities, masculine identities, sexuality, racial or ethnocultural background, class, age, and any other forms of social difference;
- Not divert financial or any other resources from violence against women work led by women; and
- Quantifiably evaluate the impact of men’s involvement on reducing violence.

Principles from (Flood & Pease 2009).
Canadian scan on domestic violence prevention policies at the municipal level

- National scan of municipal websites
- Search for approved and endorsed *policies* in violence prevention
- 2013-2018
- 10 provinces, 3 territories
- Out of 25 municipalities reviewed, only four had municipal level policies