

# WHAT IS INTIMATE PARTNER VIOLENCE AND DOMESTIC VIOLENCE?

**Intimate Partner Violence (IPV)** is one of the most common forms of gender-based violence. It is any physical, sexual, and emotional abuse (including **Coercive Control**) by an intimate partner. IPV occurs in all settings and among all socio-economic, religious and cultural groups. When the partners live together, it is known as **Domestic Violence**.

IPV is often extremely traumatic for survivors and can affect their lives in many negative ways and the lives of those around them.

The overwhelming global burden of violence is borne by women. In Canada, the majority of Domestic Violence victims are women.

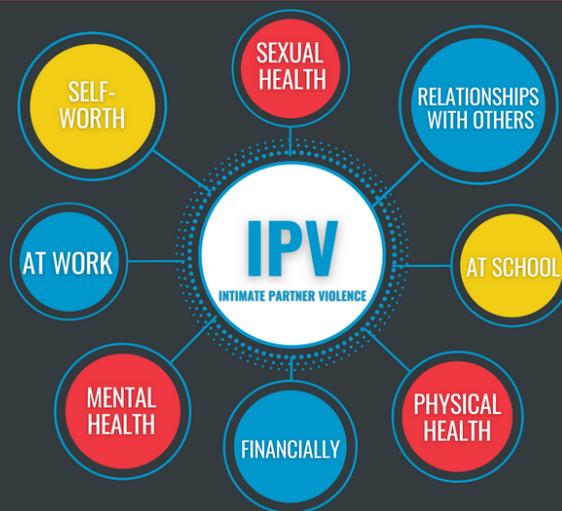
## Types of Intimate Partner Violence:

- Physical - beating, biting, choking, use of weapons, etc.
- Sexual, including Marital Rape
- Emotional and Verbal - insults, humiliation, name calling
- Psychological - Coercive Control: manipulation, threats, gaslighting, harming other family members/animals, neglect
- Stalking/Cyberstalking
- Financial Abuse
- Femicide



WE'RE NOT WAITING ANYMORE.

## IPV AFFECTS SURVIVORS IN MANY WAYS



## WHAT IS MARITAL RAPE?

**Marital Rape**/sexual violence is committed by a partner or ex-partner with whom the survivor is, or has been, living with in a partnership that is recognized by law. This could be a marriage, cultural partnership, common-law partnership or other legal partnership.

Marital Rape is an example of Intimate Partner Violence and Domestic Violence. It is any unwanted sexual act or activity, including non-consensual sexual acts. Consent is needed for all sexual acts, even in intimate partnerships - it doesn't matter whether it's your first date or you've been married 20 years - consent is always needed. Rape within a marriage or an intimate partnership is still rape.

**In relationships, survivors often experience coercion into sexual acts. Coercion is:**

- Manipulating someone until they give in to a sexual act (sexual assault!)
- Involves blackmailing, pressuring, threatening, intimidating and guilt-tripping someone into a sexual act
- Not giving consent on your own terms
- Not being given space/opportunity to freely say NO

**Rape and sexual violence within a marriage or intimate partnership can include these acts and more:**

- Sexual degradation
- Sexual assault, including rape
- Coercion/forcing participation in sexual acts with others
- Coercion/forcing drug use in sexual acts
- Unwanted filming/photo taking of sexual acts

Before 1983 in Canada, it was legal for a man to rape his wife without criminal penalty. This is reflective of the fact that Canada's laws were (and still are) formed upon deeply embedded gender norms such as viewing women as property of the husband in a marriage. Sadly, many Canadian laws are still sexist and discriminatory against women and especially against Indigenous women.

For more info and resources on GBV, including survivor support available in Canada, visit the **Relentless Resilience Hub to End Gender-Based Violence** at: [aurafreedom.org/RelentlessResilience](https://aurafreedom.org/RelentlessResilience)

Sources: Aura Freedom International (2020, Feb). Relentless Resilience. [https://aurafreedom.org/wp-content/uploads/2020/02/AF\\_RelentlessResilience\\_Beijing25\\_Cdn\\_ParallelRot\\_Feb2020.pdf](https://aurafreedom.org/wp-content/uploads/2020/02/AF_RelentlessResilience_Beijing25_Cdn_ParallelRot_Feb2020.pdf)  
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