



Promoting Indigenous Approaches to Violence Prevention

Three Short Videos Guide

DISSEMINATION GUIDE

This Dissemination Guide is designed to accompany the three videos produced in partnership between Peter Ballantyne Cree Nation Health Services (PBCN), the Provincial Association of Transition Houses and Services (PATHS), and RESOLVE Saskatchewan and funded by the Saskatchewan Health Research Foundation (SHRF). This is a guide and worksheet for the facilitator using the videos, to plan their own facilitated group experience and adapt for their own purposes.

The purpose of the three videos is to raise awareness and inform viewers on the impacts of violence and abuse, and to provide suggestions on how to address it. The personal and collective experiences, topics, healing strategies and advice present in the videos and accompanying documents are culturally situated in Peter Ballantyne Cree Nation practices and ways of living.

Facilitators should lead meetings with flexibility and account for the cultural context unique to Peter Ballantyne Cree Nation when using these resources elsewhere.



Watching these videos and engaging in conversations about violence and abuse may be triggering. It is important to create a safe space with continuous mental health support with debriefing during and after meetings.

The choice was made to show healthy alternatives to physical violence, and spark conversations about violence and abuse. Specific scenes of physical violence are not depicted in these videos.

This guide contains suggestions and so is not a 'rule book' on what to say or how to proceed. Blank spaces are left for the facilitator to adapt and plan according to their preferences and cultural context. Sections with italicized passages contain tips for the facilitator.

Please refer to the Additional Information document for further definitions and resources.

General recommendations and tips for facilitating conversations about healthy and respectful alternatives to violence and abuse:

- 1 Facilitator's role:** The Facilitator sets the tone for the group, they must have sound knowledge of the dynamics of intimate partner and family violence and knowledge of the impacts of colonization, and intergenerational and ongoing trauma on Indigenous peoples. The Facilitator must also have previous experience with group facilitation, be trauma-informed, and possess the ability to provide an empowering space for participants.
- 2 Participants' role:** Participants shall conduct themselves in alignment with the teachings of the grandfathers- the concepts of having good relations, respectful relationships with self, peers, facilitator and any Elders who are present; this is their learning space to protect and keep.
- 3 Create a shared set of rules with participants. For example:** emphasize that what is shared in the group is to be kept confidential and not be repeated outside of the group, avoid interruption when someone else is talking, be respectful of someone's history, undermining someone's experience is not allowed, etc.

- 4 Encourage participants to take notes during the screening of the videos, practice self-awareness, perhaps to share with the group, or become aware of their reactions.
- 5 **Keep participants' hands busy:** eye contact may be intimidating and interfere with sharing, particularly when involving difficult and vulnerable conversations that demand self-reflection. As the facilitator, you might be aware of the kinds of activities that are meaningful to them, for example: cooking a meal together, beading, painting, sewing mitts, playing a game together, coloring materials (pencils, paint), fidgeting toys or stress balls., wood carving, leather working, etc.

6 _____

7 _____

8 _____

9 _____

We recommend screening the videos in the following order:

1. *“Today’s Hopes, Tomorrow’s Healing: Growing in Love and Respect”*
2. *“Madonna’s Story: Sharing for Hoping and Healing”*
3. *“Help, Hope, and Healing: Wisdom Shared by Elders of Peter Ballantyne Cree Nation”*

VIDEO 1.

“Today’s Hopes, Tomorrow’s Healing: Growing in Love and Respect”

“Communication is Key for Healthy Relationships”

Pause for Discussion on time 7m40s

Topics for conversation: How could this scene of a couple having a conversation about dinner be considered abusive? What were you expecting to see instead? How is this interaction different from what you expected?

THREE VIDEOS - ADDITIONAL INFORMATION & RESOURCES

The three videos were developed to support communities to address intimate partner and family violence and abuse. This document outlines key definitions and resources to complement those videos.

Definitions

Intimate Partner Violence

Intimate partner violence, commonly known as domestic violence, includes abusive behaviour by a current partner or ex-partner which can include physical assaults, like hitting or slapping. It can also include coercing someone into sexual activity that they are not comfortable with, controlling who they talk to and what they do, such as not letting them spend time with friends or family members, or taking the partners' money or making all of the decisions without consulting them. Threats to harm someone, or to hurt other people or pets, or threats to hurt children or take them away are other forms of intimate partner violence.

Other examples for the different types of violence include:

Physical: slapping, strangulation (choking), punching, threats, confinement.

Sexual: threats, force used for sexual acts

Verbal: making degrading comments

Emotional/Psychological: isolation; gaslighting; threats, including threats to children and pets

Economic: stealing/controlling money/possessions, interfering with employment

Spiritual: using beliefs to manipulate/control

Stalking: persistent, unwanted following or watching, use of electronic devices to monitor

Being nice: part of the pattern of abuse

Gendered Violence

Gender-based violence is violence against another person based on their gender identity, gender expression, or perceived gender. While violence affects people of all genders, ages, religions, ethnicities, cultures, geographic locations and socioeconomic backgrounds, populations subject to oppression bear a higher burden of violence—including women and girls, Indigenous Peoples, Black and racialized people, 2SLGBTQIA+ and gender diverse people, people living in Northern, remote, or rural communities, people living with disabilities, immigrants and newcomers to Canada, and seniors.

Coercive Control

Coercive behaviour is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim. Controlling behaviour is a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday actions.

Cycle of Violence

Things may not always seem bad. There will be periods of calm or happy times where things are going well. There may also be times where the victim feels like they are walking on eggshells. They might try to smooth

things over, to try to keep their partner calm to avoid another incident. Eventually, another violent incident usually takes place—this might be physical, sexual, emotional, or psychological abuse. The person who uses violence in the relationship might threaten, intimidate, or use other controlling behaviours. After an incident, the person who was violent may apologize. They might promise they will get help and that they won't do it again. Or they may blame their partner for what happened. After this incident, there can be a period where things are good, like it used to be—this is called the “honeymoon period.” Things will be calm for a while before the cycle repeats.

Use of Substances

Some people might think that alcohol or drugs causes intimate partner violence, but this is not the case. Drinking can lower impulse control; people behave and respond in ways when they are drinking that they probably wouldn't when they are sober. Alcohol can make things worse and may be a factor in incidents of violence or abuse, but it is not the only reason that someone is abusive to their partner. Getting help for addictions or being more mindful about how much you drink can be an important piece of working toward having a better, happier life. Getting help for intimate partner violence and learning what a healthy relationship looks like is also necessary.

How Intimate Partner Violence Affects Children

When intimate partner violence is taking place, the impact extends beyond the adults involved. The harm to children can have a long-lasting impact. Children learn from what they see and when children have seen violence happening in their home, they are more likely to go on to abuse their partner or experience violence themselves when they are adults. Even if they do not witness it directly, children usually know about it and are impacted by violence that takes place in the home.

Intergenerational Trauma

For many Indigenous families, violence is intergenerational. Violence and abuse were perpetrated through colonization and the residential school system. Many Indigenous people experienced abuse and may have, in turn, been abusive to their own partners and children. It is possible to make changes to end violence that is occurring in your relationship and move forward in a good way, whether you are staying in the relationship or not. Accepting responsibility and reaching out for help are the first steps.

What a Healthy Relationship Looks Like

In a healthy relationship, one person is not afraid of the other. One partner does not have power over the other. Each person can feel safe to be independent and make decisions for themselves—their partner supports them and does not control them. Partners talk to each other and communicate openly and honestly. They trust their partner and behave in a way that allows their partner to trust them. Both people respect each other and put in effort to treat each other well, demonstrating love and care.

Resources

Getting Out: A Process Learned from the Courage & Wisdom of Survivors

The Getting Out Guide will help you identify the signs of an abusive relationship and how to leave a dangerous situation. The Safety Planner offers guidance on what to take with you, where you can go, and who you can contact for help. Available here: <https://www.violencelink.ca/getting-out-guide>

Services for People Experiencing Violence & Abuse

A partnership between the Ministry of Justice and 211 Saskatchewan, to provide information and resources for people experiencing violence, and those who support them. For additional help in connecting to services, call or text 2-1-1. Available here: <https://abuse.sk.211.ca/>

Piwapan Women's Centre - La Ronge Native Women's

Piwapan Women's Centre - La Ronge Native Women's Council The La Ronge Native Women's Council maintains the Piwapan Women's Centre for La Ronge and surrounding area. You can find more about their work and resources here: <https://pwcprograms.com/resources/>

The Aboriginal Healing Foundation (AHF)

The AHF ceased operations on 2014, but their archived website contains several resources on healing, including Residential School resources: www.ahf.ca/publications

PATHS – Provincial Association of Transition Houses and Services of Saskatchewan

PATHS is the member association for agencies that provide intimate partner violence services (IPV) across Saskatchewan. PATHS members are women's shelters, second stage shelters, and counselling centres that offer counselling and support to those impacted by IPV. PATHS provides training for service providers, employers and the general public. Information on abuse for survivors, for those who wish to support someone they care about who is being abused, how to address intimate partner violence for employers and a listing of shelters and services are available on their website.: www.pathssk.org

Learning Network's Gender-Based Violence Terminology

A Glossary providing a central place to find the meaning of key terms in Gender-Based Violence (GBV) work and to access resources for further learning. <https://www.vawlearningnetwork.ca/our-work/glossary/index.html>

nato' we ho win

nato' we ho win is a trauma-and-violence-informed, artistic, and cultural program where participants engage in cultural and creative activities to increase stress management skills, social support networks, and knowledge of traditional Indigenous culture and to address issues related to intimate partner violence. Available here:

<https://pathssk.org/natowehowin/>

SASS - Sexual Assault Services of Saskatchewan

SASS is a provincial non-profit organization that works collectively with front-line agencies, community partners, and governments that provide support and advocacy for those affected by sexual violence in Saskatchewan. List of resources: www.sassk.ca/resources/

PLEA - The Public Legal Education Association of Saskatchewan

PLEA is non-profit, non-government organization providing free legal information, offering programs and services to the general public and school communities across Saskatchewan through dedicated websites, print resources, presentations and more. It is intended as general legal information only.

For Survivors/Victims of Sexual Assault: <https://www.plea.org/victims/victims-of-sexual-assault>

For Survivors/Victims of Abusive Relationships: <https://www.plea.org/victims/abusive-relationships-1>

PBCN Help Lines & Resources**Angelique Canada Health Centre**

Pelican Narrows: (306) 632-2046

Jonah Sewap Memorial Nursing Station

Deschambault Lake: (306) 632-2106

Arthur Morin Memorial Health Centre

Southend: (306) 758-2063

Sturgeon Landing Community Health Centre

Sturgeon Landing: (306) 688-4510

More Help Lines & Resources**La Ronge Native Women's Council – Piwapan**

24/7 Crisis Line Number

1-306-425-4090

Hope for Wellness Helpline

Available 24/7 to all Indigenous people across Canada.

www.hopeforwellness.ca

1-855-242-3310

Missing & Murdered Indigenous Women & Girls Support Line

www.mmiwg-ffada.ca

1-844-413-6649

