

SAFE COMMUNITY SERIES

HIGHLIGHTS

UNDERSTANDING GENDER-BASED VIOLENCE

HERE'S WHAT YOU MISSED (January 29th, 2026):

Gender-Based Violence (GBV) refers to any form of harm that is rooted in gender inequality, power imbalance, and systemic oppression.

- GBV is not an individual issue, it is shaped by broader social systems, including patriarchy, sexism, colonialism, racism and economic inequality.
- Intimate Partner Violence (IPV) is one of the most common forms of GBV and can include physical, emotional, sexual, financial, digital and cultural abuse.

Key Statistics in Canada

- 44% of women and 36% of men report experiencing IPV in their lifetime.
- Women are more likely to experience severe violence, fear for their lives and homicide.
- Indigenous women are 6 times more likely to be murdered than non-Indigenous women.
- Only 1 in 5 survivors report IPV to police.

How IPV works: Patterns, Not Anger Issues

Abuse is about control, not conflict. Common tactics include:

Isolation from family, friends or community	Financial control
Emotional abuse and intimidation	Digital surveillance
Threats related to children, immigration status or identity	Minimizing, denying and blaming

How to Support Survivors

Believe survivors | Listen without judgement | Share resources | Respect privacy and autonomy

If there is immediate danger, call 911 but make sure you are safe and informed.

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Resources

- Power and Control Wheel:
<https://ywcaspokane.org/wp-content/uploads/2025/01/2023-YWCA-Spokane-Power-and-Control-8.5x11.pdf>
- Healthy Relationships Wheel:
<https://ywcaspokane.org/wp-content/uploads/2024/03/YWCA-Spokane-Healthy-Relationship-Wheel.pdf>

Recommended Books and Podcasts by the Presenter:

- When Love Hurts by Jill Cory and Karen McCandless-Davis
<https://www.whenlovehurts.ca/>
- Why Does He Do That? Inside the Minds of Angry and Controlling Men by Lundy Bancroft
- The Will to Change by Bell Hooks

To find more resources, visit:
<https://bcsth.ca/>



BC Society of
Transition Houses

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Any questions, email: crimeprevention@burnaby.ca

