

LEARNING VIOLENCE

Children who are the direct targets of abuse or who witness abuse may grow up to be abusers themselves or marry someone who is abusive. They accept this as “normal”.

EMOTIONAL & ECONOMIC ATTACKS

Destructive criticism, verbal abuse, pressure tactics, abusing authority, disrespect, breaking promises, emotional withholding, denying, blaming, economic control, self-destructive behaviour, isolation, harassment, these are only a few.

ACTS OF VIOLENCE:

Intimidation, destruction, threats, sexual violence, physical violence, weapons are some of the acts that may be used.



SUGGESTIONS FOR HELPING

Approach victims and let them know they are not alone

Acknowledge that domestic violence is scary and difficult to talk about

Share information

Support victims as a friend and be a good listener

Allow victims to make their own decisions

Ask if they have suffered physical injuries and go with them to the hospital or doctor

Encourage them to talk to the police

Provide information on help available

Inform them about the legal protection available

Plan safe strategies for leaving an abusive relationship



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WHEN VIOLENCE HITS HOME

Information on domestic violence for survivors, friends and the community

Have you or has someone you know ever experienced any of the following:

- name calling or put-downs
- isolation from family/friends
- withholding of money
- actual or threatened physical harm
- sexual assault

The above are examples of domestic violence, which includes partner violence, family violence, child abuse, battering and wife beating. This violence takes many forms and can happen once in a while or all the time.

Battering is the establishment of control and fear in a relationship through violence and other forms of abuse.

Violence and abuse are used to control another person or group of people. The violence may not happen often, but it remains as a hidden and constant terrorizing factor.



CYCLE OF DOMESTIC VIOLENCE

The Cycle of Domestic Violence shows how domestic violence often becomes a pattern made up of three stages.

- 1. Tension Building:** Criticism, yelling, swearing, using angry gestures, coercion, threats.
- 2. Violence:** Physical and sexual attacks and threats.
- 3. Seduction:** Apologies, blaming, promises to change, gifts. It also explains how the three dynamics of love, hope and fear keep the cycle in motion and make it hard to end a violent relationship.

Love, Hope & Fear keep the cycle in motion

LOVE for your partner, as the relationship has its good points. It's not all bad.

HOPE that the situation will change, as it didn't begin like this.

FEAR that the threats to kill you or your family will one day become a reality.

THE CHILDREN

Whether the children observe the violence, hear it, learn about the violent incident after it has occurred, or are physically abused themselves, the effects are always serious. These children sometimes try (and usually fail) to protect the non-violent parent and siblings.

The Effect of Domestic Violence on Children

- **Physical Abuse:** Any injury a victimized parent suffers may also be suffered by the child as well.
- **Physical Neglect:** Often times the victimized parent will be abused economically and emotionally, as well as physically. The children may be affected by a lack of resources, which are intentionally withheld by the violent parent.
- **Sexual Abuse:** Not all batterers sexually abuse children but many do. The adults are responsible for the abuse and have the power over children.
- **Emotional Abuse:** Whether the child is a direct target of emotional abuse or merely witnesses it, it will have a long lasting effect.