WHAT IS DOMESTIC VIOLENCE?

Domestic violence is:

♦ any kind of violence in the home between two people who know each other, a husband and wife for example. It includes: yelling or name-calling; kicking or slapping; hitting or punching; forced or unwanted sex.

♦ a serious problem that only gets worse over time.

♦ physically and emotionally damaging to you and your children.

WHAT CAN I DO IF I AM BEING HURT?

You can:

♦ talk to someone you trust and who will not blame you, for example a family member, a friend, someone in your church, or your case worker.

♦ talk to someone with professional experience in domestic violence, a teacher, a doctor or nurse, or someone who works in a domestic violence shelter.

♦ take steps to stay safe: practice how to get out of the house safely if violence occurs, find a friend you can stay with, discuss safety with your children, keep helpful phone numbers with you at all times.

♦ find yourself a counsellor to help you develop healthier relationships. Ask your spouse to go separately to counselling for his problem.

♦ access civil or criminal legal systems to get protection from the violence. Call the police for help.

REMEMBER!

♦ Domestic violence is NEVER the victim's fault.

♦ You have a right to be safe.

♦ You are not alone. An estimated one in eight (1 in 8) women is a victim of domestic violence.

♦ There are people who care and who want to help.