

More than 40% of homicides/deaths are the result of Domestic Violence

Battering may include:

Physical Abuse

Hitting, slapping, pushing, biting, black eye, cuts, bruises, broken bones, missing teeth.

Psychological Abuse, Emotional Abuse, Verbal Abuse

Criticizing, isolation, name calling, manipulation, insults, being possessive, threatening property, threatening pets, threatening family.

Economic Abuse

With-holding money, being kept from getting a job.

Sexual Abuse

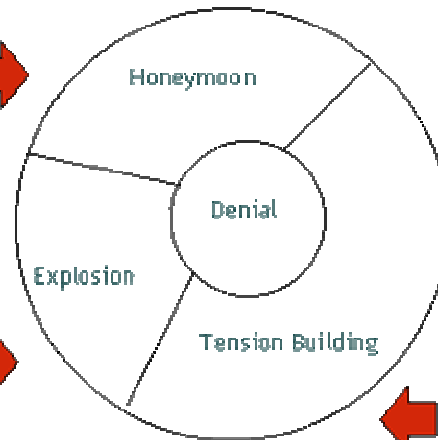
Being made to do things against one's will, having private parts physically assaulted, being treated like a sex object

Effects

Depression, low self-esteem, poor body image

CYCLE OF VIOLENCE

"I'm sorry"
"It will never happen again"
Flowers, gifts.
Denial of incident and minimizing the hurt.



Shortest of stages lasting anywhere from 5 minutes to days. Abuse ranges from pushing, shoving, kicking, punching, to the use of weapons



Woman can sense irritability. Feels she can and must resolve situation. Withdraws from partner. Partner senses her withdrawal. Tension increases. Sometimes woman may ignite situation to get it over with.



I Got Flowers Today



CRISIS CENTRE
P O BOX EE-17910
NASSAU, BAHAMAS

24-HOUR HOTLINE: 1- 242-328-0922
Family Violence Unit: 322-4999
E-mail : bahamascrisiscentre@yahoo.com
Website: www.bahamascrisiscentre.org

Bill of Rights for Abused Women

- I have the right not to be abused
- I have the right to be angry about past beatings
- I have the right to change the situation
- I have the right to request and expect assistance from the police and social agencies
- I have the right to share my feelings and not be isolated from others
- I have the right to be treated like an adult
- I have the right to privacy
- I have the right to leave an abusive environment
- I have the right to express my own thoughts and feelings
- I have the right to develop my individual talents and abilities
- I have the right to legally prosecute an abusive partner
- I have the right not to be perfect

**For more
information please contact:**

**THE CRISIS CENTRE
24-HOUR HOTLINE: 328-0922
Family Violence Unit: 322-4999
Fax: 328-7824**

Website: www.bahamascrisiscentre.org
e-mail: bahamascrisiscentre@yahoo.com

If I am Abused, what should I do?

- You can call the Crisis Centre 24 hour Hotline on 328-0922 or go in to see one of the counselors.
- If you are in an emergency situation, you can go to a Police Station, either alone or preferably with a friend. Police officers have a duty to help you, by taking you to a safe place or to the hospital.

How does Domestic Violence Affect Children?

Children who witness domestic violence can also be seriously affected. They are at risk of being assaulted themselves, may develop adjustment problems during childhood and their teen age years. This can result in the cycle of violence continuing.

Children who grow up in violent homes often blame themselves for the violence, have problems sleeping, suffer from headaches and stomach aches. They may be either aggressive or withdrawn. In a study, 50% of young offenders charged with crimes against people were found to have experienced domestic violence as children.

Does your partner

- ♦ Embarrass you with bad names or put downs?
- ♦ Look at you or behave in ways that frighten you?
- ♦ Control what you do, where you go and to whom you speak?
- ♦ Stop you from seeing friends or family members?
- ♦ Refuse to give you money or takes your money?
- ♦ Make all the decisions without consulting you?
- ♦ Tell you that you are a bad parent and threaten to take away children from you?
- ♦ Behave as if abuse is no big deal?
- ♦ Destroy your property or threaten to kill your pets?
- ♦ Intimidate you with a weapon?
- ♦ Push, hit or beat you?
- ♦ Threaten to commit suicide?
- ♦ Force or beg you to drop charges?