

- **Low self-esteem**
- feels responsible for abuse
- believes that she caused it
- **Cycle of Abuse**
- may feel that family violence is normal, especially if she was physically abused as a child or witnessed her mother being beaten
- **Accommodation**
- lack of alternative housing may force a woman to stay.
- Extended family members may not be willing or able to accommodate her and her children.

The truth is that they are not responsible for the abuse and to stay in an abusive relationship may result in serious injury or even death.

Women NEVER like being beaten.

**IF YOU ARE IN AN ABUSIVE
RELATIONSHIP, CALL THE CRISIS
CENTRE ON
328-0922
322-4999**

**IF YOU ARE IN IMMEDIATE
DANGER, CALL THE POLICE ON
919
OR
328-8477**

Family Violence and the Impact on Children

Violent behavior is learned and children who witness violence in the home often become either perpetrators or victims of violence in adulthood.

Children who witness family violence tend not to perform as well as their peers in school, at sports and social interaction.

A large percentage of young offenders charged with crimes against people have been exposed to domestic violence as children.

Children who have witnessed domestic violence have a much greater chance of having behavioral problems.

Children from violent homes may blame themselves, may have sleep problems, nightmares, stomach and head aches.

Girls may become withdrawn and passive, boys aggressive and bullying.



LEAVING AN ABUSIVE RELATIONSHIP



The Crisis Centre
P.O. Box EE-1397
Nassau, Bahamas
24-Hour Hotline
(242) 328-9022
Fax: (242) 328-2874
Email: bahamascrisiscentre@yahoo.com
www.bahamascrisiscentre.org

Domestic Violence

Millions of women are physically, sexually, or emotionally abused every year by someone they know and love their husband or partner. It happens to women of all ages, races, religions and income levels.

Domestic violence includes:

- Hitting
- Slapping
- Pushing
- Cursing
- Hurting
- Threatening
- Denying freedom
- Withholding money

Signs of abuse if your partner:

- Threatens to hurt or kill you, your children or your pets?
- Says it's your fault if he or she hits you...then promises it will not happen again (but it does)?
- Puts you down in public or keeps you from contacting family or friends?
- Throws you down, push, hit, choke, kick or slap you?
- Forces you to have sex when you don't want to?
- Takes your money or refuse to give you money?
- Threatens to commit suicide?
- Intimidates you with guns, knives or other weapons?

Leaving an abusive relationship

It can be very difficult to decide to leave an abusive relationship. Call your local Crisis Centre for support, the counselors there can assist with a safety plan.

When you have decided to leave, pack a bag and leave it with a friend or neighbor. Make sure that you pack extra clothes and, if you have a child or children, pack a favorite toy. Keep an extra set of house and car keys outside of the house in case you have to leave in a hurry.

Important papers that you should take with you are:

- Birth certificates
- Any medication and health insurance papers
- Cheque and/or savings books
- Passports
- Pay slips
- Any court papers

**IF YOU ARE IN AN ABUSIVE
RELATIONSHIP, CALL THE CRISIS
CENTRE ON
328-0922**

**IF YOU ARE IN IMMEDIATE
DANGER, CALL THE POLICE ON
919
OR
328-8477**

Why Women Stay in Abusive Relationships

Many women stay in abusive relationships because they feel they have no choice.

They are afraid that they will not be able to support themselves or their children. They are afraid that friends or family will think that they have failed.

- **Fear**
 - fear of leaving
 - fear of staying
 - fear of reprisal
 - fear for her life
- **Financial dependence**
 - finding work to support herself and family
 - few or out dated job skills
- **Isolation**
 - unaware of legal rights
 - lack of support
- **Physical illness**
 - coping with situation drains energy
- **Emotional dependence**
 - may still love partner, especially in the "honeymoon period"
- **Social Pressures**
 - may feel she is responsible for the success or failure of marriage
 - may have been pressured by parents, community, church to try and hold on