

## SAFETY TIPS

- Avoid confrontations in rooms with only one exit
- Avoid rooms that contain many potential weapons (such as kitchens)
- Always carry a list of emergency numbers
- Make sure that family members and friends are in possession of a copy of the protection order and warrant of arrest
- Keep money in a safe place for a taxi or bus fare in case of an emergency
- Keep an extra set of keys for the house or car
- Have a set of clothes for yourself and your children packed in a bag and keep it in a safe place (e.g. at the neighbours)
- If you plan to leave, leave when the partner is not around and take the children with you
- Make sure that you are in possession of all essential documents such as the identification documents, medical card, savings and credit cards



## DOMESTIC VIOLENCE

You can stop the pain...



## SOCIAL WORK SERVICES

### DOMESTIC VIOLENCE DESK

**DUTY OFFICER:** 079 880 5966  
**STANDBY:** 082 301 2138

ON A JOURNEY TO A SAFER  
SOUTH AFRICA



SOUTH AFRICAN POLICE SERVICE

# DOMESTIC VIOLENCE



## WHAT YOU SHOULD KNOW...

## DOMESTIC VIOLENCE

**Domestic violence** - abuse of one partner by another in an intimate relationship.

The purpose is to gain and maintain control over the victim.

Domestic violence is serious and destructive.

It ruins lives and breaks up families.

It occurs across the world, in various cultures and affects people of all walks of life.

### Forms

**Physical abuse** is contact that intends to cause pain or injury. It includes suffering or bodily harm such as hitting, slapping, denying of medical care when needed, depriving the victim of sleep and inflicting physical injury on other targets, such as children or pets, in order to cause psychological harm to the victim.



**Sexual abuse** is any attempt to obtain a sexual favour or unwanted sexual comments. Forcing a person to engage in sexual activity against his or her will, even if that person is a spouse or intimate partner, is an act of aggression and violence.

**Emotional/psychological abuse** is any behaviour that threatens, intimidates and humiliates the victim privately or publicly. It includes controlling the victim's freedom; with-holding information from the victim and deliberately doing something to make the victim feel embarrassed, such as constant criticism, name calling and the making of statements that damage the victim's self-esteem.

**Economic abuse** is a form of abuse where one intimate partner has control over the other partner's access to economic resources. It involves preventing a spouse from earning an own income; limiting the resources for use by the victim; and exploiting the economic resources of the victim.

### Myths about Domestic Violence

- It happens more among the lower classes and less among intelligent, well educated people
- Only a terrible bully, a criminal, an unemployed person, an addict or alcoholic would do something like that
- Criminal proceedings usually lead to new violence and do not solve the problem
- The victim drives the perpetrator to violence
- The perpetrator had no other option in the circumstances
- Victims do not have to suffer abuse, if the victim wants the violence to stop, he or she will leave the abuser

