

Understanding Spousal abuse..

Does your partner or spouse

- Hit , slap, shove, choke or kick you or your children
- Threaten to hurt you or your children
- Keep you locked up or prevent you from going anywhere
- Force you to have sex or do sexual things against your will
- Prevent you from working or studying
- Prevent you from speaking to friends or family
- Confuse you with promises and lies
- Humiliate you in front of others
- Accuse you of having affairs when you are not
- Destroy your personal property
- Control all the money and makes you account for everything you spend
- Do things to shame and ridicule you like telling you that you are stupid, fat or ugly;
- Tell you that cannot do anything right or telling you that no one would ever want you?

If you, or someone you know, could answer yes to any of these questions, then the following agencies could help

- Help & Shelter - by calling **231-7249** or visiting the office in Homestretch Avenue
- the nearest Probation Department
- The police
- or any supportive organisation

NOBODY DESERVES TO BE ABUSED

You can call the 24 Hour Hotline

231-7249

or 227-3454, 225-4731 if you want to talk to someone

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Spousal abuse consists of any kind of behaviour perpetrated by one person (usually a man) against another person in a relationship. The abuse includes elements of physical violence, emotional abuse, sexual abuse and financial abuse.

The abuse in a relationship usually starts with slap and it could end in murder. Many women have been killed by the men who are supposed to love them. Other women suffer terrible injuries and health problems. Some men are also victims of abuse.

The children who witness domestic violence suffer as a result. They may develop low self esteem, perform badly in school, develop violent behaviour, fear the abuser or even hate the abuser.

A good relationship is one

- Which starts with friendship
- Where both people are individually strong and do not depend on each other.
- Which is a partnership based on friendship and respect
- Where problems can be resolved in a peaceful and calm manner
- Where each partner has interests outside of the relationship and is not isolated
- Where there is trust and concern for each other
- Where it feels good to be with each other
- Which has no abuse or violence or threats or degradation.



Help & Shelter

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Georgetown

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