

What is domestic violence?

Domestic Violence consists of any kind of abusive behaviour between two people in a family or sexual relationship. The abusive behaviour can be emotional, physical, or sexual.

### **Emotional abuse of a woman includes:**

- Insults, threats, humiliation
- Blame for things that are not her fault
- Controlling where she goes, who she mixes with, what she wears, what she eats
- Withholding money or food
- Withholding love, cheating

### **Physical abuse includes:**

kicking , hitting, slapping , pushing , punching , pulling hair ,biting , scratching, burning, stabbing

### **Sexual abuse of a woman includes:**

- Forcing a woman to have sex
- Forcing a woman to do sexual acts that she does not enjoy

Statistics show that between 1 in 3 and 2 in 3 women in Guyana have experienced some kind of violence from a man who is supposed to love them. Many women have been murdered by their partners, while many other women and children suffer health problems

Men can be abused too, sometimes physically, but more often emotionally or verbally.

Nobody deserves to be abused. Everyone has the right to a life free from violence.

### **How do you treat the woman who loves you?**

- ◇ Have you ever hit her or threatened to hit her? Do you blame her afterwards?
- ◇ Have you ever threatened to kill her, or to kill yourself?
- ◇ Do you believe that you must control her or she will leave you?
- ◇ Are you jealous of other people in her life?
- ◇ Have you tried to keep her from doing something she wanted to do - working, studying, going out with friends or family
- ◇ Do you control the money and not give her any for her own use?
- ◇ Have you ever put pressure on her to have sex when she does not want to?

If you answered yes to any of these questions, then think about these :-

- ◇ You need to take responsibility for your behaviour. Your wife or girlfriend does not make you hit her.
- ◇ Your violence will increase if you do not take action to stop it. You may destroy your relationship or seriously injure someone you love.
- ◇ Domestic violence is a crime. You can be imprisoned if you do not change.
- ◇ Consider the effects on your children
- ◇ It is possible to change your behaviour. Talk to someone you trust , contact Help & Shelter or try to seek counselling.

**The violence can start with a slap and end in murder! Being sorry afterwards can be too late**

Drinking alcohol or using drugs does not solve any problems.

### **Even though you may love your children, when you hurt their mother,**

- ◇ your children will become afraid of you and might even start hating you
- ◇ your children will become depressed, and may even become suicidal, especially if they feel that they are to blame
- ◇ your children's school work could suffer since they will not be able to concentrate at school or do homework in a tense atmosphere
- ◇ your children will become stressed
- ◇ Your children will develop low self esteem
- ◇ your children may grow to think that it is normal for violence to happen in families.
- ◇ your children may become frustrated and become violent to younger siblings, children, pets or even want to hit out at objects. Some children may harm themselves
- ◇ Even if you are not violent towards your children, they will still be confused about you

**Your violent behaviour will destroy your family. You can change your behaviour and save your family.**



## Men Can Make A Difference

Many men abuse women in the name of manhood. Many men do not agree. Men play a crucial role in helping to stop domestic violence. Men are also part of the community and it is important that men who get involved in making communities safer. The silence of men who do not condemn violence will be used to continue the violence. .



- ◇ Be role models to other men. Young men can reach out to other young men who are violent at home, to let them know, "You need help, and I want to help you. Your behavior is not acceptable."
- ◇ Speak out against domestic violence. Men speaking out can have a powerful effect in helping change social norms that support and perpetuate abuse.
- ◇ Reach out to a family where domestic violence is present. Just offering to listen and acknowledging what is going on helps chip away at the walls that surround and isolate families living with abuse.
- ◇ Act as a role model to a child who lacks a positive male figure in his life. A male mentor and friend can provide consistent support, and even help the child make a safety plan.
- ◇ Take a leadership role in civic organizations, such as sports clubs, churches, and neighborhood associations, and speak out against violence in the home.

This material was reprinted (and adapted) from the website of the Family Violence Prevention Fund (<http://www.fvpf.org>).

Do you know a woman who is being abused?

Do not blame her. She is not responsible for the violence.

Tell her that the abuse is not her fault.

Encourage her to seek counselling support.

Never believe that a woman deserves to be abused - if you were raped or beaten would you want people to say that you looked for it?

### If you know a man who is abusive to his spouse and his children

- ◇ Ensure that his family are safe
- ◇ Condemn his behaviour
- ◇ Tell him that his behaviour will get worse unless he changes it
- ◇ Encourage him to talk to you about his problems
- ◇ Encourage him to stay away from drugs and alcohol
- ◇ Tell him about the effects of his behaviour on his children
- ◇ Encourage him to seek counselling



**Help & Shelter**

c/o Ministry of Housing Annexe, Bottom Flat  
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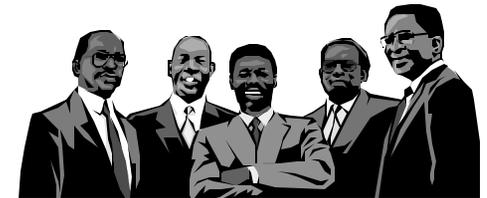
Email: [hands@sdnp.org.gy](mailto:hands@sdnp.org.gy)

Website: <http://www.sdnp.org.gy/hands>



Help & Shelter

## For Men



**Domestic violence..**

**Let's Talk About It**