

What is Wife Abuse?

Wife abuse happens when woman's husband or boyfriend hurts or threatens to hurt her. Wife abuse can be emotional, physical, or sexual. Some experience one of these forms of abuse and some experience all of them.

Wife abuse is against the law. It is a

Emotional abuse can include:

- Insults
- Threats
- Humiliation
- Blame for things that are not her/his fault
- Controlling where she goes and who she socializes with
- Withholding money or food
- Withholding love

Physical abuse can include:

- Kicking
- Hitting
- Slapping
- Pushing
- Punching
- Pulling hair
- Biting
- Scratching
- Burning
- Stabbing

Sexual abuse can include:

- Forcing a woman to have sex
- Forcing a woman to take part in sexual acts that she does not enjoy

Statistics show that between 1/3 and 2/3 of Guyanese women are abused.

Did You Know?

- ◇ No one has the right to assault you. This includes your husband or boyfriend.
- ◇ All women suffer pain and trauma from a sexual assault, even many years later. They may show this in different ways, or it may not show it at all. It helps to talk about it
- ◇ If you are abused you are not alone and you are not to blame.
- ◇ If the police do not charge your abuser you have the right to ask why.
- ◇ You cannot stop his violence but you can stop yourself from being abused.
- ◇ Our society must show that we will no longer accept violence against women
- ◇ Abuse does not go away, it almost always gets worse
- ◇ Abuse that starts with a slap can end in murder

What Can You Do if You Are Being Abused?

- Remember the abuse is NOT your fault
- Remember abuse is a CRIME and must be stopped
- Remember that you deserve to be safe from abuse
- Call Help & Shelter
- Call the police
- Talk with someone you trust
- If someone does not believe you, do not give up. Keep looking for someone to talk to.

What Can You Do if You've Been Sexually Abused?

- Immediately tell the police that you have been sexually abused
- Go to the hospital as soon as possible after the assault – you will need a medical examination
- Do not shower or dispose of your clothing as you could destroy crucial evidence
- Contact Help & Shelter for counselling
- Talk to someone you trust

Help & Shelter 231-7249



Every year, many women are injured , and some are killed by the men who are supposed to love them.

If you know a woman who is being abused

- **Share this leaflet with her**
- **Encourage her to seek help**
- **Tell her it is not her fault**
- **Tell her that she deserves better**
- **Do not blame her for the violence**

Services Offered by Help and Shelter

- ◆ Counselling for all forms of abuse
- ◆ Support through the court experience for victims of rape and child sexual abuse
- ◆ Consciousness raising for the community
- ◆ Training of new volunteers
- ◆ School talks to educate young people about violence

Our 24 hour number: **231-7249**
When you can call: 24 hours/day, 7 days/week
Who will talk with you: A trained counselor

All information is confidential

This leaflet has been printed with the sponsorship of :



Help & Shelter

Wife Abuse



Help & Shelter

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Let's Talk About It