

Effects of Abuse on Women

- Stress disorders which result from trying to anticipate the feelings of the abuser and trying to cope
- Emotional problems as a result of constantly not having emotional needs met
- Change in physical appearance as a reaction to fear, or as a result of injuries and or low spirits
- Mental illness as a result of depression or as a means to cope
- Physical illness as a result of violence or as a result of stress
- Many women who are abused abuse their children
- Withdrawal from friends, from society, due to shame and as a means to protect herself
- Loss of interest in sex
- Miscarriages as a result of violence or stress
- Infidelity
- Devious behaviors so as to protect herself or children

Effects of Domestic Violence on Children

- ◆ Be/appear fearful
- ◆ Have a low self esteem
- ◆ Express anger
- ◆ Experience helplessness and guilt
- ◆ Show stress
- ◆ Be/appear insecure
- ◆ Be secretive
- ◆ Express/indicate shame
- ◆ Depression
- ◆ Indicate a lack of positive identity and self image
- ◆ Bully peers
- ◆ Regress to inappropriate age behaviors such as bedwetting
- ◆ Not successful at school

Characteristics/ Profile of a Male Perpetrator

- * Found in all socio-economic, racial, cultural, age and religious groups. Men with disabilities are capable of abusing their partners.
- * Believes strongly in traditional sex roles stereotypes that are sanctioned by society and give men power and privilege in their public and private lives.
- * Feels that she must satisfy his sexual needs and that he has the right to use sexual force against her.
- * Controls by violence or threats of violence.
- * Becomes very angry about trivial things e.g. partner wears clothes he does not like.
- * Displays sudden personality changes.
- * Denies responsibility for his violence and blames his partner for the problems in the relationship.
- * Use verbal abuse to reduce his partner's self esteem and confidence.
- * Tries to isolate his partner from friends, family and other supports.
- * Has very low self-esteem and feels dependent on his partner.
- * Feels very jealous of other men and may not want his partner to talk to other men, even if they are known to him.
- * Feels sorry after an attack, but gradually forgets promises to change.
- * In many cases was a victim of child abuse or a witness of abuse to his mother.



Help & Shelter

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Homestretch Avenue
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Email: hands@networksgy.com
Website: <http://www.sdn.org.gy/hands>

Domestic Violence Resource Brochure



Let us make a change
together.

A life free of violence
is our right

What is Domestic Violence

Domestic Violence is the abuse perpetrated by one person/s against another person/s of the same household. It is a pattern of intimidation, domination and control that causes one individual to fear the other.

Signs of Abuse

Physical: Unexplained marks, bruises, burns, multiple injuries in various stages of healing, inappropriate clothing for time of year/weather e.g. sunglasses, high neck jumpers, scarves etc. injuries to face and neck, frequent use of pain medications, injuries to breast, chest and abdomen or back of head.

Emotional: Panic attacks, anxiety, depression, alcohol and drug abuse, post traumatic stress disorders, frequent use of minor tranquillizers, suicide attempts or feelings.

Behavioral: Frightened, evasive, ashamed, embarrassed, women reluctant to speak or disagree, women keeps asking for your feelings and thoughts not initiating any of her own, denial or minimization of situation by partner or woman.

Some forms of Domestic Violence are:

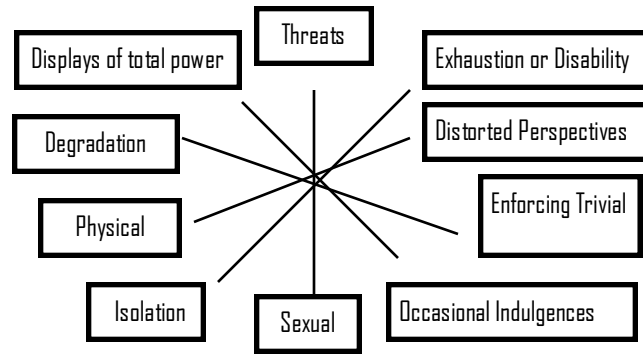
Psychological Abuse:- withdrawing affection, constant criticism, humiliation, Blame you, Accuse you of having affairs etc.

Physical Abuse:- punch, kick, slash or cut with knife, burn, violent sex, strangle, bite, pinch or squeeze etc.

Sexual Abuse:- Get angry if you don't have sex, treat you like a sex object, forced prostitution, use threats to obtain sex, buggery, rape, incest etc.

Intimidation:- Rip your clothes, threaten to kill you, threaten to harm family members, smash up possessions, use of aggressive looks and gestures etc.

Financial Abuse:- Make you account for every penny you spend, withhold money, be secretive about money, make partner ask or beg for money.



Web of Abuse

Isolation: not being let out of the house, prevented from seeing family & friends, having money taken away from you, prevented from seeking help.

Disability/Exhaustion: being physically disabled either permanently or temporarily, not being allowed to sleep, protecting children from abuser, treading on eggshells trying to figure out the abusers feelings and desires.

Degradation: being made to do degrading sexual/domestic acts, forced to beg, having request refused, being made to have sex with other people, being called names and criticized, forced to change religion.

Threats: to hurt or kill children/pets/family/friends, to leave you penniless/homeless, to have children taken away, to take possessions away, emotional blackmail.

Displays of Total Power: controlling finances, behaviour being socially endorsed by culture, law etc.

Enforcing Trivial Demands: makes you perform task in a particular way, demanding you wear particular clothes, demanding you wear makeup, demanding you speak in a particular way, make you account for every minute, every action.

Distorted Perspectives: saying one thing and meaning and doing something else, acting ignorant of something he knows, expressing a lie as if it were a known truth, twisting your words, blaming your partner for your behaviour.

Occasional Indulgences: stating good intentions, saying he will change/get help/ never do it again, buying gifts, giving you money, taking you out. While these may be genuine expressions in an abusive relationship this may be the attitude of the abuser after he has been abusive or violent.

Reasons Why Women Stay in Abusive Relationships

- * They may feel they can help their partner
- * They may have low Self Esteem
- * They may expect their partner to change
- * They may feel ashamed and/or worried about the shame and dishonor that telling someone may bring upon their family
- * They may fear that they will be blamed for the violence
- * They may feel that if they try to tell someone, that person may not want to listen
- * They may be focusing on surviving from day to day
- * They may be afraid because of threats made of the consequences of telling anyone
- * They may fear for their own as well as their children's safety.
- * They may feel an economic necessity
- * They may feel pressure from their extended family, friends, and support systems.
- * They may love their partner and do not want to do anything to hurt him
- * They may feel it is their responsibility to make the relationship work and blame themselves when it doesn't
- * They may believe that the children need both parents
- * They may be acting according to their religious/cultural beliefs.
- * They may face legal roadblocks.
- * They may fear losing custody of their children
- * They may have nowhere else to go.