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# Domestic Violence

Domestic violence is a systemic pattern of controlling, coercing and violent behaviour intended to punish, abuse and ultimately control the thoughts, beliefs and actions of another. It is about power and control. It includes emotional, physical, verbal, sexual and financial abuse.

It not only has a devastating effect physical and emotional affects on victims, but also have an impact on those around you. Children learn how to interact from a young age and being exposed to domestic violence can lead a child to be an abusive violent adult.



Domestic violence happens in all kinds of families and relationships. Persons of any class, culture, religion, sexual orientation, marital status, age, and sex can be victims or perpetrators of domestic violence.

Alcohol use, drug use, and stress do not cause domestic violence; they may go along with domestic violence, but they do not cause the violence.

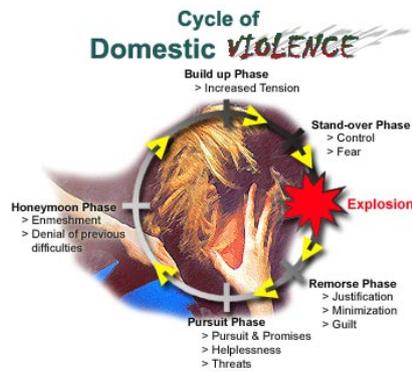
Generally, domestic violence happens when an abuser has learned and chooses to abuse.

Domestic violence is rarely caused by mental illness, but it is often used as an excuse for domestic violence.

Abusers are not easy to spot. There is no 'typical' abuser. In public, they may appear friendly and loving to their partner and family. They often only abuse behind closed doors. They also try to hide the abuse by causing injuries that can be hidden and do not need a doctor.

Abusers often have low self-esteem. They do not take responsibility for their actions. They may even blame the victim for causing the violence. In most cases, men abuse female victims. It is important to remember that women can also be abusers and men can be victims.





Effects of domestic violence can include:

Physical injury, depression, anxiety, sleeplessness, low self-esteem, anger, hitting, biting, withdrawal.

Help is available!

If you are experiencing domestic violence, you may feel you have nowhere to go, no one to talk too. This is not true.

You can safely talk to a facilitator on the Chat Helpline” about it. Nobody can trace your call and you can stay anonymous if you want to.

**DON'T BE SILENCED  
SAY NO TO  
DOMESTIC VIOLENCE**



The violence is not your fault. You can also report it to the police or a support group or organisation near you. You may save a life by speaking out.

Domestic violence has the most repeat victims of any other crime and that a victim suffers 35 assaults on average before reporting it to the police the first time.

What can you do to be safe?

If you feel you are in danger from your abuser at any time, you can call 911 or your local police.

If you are in danger when the police come, they can protect you.

They can help you and your children leave your home safely.

They can arrest your abuser when they have enough proof that you have been abused.

They can arrest your abuser if a personal protection order (PPO) has been violated.

When the police come, tell them everything the abuser did that made you call.

If you have been hit, tell the police where. Tell them how many times it happened.

Show them any marks left on your body. Marks may take time to show up. If you see a mark after the police leave, call the police to take pictures of the marks. They may be used in court.

If your abuser has broken any property, show the police.

The police can give you information on domestic violence programs and shelters.

The police must make a report saying what happened to you. Police reports can be used in court if your abuser is charged with a crime.

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Get the officers' names, badge numbers, and the report number in case you need a copy of the report.

A police report can be used to help you get a PPO.

Get support from friends and family

Tell your supportive family, friends and co-workers what has happened.

Find a safe place

It is not fair. You should not have to leave your home because of what your abuser has done. But sometimes it is the only way you will be safe. There are shelters that can help you move to a different city or province.

Get medical help

If you have been hurt, go to the hospital or your doctor. Domestic violence advocates (people to help you) may be called to the hospital. They are there to give you support. You may ask medical staff to call one for you.

Medical records can be important in court cases. They can also help you get a PPO.

Give all the information about your injuries and who hurt you that you feel safe to give.

***If you think you might be in in violent relationship, or you witness domestic violence at home get help Now!!!***

If you are experiencing domestic violence and feel unsure what to do about it – please chat to me about it and get help. It is an anonymous.



Add me on **BBM(7C4BB895)** or **whatsapp(825 576 9286)** for professional and anonymous help.



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