What is woman abuse?

• Does your partner think he’s always right?

• Does your partner criticize you all the time?

• Does your partner decide what to do, where to go, and when to do it?

• Does your partner decide what you do and who you see?

• Does your partner consider you to be his property?

• Does your partner control your money?

• Does your partner control your time?

• Does your partner control whom you can talk to?

• Does your partner control what you can wear?

• Does your partner call you names?

• Does your partner ever threaten you with a gun or knife?

• Does your partner ever threaten you with a weapon?

• Does your partner ever hurt you physically?

• Does your partner ever hurt you sexually?

• Does your partner ever hurt you emotionally?

• Does your partner ever hurt you mentally?

• Does your partner ever hurt you financially?

• Does your partner ever hurt you by destroying your property?

• Does your partner ever hurt you by forcing you to do things?

• Does your partner ever hurt you by starving you?

• Does your partner ever hurt you by forcing you to take drugs or alcohol?

• Does your partner ever hurt you by forcing you to have sex?

• Does your partner ever hurt you by forcing you to carry out other harmful actions?

Information for ABUSED WOMEN

An abused woman has many difficult choices to make. She may not know when or how to seek help. Information about legal and social services can help the abused woman make informed choices. The courts, the police, and the community can all help. No matter what form the abuse takes, women do not have to live it. Everyone deserves to live without fear or violence.

How do I plan for a crisis?

In case of emergency it might help to:

• make a safety plan with an escape route out of your home;

• hide a set of keys in a safe place;

• keep some spare money;

• know the phone numbers of the police, the transit house and the hospital.

What should I do if my husband or partner harms me?

As soon as he harms you or threatens to harm you, get to safety and call the police.

If it can’t be stopped?

If your husband or partner physically harms you and you can’t get away:

• run to a friend’s house;

• fall to the floor;

• call yourself into a ball with your knees up and your head covered with your arms;

• leave as soon as you can; (Make arrangements for the children, pets, farms animals and so on, once you are safe to get to.)

• call someone who is responsible.

How do I contact the police?

In an emergency, call 911. If it is not an emergency, you can look up the number of the appropriate policing authority for your area in your telephone book.

How can the police help?

The police will come and make sure that you are safe. They can help you get to a safe place such as a hospital or transit house. If your husband or partner has committed a crime, the police can charge him. They may even arrest him. The sooner you call, the easier it is for the police to investigate the crime.

What if I have an injury?

Get medical help immediately. The police can help you get to a hospital or to a transit house. You should tell the doctor or nurse:

• to take colour photos of your injuries;

• to take colour photos of your injuries;

• to give you privacy;

• to go, and when to do it?

• to wear your hair?

• to do, where to go, and when to do it?

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