

## DOMESTIC VIOLENCE IS ILLEGAL

You are not alone. Abuse occurs in families from every financial, religious, cultural and educational background.

## Helping Friends

What can you do when your friend tells you they are experiencing domestic violence?

- Listen, listen and listen.
- Do not judge. Use helpful statements.
- Do not give a full list of solutions right away. Move slowly.
- Do a safety plan with them.
- Stress that they have the right to break up if they are ready.
- Convey that the violence is not their fault.
- Provide them with information.
- Give them the phone number of a support group.
- Encourage them to seek more help.
- Continue to be their friend no matter what.
- Call the Gardaí if you witness an assault.

## GET HELP

### Remember

- The abuse is not your fault.
- You do not deserve to be abused.
- You have the right to make your own choices and decisions.
- Your children should never be afraid in their home.

We would like to acknowledge the co-operation of Kathryn Clarke of DVP. Inc. Co. Cavan. Information contained in this brochure is from her book: **The Breakable Vow**, Harpercollins 2004.

### *The following agencies can provide you with help:*

- Ambulance service or the Garda Síochána (24 hr) - 999 or 112 (from mobile phone)
- OSS Cork Domestic Violence, Information Resource Centre - 1800 497 497
- Samaritans - 1850 609 090
- Women's Aid Helpline - 1800 341 900
- Citizens Information Helpline - 1800 777 121
- Kerry Rape & Sexual Abuse Centre - Freephone 1800 633 633
- Sexual Violence Centre Cork - 1800 496 496
- FLAC- (Free Legal Advice) - 01 8745690
- Y.A.N.A (You Are Not Alone) - 022 53915
- West Cork Women Against Violence Project - 1800 203 136

DESIGN: CREATIVE REPUBLIC T:085 7489884



If you would like to discuss in confidence any matter relating to this leaflet please contact us @

**Helpline 087 7733337**

**Monday to Saturday 10am-10pm**

or **Office @ 029 60633**

**Monday to Friday 9am-5.30pm.**

Email: [duhallow@eircom.net](mailto:duhallow@eircom.net) • Website: [irdduhallow.com](http://irdduhallow.com)

**Teenline 1800 833 634**

IRD Duhallow Ltd.



IRD Duhallow  
**DOMESTIC  
VIOLENCE  
IS AN EPIDEMIC**  
BE PART OF THE SOLUTION!



REMEMBER: Domestic Violence can affect anyone - MALE or FEMALE, YOUNG or OLD.

Does it affect YOU?

**Helpline: 087 7733337**  
10am -10pm • Monday to Saturday

## About Us

We are committed to working together to promote and ensure the safety and welfare of men, women and children in situations of domestic violence. This will be achieved through raising awareness and understanding of the dynamics of violence and enhancing and developing new, strategic support services for people experiencing violence. Our Helpline operates from Monday to Saturday 10am –10pm. This is a non judgmental free listening service operated by trained volunteers. One to One sessions and court accompaniment also available.

## What is Domestic Violence?

Domestic violence is a pattern of power and control by one person against another, be it a boyfriend, girlfriend, partner, husband, wife and/or family members. It includes five types of abuse; physical, emotional, sexual, financial and verbal.

### TYPES OF DOMESTIC VIOLENCE:

#### Physical Abuse

Pushing, pinching, squeezing, kicking, slapping, choking, punching, cutting, tripping, burning, pulling hair. Threatening you with a weapon. Throwing objects at you. Refusing to help you when you are sick, injured or pregnant.

#### Emotional Abuse

Shouting at you. Saying hurtful things to upset you. Manipulating you with lies. Abusing children or pets. Destroying important belongings. Giving you the “silent treatment”. Isolating you from the outside world.

#### Sexual Abuse

Sexual name-calling. Forcing you to dress or perform in a sexual way that you find unpleasant. Forcing pregnancy. Forcing unwanted sex.

#### Financial Abuse

Withholding money, deprivation of financial independence, gambling the family money, not providing money for basic needs.

#### Verbal Abuse

Abusive Language, Shouting, Name Calling, Humiliation, Threatening, Undermining, Sneering. Persons who behave like this are called abusers. They have certain characteristics and behave in the same ways.

## Safety Plan

A safety plan is a series of actions you can take when you feel afraid or threatened. Such a plan, prepared in advance, could maximise safety and prevent panic.

YOU MAY WISH TO CONSIDER SOME OF THE FOLLOWING:

- Using a code word or phrase, e.g “I’m tired tonight” to your friend might mean “don’t leave the two of us alone”.
- Having a mobile phone.
- Having an answering machine, use to screen calls if abuser begins to harass you by telephone.
- Friends, let them know your situation, they can support and to some degree protect you.
- Hiding emergency money, keys and important documents such as birth certificates, passports, driving license.
- Parents.
- Teachers, counsellors, school officials, crisis-lines or refuges.
- The Gardaí.

## Risk Assessment

- Has your partner become so jealous that you could describe him or her as paranoid?
- Do you often find yourself trying to convince them that you did nothing wrong?
- Have they ever kept you somewhere against your will (car or house)?
- Have they ever repeatedly commanded you to “tell the truth” even when you were not lying?
- Do they say they will die if you leave them or cannot live without you?
- Have they ever talked about killing themselves?
- Have they ever threatened to kill you?
- Have they forced you to have sex when you did not want to?
- Do you have to justify your actions, activities and time with your friends?
- Do you want to break up sometimes but feel afraid of what they might do?

## HOW DOES IT FEEL TO BE A VICTIM?

Often victims feel helpless. Because abuse runs in a cycle with bad periods and good periods, it is easy to be in denial and think the abuser will get better. Usually, this is not the case. The abuser can make you feel afraid in many ways. Often they will stamp around the house, throwing things, slamming things and generally intimidating the family. Victims often say it feels like they are walking on eggshells. The abuser will play mind games, call names, make you think you are crazy and humiliate you. They will also try to control what you do, where you go and who you see. They will use jealousy to justify their actions. They will also frighten or abuse the children. Victims often say they feel they are treated like servants. Abusers also can prevent you from getting or keeping a job or can take your money, giving you an allowance. Abusers often make threats to hurt you or to commit suicide if you threaten to leave. Many victims are forced to do things that are illegal or distasteful to them.

## PROFILE OF AN ABUSER

- Low self-esteem.
- Trouble trusting others, particularly you.
- Jealous and possessive.
- Controlling.
- Usually comes from a family where there was violence, although they may deny this.
- Mood swings or explosive temper.
- Aggressive, dangerous driving.
- Isolate their victim.
- Emotionally and verbally abusive.
- Use denial.
- Tend to blame others.
- When you have a fight, they may try to blame outside stressors.
- Possibly, alcohol or drug user.
- General negative and aggressive attitude.
- Playful wrestling or teasing that hurts or is not funny.