

TIPS WHEN LEAVING A VIOLENT HOME



Should a situation arise where you and your children feel threatened and need to leave the violent home, here are some tips to remember:

Keep a bag of essentials in a safe and hidden place where the abuser cannot find it like:

- ✦ Identity card, birth certificate, driving license, marriage certificate, school certificates
- ✦ Cash, jewellery, bank book, ATM card, credit card, passport, insurance policy.
- ✦ Clothes
- ✦ Hand phone and address book
- ✦ Keys – house, car, office, safe deposit box

Plan a safety route. Have a plan ready in case you have to leave home suddenly. In case the house door is locked, make sure you have the house keys to leave the house.

Keep important contact numbers with you at all times. These should include close relatives, friends, police and hospital.

Consider when it is the best time to leave.

NOTE:

Plan to take your children with you should you decide to leave especially if the children are young. If you leave without them, you may not have easy access to them later. Your spouse may also force you to return by using the children as an excuse.



ACTIONS THAT YOU CAN TAKE

Under the Domestic Violence Act 1994, you can take the following actions:

1. Lodge a police report.
2. Get a medical examination at the Accident and Emergency Department (A & E) at any government hospital.
3. Approach the local Social Welfare Department to apply for an Interim Protection Order (IPO) if you fear for the safety of yourself and your children.

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WHY DO WOMEN STAY ON IN VIOLENT HOMES? WOMEN GAVE THESE REASONS

SOCIAL-ECONOMIC

"I can't find any job out there. I am no longer young. I don't have money to stay on my own and look after my children. I can't let go and start a new life again."

THE CHILDREN

"The children need their father. I do not want to see my children come from a broken family."

LOVE

"I still love him. When he is not violent he is OK. I am still trying to change him."

FEAR

"He threatens to kill me and my children if I leave him. He will get me if I run away."

SHAME

"This is my family matter. I don't want to let anyone know about it. It shames my family reputation."

MARRIAGE VOW

"When I married him, it is for life. No matter how I suffer, I have to accept his bad side as well."



WHEN THERE IS HURT AT HOME



CALL OR VISIT US:
Women's Centre for Change
 211, Jalan Duta, 10002 Putrajaya, Selangor
 Email: wcc@wcc.org.my / Website: www.wcc.org.my

Hubungilah Kami: Wanita (P)HD, Selangor House
 211, Jalan Duta, 10002 Putrajaya, Selangor
 Tel: 01-261-8242 / 261-8241 / Email: wcc@wcc.org.my



ARE YOU A VICTIM OF DOMESTIC VIOLENCE?

- * Domestic violence is more common than we realize. Many women face violence from their husbands or live in partners. Violence in any form is wrong.
- * Domestic violence is an act of violence committed by one family member against another family member. The abuser feels he has power and control over the victim and inflicts violence.
- * In Malaysia, domestic violence is a crime under the Domestic Violence Act 1994.

Do you experience some or most of the following situations? Please tick.

- My husband hits me whenever he feels like it.
- My husband always scolds and shouts at me.
- When my husband gets angry, he throws things or damages household items.
- My husband does not allow me to visit my family members and friends.
- I cannot say 'no' to my husband's sexual demands. He will be angry and violent if I say no.
- I have to beg my husband for money. He controls the household expenses and gives me very little.
- My husband always asks me for money. I have to give him my earnings. If I refuse he will be angry and violent.
- My husband prohibits me from going out or getting a job.
- My husband is unreasonably jealous whenever he sees me talking to other men.



TYPES OF VIOLENCE

Domestic violence occurs in different ways. These include:

- * **PHYSICAL ABUSE**
hitting, pushing, punching, slapping, kicking, throwing objects or strangling you.
- * **EMOTIONAL ABUSE**
humiliating you verbally or making you feel worthless.
- * **SEXUAL ABUSE**
forcing sex on you, attacking the sexual areas of your body.
- * **ISOLATION**
controlling your movements or preventing you from visiting family members or friends.
- * **THREATS**
threatening to hurt, kidnap or harm you and your children, threatening to commit suicide.

WHY DOES DOMESTIC VIOLENCE HAPPEN?

POWER AND CONTROL

Abusers are usually self-centred. They only think of their own needs and neglect other people's feelings. They try to use varying tactics to gain power and control their family members through violence. They make all the major decisions and treat their spouses badly.

SOCIAL FACTORS

Abusers tend to have traditional ideas on the roles of women and men. They think women should be subordinate to men. They cannot accept that women have the right to make decisions about their life, e.g. going to work.

FAMILY FACTORS

Some of the abusers may have been raised in a "violent home" environment. They may have experienced family violence in their childhood and learnt violent behavior from their family.

PSYCHOLOGICAL FACTORS

Abusers may suffer from psychological problems, primarily personality disorders. The disorder can be associated with severe mood swings, lying, sexual problems, substance abuse or suicidal behaviour.

WHO DOES DOMESTIC VIOLENCE AFFECT?



THE CHILDREN

- Fear, insecurity and dependency
- Frustration and anxiety
- Problems in school (attendance, poor grades)
- Deep anger (that may lead to violent behaviour)

THE VICTIM

- Low self-esteem and lack of confidence
- Mental breakdown
- Shame, guilt and fear
- Isolation
- Depression or suicidal thoughts

THE ABUSER

- Family breakdown
- Punishment by the law
- Separation / Divorce

IF YOU THINK YOU ARE BEING ABUSED

- * Go and seek help
- * Break the silence and tell someone about your situation
- * Talk to your relatives and friends about the incident
- * Call or visit a women's organization like WCC
- * Seek shelter from WCC if you have no place to go
- * Understand that the abuser is responsible for his behavior – not you
- * Remember, you are not alone

