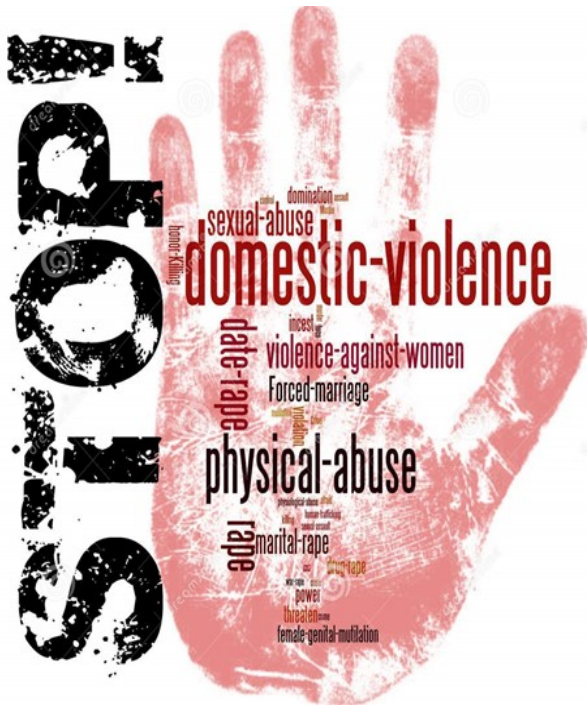




Love yourself enough to be safe.



**DOMESTIC VIOLENCE ACT 116 (DVA) of 1998** is to protect yourself from domestic abuse. The DVA makes it possible for you to get a protection order against an abuser. You can use the DVA to protect yourself if:

- \* The abuse is coming from a person with whom you are in a “domestic relationship”, and
- \* You have experienced one or more of the types of abuse

**YOU ARE IN A DOMESTIC RELATIONSHIP IF:**

- You currently live, or lived in the past, under the same roof with that person in an intimate relationship (like boyfriend or girlfriend), in a civil marriage, or a customary marriage.
- You do not live with the person, but you are married to or are in an intimate relationship with the person.
- The person is a family member of yours (like your father, cousin, son or aunt) or a family members of your current husband or partner, or ex-husband or partner.
- You and that person share responsibilities for a child. You do not need to be the natural, adoptive parents or legal guardians of the child, but could be.
- The person believes or thinks that they are in an intimate relationship with you.

The person that is abusing you can be a man or a woman.  
 Women can abuse other women, and men can abuse other men, and women can also abuse men.  
 Child abuse is very serious, and must be reported to the police!

**EXCUSES:**

- Denial – it did not happen
- Minimization it was not so bad, it did not matter
- Blaming someone else – it is someone else’s fault that it happen
- Accepting the repeated excuses /apologies given by the abuser without lasting change in his/her behaviour.
- Thinking that there is acceptable reason for controlling or abusing—that you are to blame for his/her behaviour.

*5 Types of domestic violence*

Physical abuse	When the person harms you physically - beating, slapping, punching, choking, kicking, stabbing, scratching, burning or shooting.
Sexual abuse	When the person harms you sexually, e.g.. raping or sexually assaulting you.
Psychological abuse	When the person harms you psychologically, like saying or doing things on purpose to affect your mental or psychological state of mind. He/she could be undermining you, or making you feel like you are a worthless and bad person without dignity.
Emotional abuse	When the person harms you emotionally, - saying things on purpose to hurt your feelings, shouting at you and calling you bad names. He /she could be doing or saying things that make you feel bad about yourself, or scared, like threatening to take your child away from you if you divorce him, or threatening to hurt you physically.
Economic abuse	When the person harms you economically or financially, like using money to try to control you or your behaviour. For example, she steals your money or belongings, refuses to buy food for the children, to pay the children’s school fees or refuses to give you money for groceries unless you stop seeing your friends.
Verbal abuse	When the person harms you verbally, - swearing, calling you bad names, and shouting and screaming to degrade you.
Intimidation	When the person threatens to hurt or harm or bully you, your children, friends or family if you do not submit to his/her will or unreasonable demands , forcing you to act against your will.
Harassment Stalking	When the person follows you around, or watches you all the time, making you to feel uncomfortable - invading your privacy.

*Overcoming abuse doesn't  
just happen. It takes  
positive steps everyday.  
Let today be the day you  
start to move forward.*

*-Assunta Harris*

## PROTECTION ORDER

### WHO CAN APPLY FOR A PROTECTION ORDER?

You can apply for a protection order in terms of the DVA if you are abused by somebody with whom you are in a domestic relationship.

You can also apply for a protection order on behalf of someone else who is a victim of domestic violence.

Any person who is concerned that you are being abused, including a social worker, teacher, a health worker or police service member.

**Remember:** If you are applying for a domestic violence protection order on behalf of someone else, you must have the person's written permission, unless the person is younger than 18 years, is mentally disabled, unconscious, or the court is satisfied that the person cannot give their permission for some reason. Children below the age of 18 can also apply for a protection order.

### WHERE CAN YOU APPLY FOR A PROTECTION ORDER?

You can apply for a protection order at the domestic violence section of your nearest magistrate's court, or the magistrate's court that is closest to where the person who is abusing you lives or works. When you arrive, ask to be shown where the domestic violence clerk's office is, and tell the clerk you want to apply for a protection order.

**"I became terrified of having children and was so afraid of continuing the "cycle of abuse" that for a while I didn't think I was ever going to have children or enter into a meaningful relationship.**

I didn't want to put any of my future children or partners through the violence and mental abuse I suffered, and I was still struggling with the memories, flashbacks, and triggers of my own childhood abuse with no definitive answers as to "why" I was beaten."

So many women and men are shamed for staying in abusive relationships. Please remember everyone's situation is different. Most women feel as though they don't have a way out, and the abusers ensure they continue to feel that way. A person may be facing the risk of homelessness or even physical danger as a repercussion for leaving. With this in mind, please adjust your perspective. And, if you know her, don't judge her but help her .....

## IF YOU THINK YOU ARE BEING ABUSED, SEEK HELP

**Talk with your parents or guardians/family  
Enlist help from others.  
Alert the authorities/relevant organisations**

### USEFUL CONTACTS

**Victim Support Centre , - 041 4548947**  
**NICRO - Port Elizabeth - 041 582 2555**  
**FAMSA PE - 041 585 9393**  
**STOP GENDER BASE VIOLENCE - 0800150150**  
**RAPE CRISIS CENTRE - 041 4843804**  
**SAP (nearest office) or - 10111**  
**Visit Organisation working in your area:**  
**DEPT SOCIAL DEVELOPMENT**  
**ACVV**  
**CMR**

## Abuse

© Adri

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He pulls my hair.  
He slaps my face.  
He kicks me on the floor.

I love him so much,  
So I don't have the strength  
To walk right out the door.

There's blood on my face.  
Everything hurts,  
And all I can do is cry.

I made him mad,  
So this is what he does.  
I wish I knew his reason why.

My heart won't let me leave him,  
And it hurts too much to try.

I wonder if this is how my life will be  
From now until I die.

He says he's sorry.  
He takes me in his arms.  
He even starts to cry.

I tell him I forgive him  
And that everything is fine.

For now at least because I know  
It will happen again in time

Source: <https://www.familyfriendpoems.com/poem/domestic-violence>

*We Can - We Shall - We Will*  
**STOP**  
*The Violence*

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