

# YOU MAY BE A VICTIM OF **WOMAN ABUSE**

*if your  
partner  
or spouse...*

- Controls all money and forces you to report how you spend money.
- Humiliates you in front of others.
- Uses your religion or spiritual beliefs against you.
- Destroys your things.
- Shoves, hits, punches, slaps, kicks or bites you or your children.
- Demands or forces you to have sex when you don't want to.
- Curses at you, calls you names or blames you whenever things go wrong.



**Abuse is not just physical. An abuser may use economic, sexual, verbal, spiritual and emotional abuse.**

Source: Education Wife Assault  
[www.womanabuseprevention.com](http://www.womanabuseprevention.com)

## What to do...

*You are not to blame for violence against you. No one deserves to be hurt. If your children are being exposed to Woman Abuse or violence:*

**GET SAFE! GET HELP!**

### Contact:

**Hiatus House**  
519-252-7781  
Toll free: 1-800-265-5142

**Windsor-Essex Children's Aid Society**  
519-256-4521

**Windsor-Essex County Health Unit Offices**

**Windsor Office**  
1005 Ouellette Ave.,  
Windsor ON N9A 4J8  
519-258-2146 ext. 1350

**Essex Office**  
360 Fairview Ave. W.,  
Suite 215, Essex ON N8M 3G4  
519-776-5933 ext. 1350

**Leamington Office**  
215 Talbot St. E.,  
Leamington ON N8H 3X5  
519-326-5716 ext. 1350

[www.wehealthunit.org](http://www.wehealthunit.org)



# CHILDREN EXPOSED TO **WOMAN ABUSE**

Woman abuse has serious health effects on women, children, families and the community.

Information brought to you by: the Windsor-Essex County Health Unit, Hiatus House and Windsor-Essex Children's Aid Society.

## CHILDREN EXPOSED TO **WOMAN ABUSE**



### May:

- Have emotional problems or misbehave.
- Feel badly about themselves.
- Feel fear, sadness, and anger.
- Sleep poorly.
- Have nightmares about violence against their moms.
- Have body pains and illness from stress.
- Go to school too tired or worried to learn.
- Go to school without homework done.
- Avoid friends and school activities.

*Children do not have to see the violence to be hurt. Most children are aware of violence in the home and are affected by the stress and fear the abuse creates.*

## Woman Abuse Hurts Children Too.

Health Canada (1999) *a handbook for health and social service providers and educator on children exposed to woman abuse/family violence*. Ottawa: Author.

## CHILDREN ARE AFFECTED BY **WOMAN ABUSE**

### Children exposed to Woman Abuse may:

- Blame themselves for the abuse.
- Believe violence is normal.
- Hit you or others.
- Have trouble making friends.

**Abuse can happen to anyone. Is it happening to you?**

Hiatus House (2005) training for social service providers [PowerPoint Presentation]. Available from Hiatus House, 250 Louis Avenue, Windsor, Ontario N9A 1W2.



## WHAT HELPS CHILDREN WHO ARE EXPOSED TO **WOMAN ABUSE**



- Having a strong relationship with a caring parent or other trusted adult such as a grandparent, aunt, uncle or teacher
- Having safe places in the neighbourhood such as schools, churches and community centers
- Having good relationships with friends
- Having positive self esteem
- Having good school and community activities to attend



Osofsky J.D. (1999) *The impact of violence on children* [Electronic version]. *The Future of Children Domestic Violence and Children* 9: 33-49.