

You May Be a Victim of Woman **ABUSE** if Your Partner or Spouse ...

- Controls all money and forces you to report how you spend your money;
- Humiliates you in front of others;
- Uses your religion against you;
- Threatens to take the children or prove you are an unfit mother if you leave;
- Destroys your things;
- Hits, punches, slaps, kicks, shoves or bites you or your children;
- 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 emotional, sexual, verbal, spiritual, and mental abuse.

Source: Education Wife Assault www.womanabuseprevention.com

REMEMBER:

Abuse is not your fault.

You are not to blame.

Abuse does not stop because your baby is born.

Abuse is not just physical.

Children do not have to witness abuse to be hurt.

An abuser may use emotional, sexual, verbal, spiritual and mental abuse.

Abuse can happen to anyone.

THERE IS HELP.

What to do...

No one deserves to be hurt. It's not your fault. Had enough apologies, promises or excuses?

Local shelters provide:

- 24 hour help
- counseling & therapy
- intervention for abusers
- help with sexual assault
- crisis & support line
- court & legal help
- children's services
- shelter for victims & children

For help and healing, call:

Windsor/Essex County Police Service:

Emergency	911
Amherstburg Police Services	736-8559
OPP	1-888-310-1122
Essex Police Services	738-2222
LaSalle Police Services	969-5210
Leamington Police Services	326-6111
Windsor Police Domestic Assault Unit:	255-6700
	Ext. 4308, 4317

Domestic Assault Shelter & Counselling:

Hiatus House (24 Hours)	252-7781
Sexual Assault Treatment Centre—Metropolitan Campus	255-2234

Windsor-Essex County Health Unit:

Intake Nurse Info. & Referrals 258-2146 Ext. 1350

Children's Aid Society – Windsor Essex:

Intake/Protection/Legal Services 252-1171



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WOMAN ABUSE

Broken Promises

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



HIATUS HOUSE



Unité sanitaire
de Windsor comté d'Essex

ABUSE Can Happen to Anyone . Is **ABUSE** Happening to You ?

If you are being abused, you are not alone. Abuse is not specific to any one race, age, religion, social status or economic status... it can happen to anyone.

- 27% of women have experienced violence in an intimate relationship;
- 25% of physically assaulted women were threatened with death;
- 50% of women reporting physical assault also experienced sexual assault in the same relationship;
- 2 out of 3 women have experienced sexual assault as children, adults or both.

Abuse *is not* your fault and you *are not* to blame.

Source: The Canadian Panel on Violence Against Women, 1993 & Statistics Canada 1993.



WOMAN ABUSE During Pregnancy .

A Canadian study revealed that 21% of women abused by their partners were assaulted during pregnancy. Of these women, 40% reported the abuse began when they were pregnant.

Canadian Violence Against Women Survey, 1993.

Abuse in pregnancy causes many problems, some from the abuse itself and others from the stress of being abused.

- Abuse usually gets worse over time;
- Abuse does not stop just because your baby is born;
- Abuse during pregnancy may be an indicator of abuse toward children in the future.

Source: A Handbook for Health & Social Service Professionals Responding to Abuse During Pregnancy, 1999.

*Source: A Handbook for Health & Social Service Providers and Educators on Children Exposed to Woman/Family Violence, Health Canada, 1999.

WOMAN ABUSE Hurts Children Too .

Children Exposed to WOMAN ABUSE may ...

- Have emotional and behavioral problems similar to children who are being physically abused;
- Feel anxiety, depression, low self-esteem, withdrawal and lack of motivation;
- Have body aches, pains, and illness with no medical reason because of the stress;
- Be too sad, anxious or worried to participate in activities at school and/or with friends;
- Have fear, irritability, angry outbursts, and difficulty sleeping;
- Re-experience the abuse as nightmares or flashbacks;
- Think that they are to blame for the violence.

Children *do not* have to witness the violence and abuse to be hurt. They are hurt by the anxiety, tension, and fear that abuse creates in their home.