IS YOUR RELATIONSHIP TRAPPED IN A CYCLE OF VIOLENCE?

The Cycle of Violence is a five-stage framework that can be used to understand the cyclical nature of behaviour in both the perpetrators and the recipients of domestic violence.

Knowledge is power – end domestic violence NOW!

Centres of information in our communities

The City of Cape Town has facilities across the City where survivors of domestic and intimate partner violence and/or as a community members supporting survivors can access information and be linked to response services, that include counselling, shelters for survivors and their children, sexual and reprroductive health information. One such space is your local library and the City has 103 libraries that are local in your own community, providing a safe space for you as a community member to access life-saving information that will link you to the help needed. The City library staff members are trained and equipped information specialists who understand how to help you access information and services on GBV and domestic violence. The City also uses an e-services portal that is zero-rated and free to you as a library user and you will be able to access all the information using the library computers and computers.

Philippi East Public Library:
Corner Ngqwangi Street & Ngqabe, Philippi 7750
Contact: Lawrence Mkefane 021 444-6952 or (021) 371-7198

Tafelsig Public Library:
Kilimanjaro Street, Mitchells Plain, Cape Town 7785
Contact: Naledi Maloyi 021 444-9804
Naledi.maloyi@capetown.gov.za

MOSAIC
TRAINING SERVICE & HEALING CENTRE
combating abuse and gender-based violence

66 Ottery Rd, Wynberg | PO Box 18460, Wynberg, Cape Town 7824, RSA
Tel: +27 (0)21 761 7585 | Fax: 086 6518 662 | Email: info@mosaic.org.za
www.mosaic.org.za

THE CARTER CENTER

INFORM WOMEN, TRANSFORM LIVES

KNOWLEDGE IS POWER

What is domestic violence?

The Domestic Violence Act (116 of 1998) defines domestic violence as an act of violence perpetrated by one person against another with whom a domestic relationship is shared.

Domestic relationships

BLOOD RELATIONS: eg mother, father, cousin, brother, sister, grandparents etc. **FAMILY MEMBERS** living together in the same house, including minor children. **PEOPLE MARRIED** in terms of civil law, customary marriages, or a foreign marriage concluded outside South Africa. **COUPLES WHO LIVE TOGETHER**, including same-sex couples. **CHILDREN** in the care or custody of an adult people who are dating, engaged or in a sexual relationship.

What is gender-based violence?

Gender-based violence is a pervasive human rights violation, a public health crisis, and an obstacle to equality, development, security and peace. Violence against women is –
'any act of gender-based violence that results in, or is likely to result in physical, sexual, or psychological harm or suffering to women, including threats of such acts, coercion, or arbitrary deprivation of liberty, whether occurring in public or in one's private life.' – United Nations*

Am I at risk?

Violence in a relationship is never okay and never justified. A 'little slap' is violence, so is pushing, shoving, and throwing things, threatening violence, or forcing a partner to engage in sexual activities against her or his will. All of these things, along with punching, kicking, biting, choking, burning, and injury with weapons are forms of violence. Violence also includes emotional, psychological, and verbal abuse.

* *Declaration on the elimination of violence against women.* New York, United Nations, 23 February 1994 (Resolution No. A/RES/48/104).

Am I overreacting?

Very often abusers will tell victims that they are overreacting, causing the perpetrator to become more violent.

YOU ARE NOT OVERREACTING OR CAUSING THE VIOLENCE.

It is normal to feel frightened and angry when your spouse or partner is violent towards you. Your reactions to earlier abuse are no excuse for someone to be violent towards you.

What to do:

SPEAK OUT
Identify someone you can trust and tell them what is happening to you.

SEEK HELP
Contact any community-based organisation that assists people affected by violence and abuse. They can provide counselling support, information, and referrals.

SEEK PROTECTION
You can make an application for a Protection Order against the person using the violence. You can apply at the Magistrates' Court closest to you.

SAFETY PLAN
Ensure that you have a plan in place for your protection.

Seek support

KEY MOSAIC PSYCHO-SOCIAL SUPPORT CENTRES IN THE GREATER CAPE METRO:

Mitchells Plain:
Corner Pyrenees & Kilimanjaro Street, Tafelsig,
Mitchells Plain 7785
t: 021 397 3291 | e: adminmpcc@mosaic.org.za

Philippi:
House of Smile, Khanyisa Centre, corner New Eisleben Road & Mpumelelo Street, Philippi, Cape Town 7750
t: 021 761 7585 | e: admin@mosaic.org.za

Paarl/Wellington:
Onverwaght Wine Estate, Wellington 7655
t: 021 761 7585 | e: admin@mosaic.org.za

MOSAIC ALSO OFFERS COURT SUPPORT SERVICES AT THE FOLLOWING MAGISTRATES' COURTS:

BELLVILLE (Mon-Fri)	021 950 7700/7712
BISHOP LAVIS (Mon-Fri)	021 934 1021
BLUE DOWNS (Mon-Fri)	021 909 9000
CAPE TOWN (Mon-Fri)	021 461 1204
KHAYELITSHA (Mon-Fri)	021 360 1455
MITCHELLS PLAIN (Mon-Fri)	021 370 4296
PAARL (Mon-Fri)	021 872 3127
PHILIPPI (Mon-Fri)	021 372 0901
WELLINGTON (Mon-Fri)	021 873 6768
WYNBERG (Mon-Fri)	021 799 1800/1902
PRETORIA (Mon-Fri)	012 319 4000
CHATSWORTH (Mon-Wed)	031 403 3237
NTUZUMA (Mon-Wed)	031 530 4062