

Take a deep
breath ...
... we are here
to help

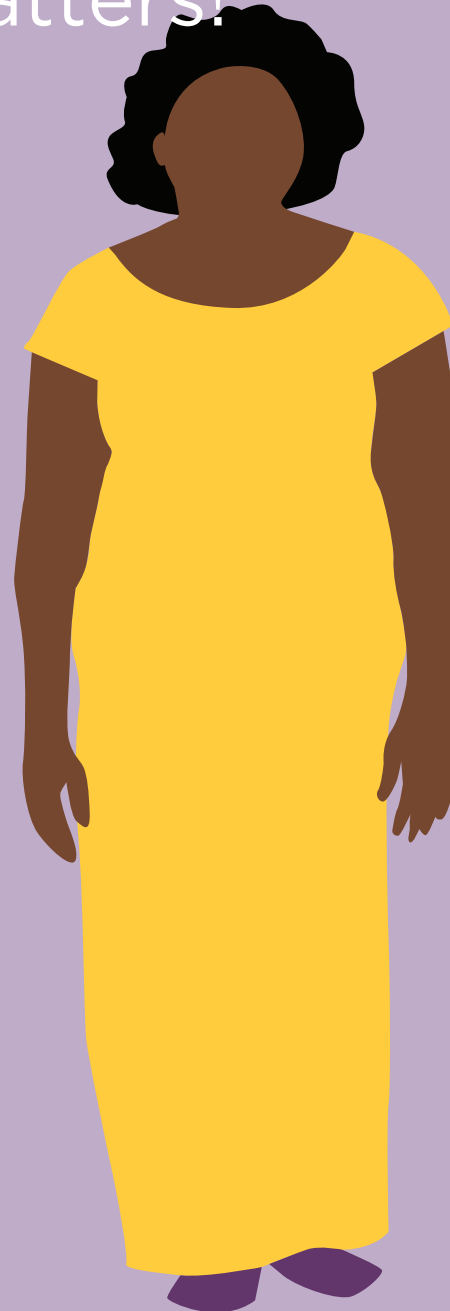
Mosaic has
resources to
help you



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Your health
matters!



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*

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

Forms of domestic violence



PHYSICAL ABUSE involves physical harm or injury to the body, including through the use of weapons.



EMOTIONAL, VERBAL AND PSYCHOLOGICAL ABUSE is often subtle and in some cases survivors don’t recognise they are being abused.



SEXUAL ABUSE is any situation in which someone is forced to participate in unwanted, unsafe or degrading sexual activity.



ECONOMIC ABUSE occurs when the victim is denied access to or knowledge about the family finances or other resources to limit decision-making power.



SPIRITUAL OR CULTURAL ABUSE occurs when the victim is denied the right to pursue religious, spiritual and cultural activities or when abuse is justified as cultural.

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.

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.