

WE ARE HERE TO HELP YOU

If you have been physically injured, then it is important that your injuries are examined by a doctor and reported to the nearest police station.

HELPFUL ORGANISATIONS

Lifeline	
Provides 24-hour counselling	0861 0322 0322
People Opposing Women Abuse (POWA)	
Emergency after hours	083 765 1235
Legal Aid South Africa	
Offers free legal assistance	0861 053 425
National Helpline	0800 150 150

EMERGENCY CONTACTS

Cape Town Metropolitan Police	107 or 021 480 7700
South African Police Service	10111

SCHOOL SHAME BULLY CONFLICT DANGER
HARM TORMENT PROBLEMS FEAR
ANXIETY PREVENTION TEASING POWER ANGER
BULLYING
VICTIMS DESPAIR
INTIMIDATION
CONTROL MOBBING ASSAULT
INTERNET REJECTION COERCE
ANGER DOMINATE OPRESS DANGER HARM
SOCIAL DEPRESSION BULLY
STRESS REJECTION ABUSE THREAT

"BECOMING A VICTIM IS NOT A CHOICE,
BECOMING A SURVIVOR IS."



DOMESTIC ABUSE



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

WHAT IS DOMESTIC ABUSE?

Domestic abuse affects us all, regardless of ethnicity, age, gender or social background.

If you are suffering from physical, sexual, psychological/emotional or financial abuse, or are being threatened, intimidated or stalked by a current or previous partner or close family member, you could be a victim of domestic abuse.

You may be feeling frightened, isolated, ashamed and confused. If you have children it may be that they too are suffering whether they witness abuse or not.

Remember, you are not to blame for what is happening. You are not alone, and above all you do not have to suffer in silence – help is available.

WHAT ARE MY OPTIONS WHEN I AM BEING ABUSED?

You have the right to:

- apply for a protection order at your nearest police station or magistrate's court;
- lay a charge at the nearest police station and apply for a protection order.

WHAT IS A PROTECTION ORDER?

It is an order issued by a court at your request, ordering a person with whom you have or had a domestic relationship, to stop the abuse. It may also prevent the person from getting help from any other person to commit such acts. An interim protection order can also be issued at any time, day or night for your protection.

HAVE A CRISIS PLAN READY

- Identify places where you can use a telephone.
- Always carry a list of emergency numbers with you.
- Make sure someone you trust has a copy of the protection order, a copy of your ID book and medical card and a set of clothes for yourself (and your children) as well as some money to take a taxi or bus in case of an emergency.

- Keep an extra set of your house keys.
- If you are planning to leave, wait till your partner is not home and take your children with you.

HOW TO HELP SOMEONE IN AN ABUSIVE SITUATION

Remind them that this is NOT their fault and no one deserves to be abused.

BELIEVE them!! You may be the first to listen.

Explain that you are concerned for their safety and the safety of their children.

Help them where you can.

THE CIRCLE OF DOMESTIC VIOLENCE

