

Domestic Abuse in Portugal

Break the silence



What is Domestic Abuse?_

- Domestic abuse is an aggressive behavior by an aggressor towards his partner
- The victim may live with him or not.



It includes
psychological abuse,
emotional abuse ,
physical abuse,
sexual abuse and
stalking.



The signs

- **Dependence**
- **Control**
- **Power Demonstrations**



Many men strictly prohibit their wives from working outside the home, talking with friends, family or neighbours.

This way the aggressor is the only source of affection and money. Consequently, the victim becomes extremely dependent on the aggressor.

What makes the victim stay in the relationship?

- Low self-esteem
- Economic dependence
- Believing the abuse is a demonstration of love
- Believing the aggressor's behaviour will change

What should we do if we're face to face with an abusive situation?

- Identify safe areas in the house, near an exit, where no weapons can be hidden. Avoid the kitchen.
- Always keep some money and fuel in the car and memorize important phone numbers: police, hospital and friends.
- Prepare a bag of clothes and leave the children with a friend at home or at work.
- Save a copy of important documents outside the house.
- Keep a journal with dates and details of violent incidents.
- Explain to your children that violence is wrong, that it is not their fault and make it clear that they should never get involved.



Words can also hurt.

Bruises disappear but words can stay in your mind forever.



VERBAL ABUSE CAN BE JUST AS HURTING, BUT YOU DON'T HAVE TO SUFFER IN SILENCE. CALL THE ANAS HELPLINE FOR ADVICE AND SUPPORT, MONDAY TO FRIDAY FROM 9PM TO 6.30PM ON 0800 778 0005.

Silence can't
protect you.
Break it and save
your life.



Uma destas 3 mulheres
é vítima de **violência**



One of them is a victim of abuse.
The solution is your hands.



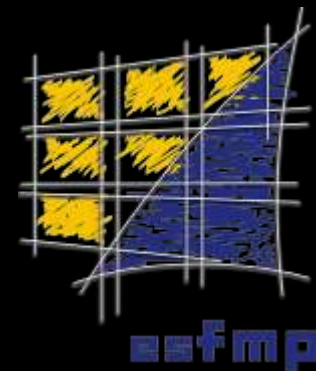
Não
se
cale!



Children see, children do!!

What do you want to teach them?

Escola Secundária Fernão Mendes Pinto



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