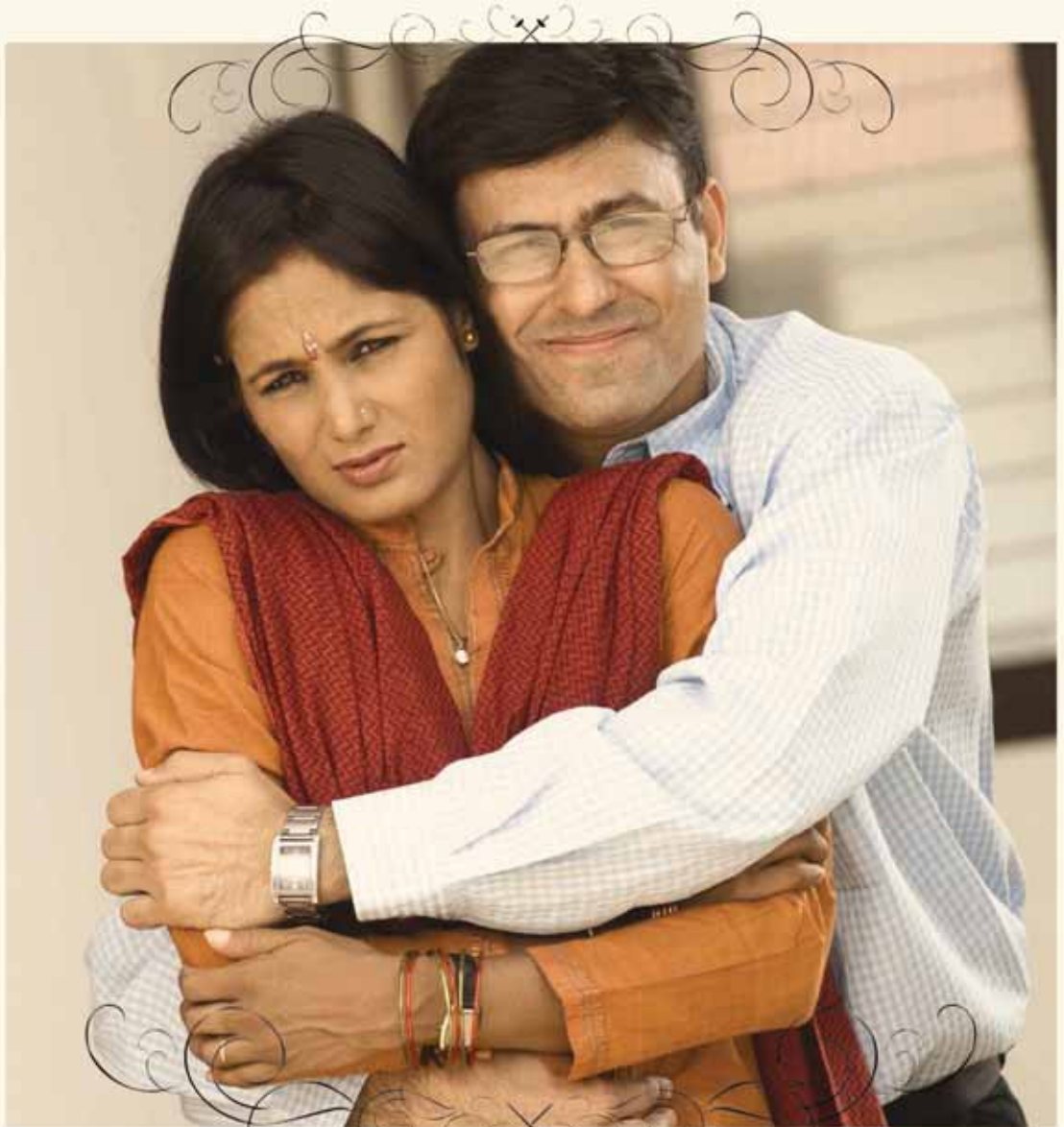


Are you a survivor?



DOMESTIC VIOLENCE. LOOK AGAIN AND YOU WILL SEE IT.

36% of total reported crimes against women are committed by close family members.

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**break
through**
building human rights culture

About Breakthrough

Breakthrough is an international human rights organization that uses education, media and popular culture to transform public attitudes and promote values of equality, justice and dignity. Breakthrough's human rights programs generate public dialogue, and create positive change about challenging social issues like women's rights, domestic violence, HIV/AIDS, religious tolerance, racial justice and immigrant rights.

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Domestic Violence is Unacceptable

Domestic violence fundamentally violates human rights. This booklet is to ensure that people know and understand that domestic violence is not a private matter, and that abusive behaviour is unacceptable. It is a critical problem that affects us all -- in every community, work place and in every section of the society across class, education and economic backgrounds. It is Breakthrough's belief that we can all work together as individuals, institutions, workplaces, neighbourhoods and communities, to make our environment a safer space for women.

Content

Basics on Domestic Violence Resources

Are you a survivor of domestic violence?

1. **How do I know if I am facing domestic violence?**
2. **What can I do if I am a victim of domestic violence?**
3. **What are the legal rights of domestic abuse victims?**
4. **How can I get more information about domestic violence?**

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1. **How do I know if I am facing domestic violence?**

You are facing domestic violence if the answer to any of the follow is yes:

Does your partner:

- Hit, punch, slap, choke or shove you?
- Destroy personal property?
- Prevent you from seeing friends and family?
- Insult you in public and/or in private?
- Control your finances
- Show extreme jealousy or accuse you of infidelity?
- Force you to have sex against your will?

If you answered yes to any of the above questions, keep reading below and find out what you can do to put an end to the violence in your life.

2. **What can I do if I am a victim of domestic violence?**

Develop a **safety plan** to identify options and reduce your risk when confronted with the threat of harm or actual harm. Some of the basic pointers for safety plans:

- **Seek out support.** You don't have to suffer alone. **Inform people** close to you (family, friends, and neighbors) about your situation so they are prepared to react to suspected violence.
- Try to **start an individual savings account** as an economic safety net. Have statements sent to a trusted relative or friend.
- Put together an **emergency bag** with keys, money, medicine and important papers such as birth certificates, education certificates, ration card/election card, passports (yours and your children's), bank details, personal identification, health records, and insurance papers.
- Plan an **emergency exit route** from home and work, and learn **safe places to go for help and support** in case of emergency. Please see the **helplines** page for more information.
- **Talk to your children** about what they should do if a violent incident occurs. Teach children the address of your house, relevant emergency phone numbers, and the name of their grandparents in case of an emergency.
- Try and **remove/hide all weapons** from your home.
- Consider **obtaining a protective order** from magistrate or police

- Take **photographs or keep medical records** of your scars and keep them in a safe hiding place; show them to friends/doctors.
- Sometimes it is safer to get out of the home. Don't panic; make sure you are safe first.
- Call for **police, medical attention, get legal help and counseling** for yourself and your children.

3. What are the legal rights of domestic abuse victims?

In 2005, the government of India passed new legislation on domestic violence called the Protection of Women from Domestic Violence Act 2005 (PWDVA). It is a civil law aimed at providing relief to million of women including wives, mothers, daughters and sisters affected by violence in their homes.

Through the PWDVA, affected women are entitled to

- **Protection:** The magistrate can pass orders to stop the offender from
 - Aiding or committing violence within and outside the home
 - Communicating with the woman
 - Taking away her assets
 - Intimidating her family and those assisting her against the violence
- **Residence:** The woman cannot be evicted from the shared household.
- **Monetary relief and maintenance:** She is entitled to maintenance, including loss of earnings, medical expenses, and damage to property.
- **Compensation:** She can claim damages for mental and physical injuries.
- **Custody:** The court can grant her temporary custody of children.
- **Interim order/ex parte order:** The court can pass an interim order to prevent violence before the final order. In the absence of the other party to the dispute, an Ex Parte order can be passed.
- **Legal service:** Women have the right to free legal services under the Legal Services Authorities Act, 1987 (<http://lawmin.nic.in/la/subord/nalsa.htm>)

4. How can I get more information about domestic violence?

- Visit www.helpguide.org (http://www.helpguide.org/mental/domestic_violence_abuse_help_treatment_prevention.htm), which gives more helpful tips on how to get help, treatment, intervention, and prevention.
- Click [here](http://www.helpguide.org/mental/domestic_violence_abuse_types_signs_causes_effects.htm) (http://www.helpguide.org/mental/domestic_violence_abuse_types_signs_causes_effects.htm) for some more of the warning signs of domestic violence in the home.
- Here is some useful advice for women (http://www.justicewomen.com/tips_escape.html); although it targets American women, the site emphasizes a woman's strengths. You are not just a victim; you are a person with rights that must be protected!