

IT CAN BE A WARNING IF YOUR HUSBAND / PARTNER / BOYFRIEND...

- Continually denigrates and insults you, humiliates you in front of other people.
- Tries to make you believe that you are stupid, worthless, or mad.
- Doesn't allow you to go out and to keep in touch with your friends and relatives.
- Is constantly jealous.
- Treats you as a sexual object.
- Is unpredictable and hot-tempered.
- Smashes or flings objects at you when 'in a temper'.
- Doesn't allow you to have money on you or to have a job.
- Always blames you (or others) for his problems.
- Abused his wife/girlfriend in his previous relationship(s).

AND/OR IF YOU...

- Dread your partner's wrath or jealousy.
- Don't see your friends or relatives any more because your partner doesn't like your relationship with them or because he says that you and he don't need anybody else but each other.
- Regularly make your choice of where to go or what to do in accordance with your partner's preferences.
- Often feel that you have to 'tiptoe' so that you don't anger your partner.
- Use alcohol or drugs to escape from pain and the reality of your relationship.
- Often doubt your capabilities or feel helpless.

WARNINGS FOR OUTSIDERS

Any of the features below can imply abuse in itself, so the list can serve as a secondary source for recognizing the fact of abuse. If you experience any of these with your friend, acquaintance, relative, patient etc., help her by tactfully asking if she is abused at home. If you feel this question is too intimate, give her this leaflet.

- Regular injuries or injuries that are difficult to account for. Pregnant women are often kicked or hit in the abdomen. In fact, physical abuse often starts during pregnancy.
- Regular visits at the family doctor or in hospitals with

undefined complaints or strong fear, without visible physical injuries. Possibly several miscarriages (as a result of regular blows to the abdomen). Psychiatric referral because of acute fear or depression.

- Apoplexy for young women, which often results from severe blows on the head or from injury to the jugulars, caused by strangling.
- Isolating her – she is cut off from money, telephone, car, and all other means of transport, family, friends, work opportunities, or training opportunities.
- She often talks about her partner's 'fretfulness' or 'fiery temper'.
- She is scared of talking to any influential representative of the authorities because she is afraid of her partner's revenge. She tries to protect the batterer against the authorities.
- Fear makes her refrain from speaking in the presence of her partner or from disagreeing with the batterer.
- She often flees from home.
- Suicide attempts, drug (tranquilizers, antidepressants, sleeping pills, etc.) or alcohol addiction on the part of the battered; homicide attempts and severe physical abuse on the part of the batterer.
- The batterer displays bullying, verbally aggressive behavior in public.
- The batterer abuses his children physically and/or sexually.
- The batterer has fits of jealousy, during which he blames his wife for having extramarital affairs.
- The batterer attempts or threatens to have her wife referred to a mental hospital. He tries to convince you as well, that his wife is insane.
- The batterer may demonstrate calm, respectable behavior in the presence of outsiders, but he is aggressive when there are no witnesses. Therefore, if a woman complains that her husband/partner abuses her, but you know him to be a 'decent fellow', don't assume that the woman is 'exaggerating'. This behavior is very characteristic of abusers.



Women's Rights Association

Domestic violence

Don't tolerate violence!

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DOMESTIC VIOLENCE: WIFE AND CHILD BATTERING

In Hungary at least 1 million women and their children are affected by domestic violence, still, the subject is surrounded mostly by silence and denial. Battered women are frightened to speak out outsiders usually blame the victims. This attitude, instead of helping, perpetuates and reinforces violence. Attention should rather be directed towards holding the batterer accountable, as battering often involves serious crimes.

Domestic violence is not a private problem. If you or your children are battered, you have the right to get all available help.

The phenomenon of domestic violence, and the mesh of misconceptions and prejudices judging the abused and the abusers, are responsible for the lack of intervention and prevention, for victims not receiving even the help they have a fundamental right to and providing which is the duty of all authorities. The following lists are to help you see your relationship with your husband/partner, or that of your relative, friend, acquaintance more realistically. If you have any further questions on reading these descriptions, call our free hotline.

WHY DO WOMEN ENDURE DOMESTIC VIOLENCE?

If you feel that the quotations below could just as well be uttered by you (or one of your acquaintances), you (or she) probably live in an abusive relationship. It is important to be aware of your options and rights. Read this leaflet and contact NANE if you have any further questions.

Children:

‘Children need fathers. Even having a bad father is better than having no father at all.’

Marriage vow:

‘I promised to be his wife until death do us part. I must accept his bad sides as well.’

Love:

‘I love him. When he is not violent, I’m happy. If I stay with him, my love might change him.’

Denial of reality:

‘What he does to me is not really violence. I can take it. Far worse things happen to other people.’

Shame:

‘It’s better not to have anybody know about it.’

Guilt:

‘It must be my fault. I must be doing something wrong. I deserve to be treated like this.’

Lack of self-esteem:

‘I couldn’t find anyone better than him. He says I am ugly and, what’s more, a bad mother and wife.’

Fear:

‘He has threatened to find me and kill me and the children too, if I leave him.’

Resignation:

‘I can’t change my situation anyway; he is stronger than me. Nobody can help me.’

Responsibility (social pressure):

‘Whatever happens, the family must stick together. Keeping the family together is women’s responsibility.’

Security (financial dependence):

‘I wouldn’t be able to support myself and my children on my own. Anyway, where could I go?’

Emotional blackmailing:

‘He says he can’t live without me. He says he will kill himself, if I leave him.’

TYPES OF DOMESTIC VIOLENCE

Domestic violence takes a wide range of forms from verbal aggression to sexual abuse. The most typical examples are listed below.

Verbal aggression: Somebody (usually the man) threatens to abuse or beat his partner; he threatens to take the children or to kill himself; he scorns, insults or mocks his partner; he derides her (because of her looks, religion, or race).

Intimidation: He breaks things; damages the woman’s valuables; flaps his arms about; terrorizes her with a weapon; behaves in a frightening way (stares wrathfully, yells); quizzes her aggressively; drives dangerously.

Emotional abuse: He denies important facts; secludes himself from the woman; excludes her from his thoughts and feelings but at the same time keeps her under control; is extremely jealous; systematically destroys her self-esteem; constantly questions or even reverses her independent decisions. He blames her for everything, even for his own aggression against her; he challenges her feelings and experiences (especially those regarding the gravity

of the abuse); he refuses to discuss problems, he rejects her claims that there are problems.

Isolation: The man controls what the woman can and can’t do, who she can meet, who she can talk to, where she can go, what she can wear; he doesn’t allow her to make friends, keep in touch with her family, take a job, have money on her. He locks up the telephone, goes everywhere with her, keeps her under constant control at home, at work, at school, etc.; he searches her bag and pockets.

Physical abuse: The man pushes, hits, slaps, or strangles the woman; he pulls her hair, punches, kicks, bites, shakes or burns her; he threatens or hurts her with a weapon (e.g. knife, gun, heavy objects).

Sexual abuse: He forces the woman into a sexual activity she doesn’t want to do; he hurts or humiliates her with sex; he rapes her, abuses her private parts or forces her to have sexual intercourse with others.

Denial of the woman’s fundamental rights, limitation of her freedom of movement and of satisfying her fundamental needs: He doesn’t allow her to have private life independent from him; he locks her in, locks her out, trusses her up, doesn’t let her eat or drink, doesn’t allow her to wash, hides her medicines or doesn’t give her money to buy them; he prevents her from using contraceptive pills, devices or methods.

Economic, financial abuse: He doesn’t allow her to work or to have money of her own, or if she does have money, he takes it away from her and gives her only as much as he sees fit; he blackmails her with their joint company. He challenges all expenses the woman asks money for, while he has the money at his disposal.

At the end of this not-all-inclusive list we would like to call your attention to a widespread misconception: ‘It’s true that men rather give a smack. However, women terrorize their partners emotionally.’ This argument is sounded nearly every time the subject of domestic violence is brought up. The truth, however, is that *physical abuse is always accompanied by emotional abuse*. All physically aggressive abusers exert some – usually numerous – forms of emotional terror. Thus, the above-quoted ‘balance’ does not exist – the battered woman is not in a position to ‘batter his partner back’. In an abusive situation one party (in 95% of the cases the woman) is exposed and the other party is not.