

You Can Help Us To Reduce Domestic Abuse in West Clare!

We have produced a short drama entitled *Break the Silence* depicting several areas of abuse experienced by women and children in the home. We also got funding from the Health Service Executive - Mid West Region to produce a video of the drama and tapes are available for purchase. We have performed the drama on several occasions for various groups around the country. Amongst these was an event hosted by the Carlow Local Network on Violence Against Women. The following is an excerpt taken from their report on our performance:

“Perhaps the lasting legacy of the event will be those 10 minutes when the drama unfolded, in vivid and explosive detail, the reality for so many women and their children of emotional, physical and sexual violence in the home, as well as isolation and financial deprivation. It truly was a remarkable and a thought provoking presentation and will undoubtedly lead to greater awareness and action on the ground.”

You can help us in our efforts to reduce domestic abuse in West Clare by inviting us to perform the drama for your work colleagues, your community group, your parish council, your GAA Club, a group of friends, a group of neighbours - any group of people at all, in almost any location. We also have a video of the drama which you can buy or borrow from the EIRÍ office in Kilkee. For more information contact Mary Farren on 065 905 6611.

Please, break the silence!

If you, or someone you know is living with any of type of abuse, please talk about it. Talk to a friend, a relative, or a professional. Whichever is easiest, but please talk to someone... As soon as you can!

Where to get help.

Women's Aid
Freephone 1800 341 900
Open 7 days a week 10am—10pm.

Clare Haven Services
065 682 2435

- Support and Information to look at your options.
- A safe place to stay.

Outreach Clinics operates in **Kilkee** - and **Kilrush** every other Thursday.
Phone for an appointment.

Kilrush Gardaí - 065 908 0550

- The West Clare Women's Forum is concerned by the lack of awareness about the levels of domestic abuse being endured in West Clare.
- West Clare Women's Forum
c/o EIRÍ
Community Centre,
Circular Road, Kilkee, Co. Clare



West Clare
Women's
Forum

DOMESTIC ABUSE IN WEST CLARE

The West Clare Women's Forum believes that all people should have equal opportunity to maximise their potential.



The West Clare Women's Forum believes in the right to challenge inequality in our society.

Have you ever felt fear? Real fear? Have you ever been afraid of someone who is close to you? Are you afraid of someone who shares your home, your bed, your life?

Emotional abuse.

Emotional abuse is the domination and control of another human being by means of withdrawing love, approval, respect, understanding, caring and touching, which are basic human emotional needs. A severe form of emotional abuse would be inflicting the "silent treatment" on a person and refusing the person the right to say how they feel and the right to be listened to. Damage to property/pets; Being shouted at;

Verbal abuse.

Verbal abuse is a means of putting a person down or undermining their confidence, by verbally attacking them in their most vulnerable areas, either in public or in private. Verbal abuse would also include threats of any form.

Economic abuse.

Economic abuse is rooted in societies attitude to man as the "bread winner". A family is totally dependent on the man. The abuse of that economical power is the withdrawal of the financial means to feed, clothe and educate your family and children. Also he believes her place to be in the home. By the destruction of the material comforts of that home, for example, floor ripped up, TV smashed, rooms destroyed or by her confinement to one room of her home, he is deliberately ensuring she is in a constant state of distress and discomfort. Being denied access to finances;

What is Domestic Abuse?

Social abuse.

Social abuse is the domination and control of another person through humiliation in public, which systematically isolates the person and makes her dependent on her man. He can disassociate her from her friends through control of her freedom outside of the home. Through lack of confidence and contact with the outside world he is able to convince her that her behaviour is the cause of his violence and abuse, thus he makes her believe responsibility lies with her.

Physical abuse.

Physical abuse is the control by violence of another person or by threat to use such means. For example: Being punched, hit, shoved, kicked, beaten, assaulted with or without weapons; Choking and Strangulation; Being stabbed. Threats (including to kill);

Sexual abuse.

Sexual abuse is distinctly different to physical abuse in its intention. Physical abuse is to dominate and control by brute force. Whereas sexual abuse is the domination and control by the abuse of the body which the victim believes to be sexual, private and personal. Being forced to take part in any kind of sexual act which you do not want to; Being exposed to sexually explicit material against your will; Being denied access to contraception.

The West Clare Women's Forum is Supported by:



HSE Regional Planning Committee

Abuse during pregnancy.

One in eight women experience abuse from their partner while pregnant according to a survey conducted by the Rotunda Maternity Hospital in 2000. In fact pregnancy is often when physical abuse can start in a relationship. A new baby may be perceived as threatening to a jealous man who will soon have to share his partner's time and attention with the child. In addition, having a child can evoke anger if the partner resents the added responsibility. The pregnancy may represent a threat to a controlling man because each time his mate goes to the doctor, there are more people who might influence her. Finally, abuse may be triggered later in a pregnancy if an insecure man places undue emphasis on his mate's appearance and begins to dislike his partner's changing body.

How Domestic Abuse Can Affect Children:

Abuse in the home can affect children in several different ways. They can become:

- ⊙ unusually quiet and withdrawn
- ⊙ Attention seekers and / or Bullies
- ⊙ Disruptive at home and in school
- ⊙ Develop Anti Social habits to escape the awful reality of living with domestic violence

The West Clare Women's Forum has produced a leaflet that goes into more depth. If you would like a copy, please call into the EIRÍ office in Kilkee, or phone 905 6611 and we can post one to you.

This is one of a series...

We have produced other leaflets in this series:

- ⊙ How Domestic Abuse Affects Children
- ⊙ Tips for Children in West Clare
- ⊙ Is your Boyfriend Abusing You?
- ⊙ Domestic Abuse - Info for Men
- ⊙ Elder Abuse in West Clare

You can obtain copies of these from the EIRÍ office in Kilkee.