



KEY CONTACTS

This leaflet provides key contacts for information on services and support in the fight against violence on women and children.

SAPS Crime Stop

08600 10111

Gender-Based Violence Command Centre

0800 428428/ *120*7867# from any cell phone

STOP Gender Violence Helpline

0800 150 150

Childline – Report child abuse

0800 055 555

Elderly people helpline

0800 003 081

Family and Marriage Society of South Africa

– Advice on family relationships

011 975 7107

Thuthuzela Care Centre

– One stop service for victims

012 8456136

Suicide Crisis Line

0800 567 567

Alcoholics Anonymous SA

0861 435 722

Substance Abuse Helpline

0800 121 314

Narcotics Anonymous SA

0839 00 69 62

Mental Health Information Line

0800 567 567

AIDS Helpline

0800 012 322 / 011 725 6710

National Anti-Corruption Hotline

0800 701 701

Disaster Operations Centre

080 911 4357

Crisis Line

0861 574747

National Crisis Line- Counselling Service

086 132 2322

Human Trafficking

08000 737 283 (08000 rescue) / 082 455 3664

SASSA – Grants enquiries

0800 60 10 11 or CPS 0800 60 01 60

Legal Aid

0800 1110 110

National Anti-corruption Forum

0800 701 701

Cancer Association of South Africa

0800 22 66 22

16 DAYS of Activism for no violence against Women and Children

I protect my sister and my wife . I don't punch others .
I speak out against Gender Based Violence .
I care for the safety of women and children . I don't bully others .
Count me in . I will not let my children be educated and in a violent community .
A happy family today is a healthy community tomorrow .
Count me in . I'm cool . I don't bully others .
I care for the safety of women and children . I speak out against Gender Based Violence .
I financially provide for my family . I don't punch others .
Count me in . I love my family .
Count me in . I will not let my children be educated and in a violent community .
Count me in . I will not let my children be educated and in a violent community .
Count me in . I will not let my children be educated and in a violent community .
Count me in . I will not let my children be educated and in a violent community .



25 November – 10 December

Together we move South Africa forward



REPUBLIC OF SOUTH AFRICA



How do I know I am being abused?

There are two main ways that you can tell if you are being abused:

1. If someone is saying things to you that you feel are offensive to you and your integrity and are hurting your feelings. The abuser may also ridicule or name-call, intimidate, harass, or stalk you. That is VERBAL, PSYCHOLOGICAL and EMOTIONAL abuse.
2. If someone is touching you in a way that is undignified, harmful – e.g. hitting, forcing you to have sex, pulling hair, grabbing or smacking you. The abuser may also damage your property or enter your residence without your permission. That is all PHYSICAL abuse.

Nobody has the right to hit, push, shove, shake, kick, slap or punch you.

If they love you, they would not harm you. If they respect you, they will not treat you with indignity and disrespect.

What do I do if I am being abused?

- **Don't suffer in silence:** If you are being physically, psychologically (mentally), emotionally or sexually abused, it is important that you seek help. You do not have to continue to suffer in silence.
- **Talk to someone you can trust:** confide in a friend, a neighbour, a relative, a spiritual leader or elder, a doctor, or a counsellor.
- **It is not your fault:** There is no excuse for any form of abuse and you do not have to put up with it. Both physical and emotional abuse is against the law and help is available through the legal system.
- **You can get help:** You can use the legal system to help you.
 - Go to the Domestic Violence Court closest to you and apply for a Protection Order.
 - Lay a criminal charge against the abuser, for example rape, sexual assault or physical violence

What are the signs that my friend is being abused?

- unexplained bruises, broken bones, sprains, or marks
- excessive guilt or shame for no apparent reason
- secrecy or withdrawal from friends and family
- avoidance of school or social events with excuses that don't seem to make any sense

How do I help an abused friend?

- **Listen:** A person who is being abused needs someone to empathetically listen to and believe him or her.
- **It is not his/her fault:** Help your friend understand that it is not his or her fault and that they are not the bad person but the abuser/perpetrator.
- **Encourage him/her to seek help:** Your friend also needs your encouragement to get help immediately from an adult, such as a parent, family member, or guidance counsellor.
- **If a friend has been raped:** Encourage the friend to go to a hospital within 72 hours to test for HIV. The hospital may start them on a short course of antiretroviral treatment that can reduce chances of getting HIV and report the matter to the police

How do I help an abused child?

- Talk to them gently
- Don't interrogate. Let the child explain to you in his or her own words what happened, but don't interrogate the child.
- Assure them they are not in trouble and that you will keep them safe.
- Tell them that you believe them and DO so
- Contact your nearest social worker and report the case
- Call Child line where you can report the case anonymously

Who do I call if someone I know is being abused?

- Gender-based Violence Helpline: 0800 428 428 / *120*7867 from any cell phone
- Childline: 0800 055 555
- SAPS Crime Stop: 08600 10111
- AIDS Helpline: 0800 012 322 / 011 725 6710

How can I stop abusing my partner/child?

- Acknowledge that what you are doing is wrong (no matter the degree).
- Stop rationalizing abusive treatment of other people as acceptable.
- Abuse is NEVER healthy or acceptable regardless of the messages you may have been taught or witnessed in the past.
- If alcohol makes you more likely to commit violence, stop or reduce.
- Avoid alcohol and drugs in dealing with your problems.
- Exercise and listen to soothing music to deal with stress.
- Walk away from the confrontation until you are calmed down
- Go to the family elders, trusted friend, neighbour, church elders and community leaders for mediation of disputes.
- Seek professional assistance of a psychologist or other professionals.

Who can I call to help me stop my abusive behaviour?

- Gender-based Violence Helpline: 0800 428 428 / *120*7867 from any cell phone
- Stop Gender-based Violence Helpline: 0800 003 081
- Suicide Helpline: 0800 567 567

REMEMBER

Despite the fact that there is no time limit on reporting rape or laying a charge, it is however advisable that reporting rape or laying a charge be done as soon as possible. It is easier to get evidence needed for the court case when the rape or any abuse is reported as soon as possible to ensure that the perpetrator is arrested. However, if the sexual crime was a sexual assault rather than rape, you have 20 years within which to lay a charge of sexual assault. Even though the delays in reporting may no longer be used against you in court, forensic evidence (physical evidence such as semen and hair left on your body after the rape) may be lost. When raped, do not wash before reporting to the police station or presenting yourself to the nearest clinic for forensic evidence to be collected and preserved.

Violence against women and children is never acceptable, never excusable, and never tolerable.