

HELPING VICTIMS

Supporting a victim of domestic violence is crucial. If you know someone who needs help, here's what to do:

- Listen to her without any judgment
- Believe and validate her feelings
- Respect her decisions
- Discuss next steps including a safety plan
- Explore shelter options and financial assistance

If the victim wants to take action against the abuser, these agencies can assist her:

Police

- Make a police report for police to investigate the abuse and to take action against the abuser

Emergency Department at government hospital (One Stop Crisis Centre, OSCC)

- Medical treatment
- Referral to other agencies

Social Welfare Department (JKM)

- Various protection orders are available:
 - > **Emergency Protection Order (EPO):**
Without a police report
 - > **Interim Protection Order (IPO):**
Apply during police investigation
 - > **Protection Order (PO):**
Apply during criminal court process
- Financial aid
- Shelter

WCC / Other women's organisations

- Counselling
- Legal information
- Court support



SAFETY PLAN FOR VICTIMS

A safety plan is crucial for domestic violence victims and their children. Here is a suggested checklist:

Safety Plan Checklist

- ☒ Inform trusted family members, friends, colleagues, and neighbours
- ☒ Save emergency numbers like family members, friends, police, local women's organisations, and Talian Kasih 1 5999
- ☒ Identify or have a safe place to go to if there is a need to leave home
- ☒ Keep important items easily accessible:
 - > Emergency documents:
 - Identification card / Passport
 - Children's birth certificates
 - > Emergency clothes
 - > Others valuables:
 - Handphone
 - Cash
 - ATM / Credit card
 - Medication
 - Address book
 - Keys: house, car, office

For assistance and more information, contact:

Women's Centre for Change (WCC)
241, Jalan Burma, 10350 Penang, Malaysia.
☎ +604-228 0342
☎ +6011-3108 4001
✉ wcc@wccpenang.org

Pusat Perkhidmatan Wanita (PPW)
13, Lorong Sutera 6, Taman Sutera,
13700 Seberang Jaya, Penang, Malaysia.
☎ +604-398 8340
☎ +6016-439 0698
✉ ppw@wccpenang.org

[f](#) [x](#) [i](#) [d](#) [in](#) WCC Penang



www.wccpenang.org



DOMESTIC VIOLENCE:
Helping someone who is abused



Sponsor



DOMESTIC VIOLENCE

Domestic violence is an abusive act or series of acts committed by one family member against another.

Domestic violence occurs when one person chooses to exert power and control over another person by inflicting harm on them. It is important to understand that the victim is not at fault.

Whilst domestic violence can happen to anyone, most victims are women. Others may also include children, elderly parents, and men. The majority of abusers are men.

Factors like age, education level, and socioeconomic status can affect the risk of someone experiencing domestic violence. For instance, women and elderly parents in poor families are more vulnerable.

With the passing of the Domestic Violence Act in 1994, domestic violence has been recognised as a public concern that needs to be addressed. Victims can seek legal protection from their abusers.

Domestic violence can have profound and devastating effects on victims, especially women and children. Helping to end the violence is crucial.



TYPES OF DOMESTIC VIOLENCE

Domestic violence takes many forms, not just physical. Victims commonly experience more than one type of violence.



Physical

Hitting, punching, slapping, kicking, strangling, throwing objects at victim.



Psychological

Shouting, threatening, using demeaning language, blaming, damaging victim's property.



Financial

Keeping victim's ATM card, borrowing money or taking a loan using victim's identity and refusing to pay up.



Social

Controlling victim's movements, isolating and preventing contact with family members or friends.



Sexual

Forcing or intimidating victim into engaging in sexual acts in which she does not want to participate.



Online

Stalking the victim, repeated harassment, threatening calls, or messages on social media.

HOW DOES DOMESTIC VIOLENCE HAPPEN?

The cycle of violence explains the typical pattern of domestic violence and how difficult it is for victims to leave the relationship. As the violence prolongs, the time between each phase of the cycle becomes shorter.



SIGNS & SYMPTOMS OF DOMESTIC VIOLENCE

Many victims do not openly discuss or report domestic violence. These are some signs which may alert you:

- **Obvious physical injuries** such as bruises, cuts, or broken bones.
- **Sudden behavioural changes** such as becoming withdrawn, frequent crying, or easily becoming agitated.
- **Emotional distress** including depression, low self-esteem, or anxiety.
- **Absent or poor work performance** due to stress, or physical limitations from injuries.
- **Limited or restricted access to money** including constantly borrowing money from others.