

## b. Violence Against Women

### MODULE 1

Violence against women often begins during the first pregnancy. All forms of violence can be harmful and must be taken seriously.



There are different types of violence. The following table will help you recognize the different types.

DIFFERENT TYPES OF VIOLENCE	
Types of violence	Examples
<b>Psychological violence</b>	<ul style="list-style-type: none"><li>• You humiliate her by using words such as "silly", "stupid", "good for nothing", etc.</li><li>• You swear at her.</li><li>• You show jealousy.</li><li>• You prevent her from seeing her friend and/or family.</li><li>• You prevent her from working outside the home or participating in activities.</li><li>• You have a violent behaviour (ex.: break things, bang on the walls or on objects) or you threaten her in order to scare her.</li></ul>
<b>Physical violence</b>	<ul style="list-style-type: none"><li>• You push her, pinch her, squeeze her arms, throw her to the floor, hit her, or inflict bodily harm.</li></ul>
<b>Sexual violence</b>	<ul style="list-style-type: none"><li>• You insult her about her sexuality "not good in bed", "not sexually attractive", etc.</li><li>• You say hurtful comments about her body "fat", "skinny", "ugly", etc.</li><li>• You force her to perform sexual acts she does not want.</li></ul>

A woman victim of violence can feel anxious, depressed, have little self-esteem, take drugs and alcohol, have difficulty sleeping and lose her appetite.

Physical aggressions during pregnancy can cause serious injuries to the mother and bring about a premature birth or a low birth weight baby. The baby could also have broken bones or a hemorrhage. Certain mothers have lost their babies following physical violence.

**If you are a victim of violence during your pregnancy, you probably feel alone. You need help immediately.**

Nobody deserves to be treated badly, certainly not your baby. Talk to someone about your feelings and concerns. This person may be your health care provider, a public health nurse, a member of the clergy, or anybody you trust can help you.