



LAGOS STATE DOMESTIC AND
SEXUAL VIOLENCE RESPONSE TEAM
(DSVRT)

*What You Must
Know
About
Domestic
Violence*



*This booklet was prepared by the
Lagos State Domestic and Sexual Violence Response Team*

This document is a public document.
An e-copy is available on the DSVRT website: www.dsvrtilagos.org

Further copies may be obtained from
The Office of the Coordinator
Room 308, Ministry of Justice, Block 2,
The Secretariat, Alausa

Telephone- 0813-796-0048

Email – info@dsvrtilagos.org

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Sexual Violence Response Team

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BACKGROUND

The Lagos State Domestic and Sexual Violence Response Team (DSVRT) was set up to provide holistic response to issues of Sexual and Gender Based Violence in the State. At DSVRT, our core mandate is to provide sensitive services to would-be victims and survivors of Domestic and Sexual Violence; while promoting healthy relationships. It is in furtherance of our objectives that this booklet on Domestic Violence has been developed.

This Booklet seeks to empower women and illuminate grey areas that have for so long shrouded the philosophy behind Domestic Violence.

Domestic Violence is now recognized as a public, not a private matter. There is therefore an urgent need for increased understanding throughout the community that violence can take many forms, some of which includes sexual harassment, stalking, domestic violence, sexual assault, hate crimes and emotional abuse and that many forms of domestic violence are crimes.

It must also be recognized that violence in any form infringes upon the human rights of individuals, especially women, and has a severe impact on women's ability to participate in sustainable community development.

Survivors of Domestic Violence experience numerous feelings including that of shock, shame, despair and confusion which translates to the feeling of powerless to act in their own, or in their children's best interests. For most women, economic dependency and the lack of much needed support from family or society makes escape from violence even unbearably harder.

It is to this end that this booklet has been developed to serve as a guide in assisting readers to amongst other things, detect signs of abuse during courtship so as to make an informed decision before commitment and empower women who are already in the violent relationship to receive information and get the help they very much need.

Titilola Vivour-Adeniyi

Coordinator

Lagos State Domestic and Sexual Violence Response Team

July, 2016

What is Domestic Violence

- 1.0 "Domestic violence" is used in a general term to describe a range of behaviour often used by one person to control and dominate another with whom they have, or have had, a close or family relationship.
- 1.1 Domestic Violence can therefore be described as "Any criminal offence arising out of physical, sexual, psychological, emotional or financial abuse by one person against a current or former partner in a close relationship, or against a current or former family member."
- 1.2 This definition includes all forms of violent and controlling behaviour, for example assault, harassment or threats. In most cases, the relationship will be between current or former partners; the abuser will be male and the victim female. But our definition also includes male victims abused by females and victims of abusive family members.

2.0 FORMS OF DOMESTIC VIOLENCE

- i. Physical abuse;
- ii. Sexual abuse/exploitation including but not limited to rape, incest and sexual assault;
- iii. Starvation;
- iv. Emotional, verbal and psychological abuse;
- v. Economic abuse and exploitation;
- vi. Intimidation;
- vii. Harassment;
- viii. Stalking;
- ix. Hazardous attack including acid bath with offensive or poisonous substances;

- x. Damages to property;
- xi. Entry into the complainant's residence without consent where the parties do not share the same residence;
- xii. Any other controlling or abusive behavior towards a complainant, where such conduct harms or may cause imminent harm to the safety, health or well being of the complainant; or
- xiii. Deprivation.

Economic Abuse includes: “(i) the unreasonable deprivation of economic or financial resources to which a complainant is entitled under the law or which the complainant require out of necessity, including household necessities for the complainant, and mortgage bond repayments or payment of rent in respect of the share residence; or (ii) the unreasonable disposal or seizure of household effects or other property in which the complainant has an interest including any equitable or legal interest.”

3.0 ARE THERE ANY LAWS THAT REGULATE DOMESTIC VIOLENCE IN LAGOS STATE?

In Lagos State, the Prevention Against Domestic Violence Law, 2007 was passed to provide protection for victims of domestic violence. The law is made not only to protect women who are most times the target of domestic violence, but also to safeguard the interests of men, children, servants/maids, and everyone who may be a victim of domestic violence

3.1 The Prevention Against Domestic Violence Law, 2007 applies to persons that are in a domestic/ cohabiting relationship, i.e- married which includes but not limited to marriage under the law or Native Law and Custom, cohabiting or, domestic staff. The

underlining word is the parties must in a domestic/ *cohabiting* relationship.

3.2 The Law empowers a victim in a Domestic Violence relationship to approach the court for certain reliefs, namely-

1. An order to stop the Abuser from further committing any act of Domestic Violence
2. An order prohibiting the Abuser from enlisting the help of another person to commit such act
3. An order restraining the Abuser from entering the residence shared with the complainant
4. An order restraining the Abuser from entering the Complainant's place of work
5. An order compelling a police officer to accompany the Complainant to a specific place/home for the collection of personal properties.

The court can also grant certain maintenance orders, which include but not limited to-

- (a) Payment of house rent or mortgage
- (b) Feeding allowance
- (c) School fees for the children
- (d) Monthly expense allowance.

3.3 Conversely, the Law appreciates the fact that in certain circumstance, the victim may not be willing or bold enough to seek for help. It therefore provides for other individuals that may approach the court on behalf of the victims which include-

1. Counselor;

2. Health service provider;
3. Police Officer;
4. Social worker;
5. NGOs;
6. Teachers,
7. Parents or guardians;
8. Family members; and
9. Persons who have an interest in the well being of the victim.

3.4 So by this law, “busy bodies” can file an application for Domestic Violence as long as the victim gives his or her consent to the application being filed on their behalf. The Law however provides that the consent of the victim will however not be necessary where any of the following class of people is a victim of domestic violence-

- a) A minor(below the age of 18);
- b) Mentally retarded or an insane person;
- c) An unconscious person (i.e. person who fainted in the process of the violence);
- d) A party who does not want to give consent because of fear or because he or she thinks the court may refuse his or her application, and what might happen to him or her if the application is not granted.

4.0 AM I IN AN ABUSIVE RELATIONSHIP?

Working out whether you're in **an abusive relationship** isn't always easy. Learning the **signs of an abusive relationship** can give some perspective. Thinking that abusive behaviour is your fault is a **common feeling**, but it's important to know that you're never to blame for another person's behaviour.

4.1 You may be in an abusive relationship if you experience ANY of the below described situations.

Possessiveness:

Checking on you all the time to see where you are, what you're doing and who you're with.

Trying to control where you go and who you can see and getting angry if you don't do what they say.

Quick Involvement:

A victim often has known or dated the abuser for a brief period of time before getting engaged or living together. The abuser will pressure the victim to commit to the relationship. A victim may be made to feel guilty for wanting to slow the pace or end the relationship.

Jealousy:

Accusing you without good reason of being unfaithful or flirting. Isolating you from family and friends, often by rude behaviour.

Put downs:

Putting you down, either publicly or privately, by attacking your intelligence, looks, mental health or capabilities.

Constantly comparing you unfavourably with others.

Blaming you for all the problems in the relationship, and for the times they are out of control or violent.

Threats:

Yelling, sulking and deliberately breaking things that you value.

Threatening to use violence against you, your family or friends

Saying things like 'no one else will want you'.

Physical and sexual violence:

Pushing, shoving, hitting, grabbing, making you have sex or do things you don't want to do

Harming you, or your family members

4.2 Other Signs to watch out for:-

- ≈ You are frightened by your partner's temper.
- ≈ You feel intimidated by your partner.
- ≈ You often give in because you are afraid of your partner's reaction.
- ≈ You find yourself being criticized for daily things, such as your cooking, clothes, and/or appearance.
- ≈ You are humiliated or degraded by name-calling, put-downs, and accusations.
- ≈ Your partner makes frequent threats to withhold money, resources, take away children or have an affair.
- ≈ You have been forced or pressured into having sex.
- ≈ Your partner falsely accuses you of being unfaithful.
- ≈ You have been kicked, hit, shoved, restrained or had things thrown at you by your partner.
- ≈ You feel isolated and alone.
- ≈ Your partner humiliates you in private and/or in front of other people.
- ≈ Your partner threatens to harm himself or herself if you leave.
- ≈ Your partner prevents you from taking a job you wanted or going to school or having hobbies.
- ≈ Your partner prohibits you from spending time with friends and family.
- ≈ Your partner manipulates you into doing things you feel are wrong or harmful.

4.3 Things you might feel in an abusive relationship

❖ 'My partner isn't violent all the time - they love me'

A violent relationship may not be violent all the time and the person who is violent may seem very loving at other times and sorry for their behaviour. This can make it hard to stay angry and upset with them. However, the chance of their violent behaviour continuing is quite high. Abusers are often very charming and sweet with other people, especially if they are trying to manipulate other people's view of them.

❖ 'Things will get better - they don't mean it'

After a violent event, it's common for both of you to try and make it ok by making excuses, apologising, or promising to change. Sometimes the violent person may even blame you – saying things like 'it wouldn't have happened if you didn't...'. Things might settle down for a little while but it's often only a matter of time before the build-up to violence starts again.

❖ 'It's so confusing - I'm sure it's a one-off'

If you are experiencing violence in a relationship, things can feel very confusing, especially if it's your first relationship. You might not be sure what behaviour to expect. Abusers often work on your sense of what is real to make you feel confused or even that you are going crazy. Statistically though, if someone is violent once they are far more likely to be violent a second time.

❖ 'Maybe it's my fault'

You might begin to think that the violence is your fault. The abuser will probably tell you that it is. The truth is that no matter what you do, another person's behaviour is never your fault.

❖ **'I'm scared of what will happen if I leave them'**

In an abusive relationship, it's not unusual to be afraid of leaving the person you are with. This can be for a number of reasons, such as fearing for your own safety, or being fearful of what the person might do to themselves.

You might also be afraid of not being able to make it on your own. But it's important to remember that you're not on your own and there are people who can help you every step of the way.

5.0 MYTHS ABOUT DOMESTIC VIOLENCE

Myth- Domestic violence is due to poverty or lack of education.

Fact: Domestic violence is common throughout all levels of society, whether rich or poor. It is often easier to keep the violence hidden when a person has money and important friends, but it happens nonetheless. There is no evidence to support the idea that uneducated or poor people are more likely to abuse their wives or partners than are more educated and affluent people.

Myth- Domestic abuse is a one-off incident.

Fact: Very rarely is abuse a one-off. Most often it is part of an ongoing means of establishing and maintaining control over another person. Abuse tends to increase both in velocity and extent over a period of time.

Myth- Abusers are always coarse, nasty, violent men and easily identified

Fact: Abusers are often apparently charming, generous and well-presented people who can hold positions of social standing. Abuse is kept for those nearest to him or her, to the privacy of their own homes. This Jekyll and Hyde tendency of the abuser can further confuse and frighten the person being abused, as the person in private is so very different to the person everyone else sees. It can also mean that when the person being abused finally does try to tell

his/her friends, family or acquaintances of the abuse, he or she is not believed, because the person they are describing simply doesn't fit the image portrayed in public.

Myth - Domestic violence only happens to poor women and women from particular parts of the country

Fact: Domestic violence happens in all kinds of families and relationships. Persons of any class, culture, religion, sexual orientation, marital status, age, and sex can be victims or perpetrators of domestic violence.

Myth- Some people deserve to be hit.

Fact: No one deserves to be abused. Period. The only person responsible for the abuse is the abuser. Physical violence, even among family members, is wrong and against the law.

Myth- Alcohol, drug abuse, stress, and mental illness cause domestic violence.

Fact: Alcohol use, drug use, and stress do not cause domestic violence; they may go along with domestic violence, but they do not cause the violence. Abusers often say they use these excuses for their violence. Although alcohol and drugs are often associated with domestic violence, they do not cause the violence. Many men who beat their wives do not drink. Men who drink and beat their wives usually do not beat random people on the street, their parents or their bosses. They direct their violence only at their wives.

Domestic violence and substance abuse must be understood and treated as independent problems. Domestic violence is rarely caused by mental illness, but it is often used as an excuse for domestic violence.

Myth- Domestic violence is a personal problem between a husband and a wife.

Fact: Domestic violence affects everyone in a cohabitating relationship, namely- boyfriend and girlfriend, children, domestic staff and employers.

Myth- Men who abuse are violent because they cannot control their anger and frustration.

Fact: False. Domestic violence is intentional conduct, and batterers are not out of control. Their violence is carefully targeted to certain people at certain times and places. They generally do not attack their bosses or people on the streets, no matter how angry they may be. Abusers also follow their own internal rules about abusive behaviors. They often choose to abuse their partners only in private, or may take steps to ensure that they do not leave visible evidence of the abuse. Batterers also chose their tactics carefully—some destroy property, some rely on threats of abuse, and some threaten children. Studies also indicate that in fact, some batterers become more controlled and calm as their aggressiveness increases.

Myth: Domestic violence is a problem, but only in remote rural areas.

Fact: False. Domestic violence has been documented in both rural and urban areas. Domestic violence is a problem everywhere.

Myth- Children who are raised in an abusive household, but are not abused themselves, are not affected by the abuse.

Fact: The psychological impact of being raised in an abusive household can be profound. Many children develop cognitive and psychological problems after having experienced abuse second-hand. Eating disorders, sleeping disorders, depression, aggressive

behavior, destructive rages, stuttering, shaking, and declined problem-solving skills are all symptoms of such abuse. Males and females who see their parents physically attack each other are three times more likely to hit their own partners than those who have non-violent parents. The sons of the most violent parents have a rate of wife-beating 10 times greater than the sons of non-violent parents.

STATEMENT- *If it were that bad, she would just leave.*

There are many reasons why women may not leave. Not leaving does not mean that the situation is okay or that the victim wants to be abused. A battered woman has many legitimate reasons for staying in a violent relationship. There are many social, economic and cultural reasons a woman might choose to stay in an abusive relationship.

These reasons are rational. Often, there is no place for her to go. She may not have a way to support herself or her children if she leaves, feel embarrassed or humiliated about the abuse, or fear that her friends, family and community will blame her for the abuse. She may be reluctant to leave for emotional or religious reasons. In addition, leaving entails substantial risks. She may fear that a batterer will carry out threats to harm her, himself the children, friends or family.

6.0 WHY IT HAPPENS

There can be a number of reasons why abusive relationships happen.

➔ **Control**

The most likely key reason that the abuser acts as they do is for the sense of control that it gives them. They act to control every aspect of the other person's life with the threat of abuse being used as coercion and to weaken resistance. The abuser needs to always be the boss, superior in every regard. In this position they can make demands and avoid all responsibility,

blaming everything on the abused person.

→ **The dominant male**

Although women can be abusive, the most common situation is of men abusing women. There is an [evolutionary](#) argument for this, that men are naturally aggressive and will seek to be dominant. In particular an 'alpha male' has a strong tendency to seek a superior position of control.

Men who abuse women may want to dominate other men (which is how men can achieve status and attract mates) but have largely failed in this. As a result, they seek an easier target in physically weaker women.

Male abusers often have strong opinions about gender roles, with the woman as the subservient housewife and the man as the strong controller. This is supported by social norms that subtly tell them they are in charge. They may also have had early evidence with a controlling father, priest or teacher.

→ **Dominant women**

Not all abusers are men. The archetypal dominant wife who exerts close control over the 'little man' does exist. Such women can be highly abusive, although seldom in a physical way. Yet with [histrionics](#) and constant nagging, the man is psychologically worn down and goes in constant fear of his partner ever opening her mouth.

Female dominance and abuse can also appear in other forms. Where they have power and where they seek a high level of control, they may use all means at their disposal to achieve their selfish ends. This may even include physical abuse if the man is

so cowed or physically inferior as not to respond in kind.

Two methods that abusive women use are denial and departure, both of which act on the fear of loss. They threaten or actually take things away, such as meals, money, sex, children or themselves. They may also take away approval, dignity and reputation. The woman may also threaten to tell others what a bad person the man is (most people will more easily believe that the man, rather than the woman, is the abuser). Children often are a powerful lever as most men know that divorce settlements are more likely to award custody to the woman.

→ **Abusive past**

A common pattern is that people who were abused, or witnessed abuse, become abusers. One reason for this is a perception that there are only two roles: abuser or abused. This is the same reason that people become bullies, in school, work and other contexts. In abusing their partner, there can be a twisted logic where they are indirectly taking revenge on their historical abusers.

→ **Victim mentality**

While it is a trap for the abused person to think it is all their fault, they may subconsciously be encouraging the situation. Thinking of oneself as a victim means absolution from responsibility from any action to resolve the situation. It makes the other person wholly to blame and justifies feelings of hopelessness. Such thinking only serves to make the situation continue without resolution.

7.0 WHY DO PEOPLE STAY IN ABUSIVE RELATIONSHIPS?

Financial dependence- For instance, an abused stay-at-home mother may feel that she cannot leave her abusive relationship because if she did, she would have no way of providing for her children. This is more often than not deliberate on the part of the abuser to ensure that the woman remains completely dependent on him, thereby making the likelihood of her leaving

Religious or cultural background- Some people stay because they believe that is the proper thing to do, given their religious or cultural background. Some practicing Catholic people, for example, believe that divorce is a bad thing to be avoided at most all costs. They may be motivated to put up with a lot of spousal abuse because the alternative is to go against the teachings of their church. Still other abused people may rationalize staying in abusive relationships because they think it is the right thing to do for their children.

Children:- Some abused people may rationalize staying in abusive relationships because they think it is the right thing to do for their children. They might say to themselves, "If it was just me, I'd leave this marriage, but my children will be better off coming from an intact home than from a divorced one". **This may not be a rational position to take in all cases; the children may be in fact far more damaged by staying in proximity to an abusive father than they would be by being raised by a single mother.** However, regardless of the truth of any of these rationalizations, the belief that they are true is more powerful than whether or not they are really true.

Cycle of abuse- In a typical instance of domestic abuse (where one partner is abusive towards the other), abuse tends to occur

periodically (cyclically), rather than constantly (all the time). There is no clear beginning to the cycle of abuse, but for purposes of describing it, we can start at an arbitrary stage along its progression. An event occurs, whether real or only imagined by the abuser that generates feelings of anger or even rage.

These feelings then lead to the second stage of the cycle, which is where the actual abusive behavior occurs. Such behavior may be verbal, physical, emotional/mental, or sexual in nature. If the cycle stopped here and stayed constant, most victims would find it very easy to leave and not endure abuse for long periods of time. However, shortly after the abusive event occurs, the abuser frequently expresses remorse or guilt and wants to apologize. The abuser will swear, "It will never happen again" and may shower the victim with gifts and demands that the victim forgive him or her. There may be so-called "makeup sex" which can be quite pleasurable and provide the victim with a sense that he or she is valued, and really loved. In a parent/child abusive relationship, guilt over abuse may be expressed as special privileges or gifts for the child victim.

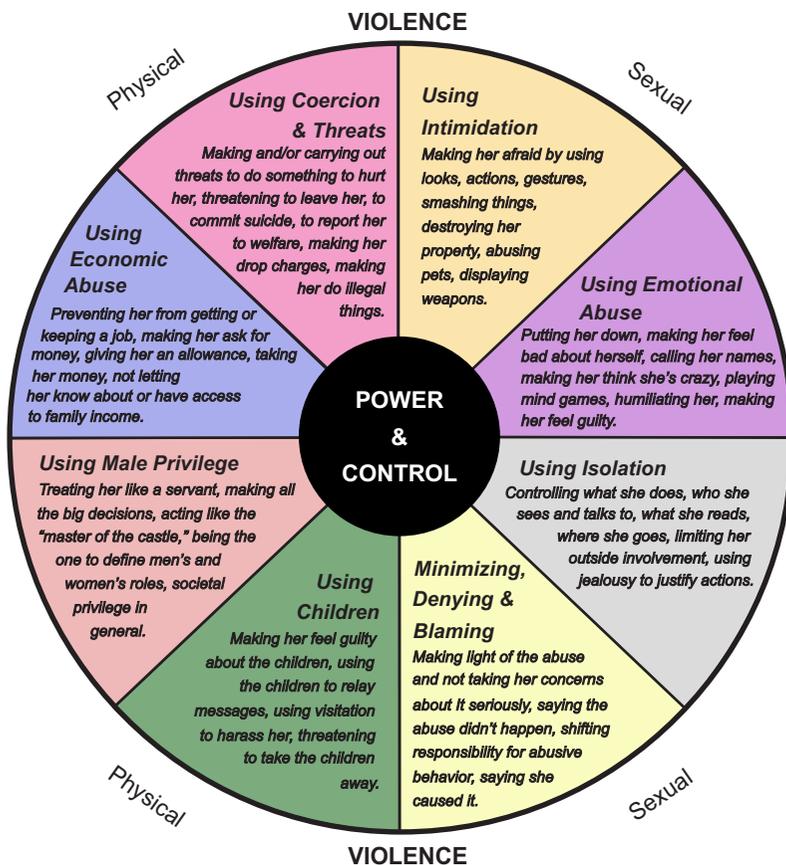
Following the guilt and making up stage comes a "honeymoon" or latency period during which things are good for a while between the partners. Inevitably, in truly abusive relationships, the latency period ends with the beginning of another abuse episode; the abuser again feels angry, disrespected or treated poorly in some way and the cycle starts all over again.

Low self esteem- Victims may have any number of low-self-esteem type beliefs that also keep them paralyzed and willing to accept something that is merely "good enough." They may believe that they will be alone forever if they go out on their own. They may

believe that they are so damaged that they would only pick another abusive partner anyway so why not stay with this one? They may believe that they don't deserve any better than to be beaten or raped on a semi-regular basis. Abusers may reinforce this lack of self-worth by saying that abuse is normal, that they are over-reacting, etc.

8.0 POWER WHEEL

Does any of the below listed instances apply to your situation? If it does, you might be in an abusive relationship



9.0 WHAT TO DO IF YOU ARE IN AN ABUSIVE RELATIONSHIP

9.1 This is something everyone needs to know. Address abusive behavior as soon as you sense it in your relationship. Your first reaction to abuse makes all the difference.

Most of us overlook the first abuse because we're in love or care too much about this person. But your reaction to the first verbal abuse or the first punch will determine how the future of the relationship would turn out. If you accept it meekly, or even try to apologize for making a mistake, you're paving the path to more pain and darker abuse.

9.2 You may want to downplay the abuse, telling yourself "it's not so bad," or "so many other people have it so much worse." But that's irrelevant - if you're being abused even a "little," it's too much. Why? Domestic violence often escalates from threats to verbal abuse to physical abuse. And NO ONE deserves to be abused.

9.3 If you are in an abusive relationship, you have two choices. You can stay in the relationship and try to stop the violence or you may need to leave the relationship. Either way, don't do it alone. Don't try to confront your abuser by yourself or try to leave without a well-established plan and help from others. It is important to carefully plan the right time to safely leave. Without help, your plan will probably fail, and you will probably receive more abuse from an angered partner.

- 9.4 There are many places for you to seek help:
- ♥ Friends and family
 - ♥ Hotlines for advice and guidance
 - ♥ Shelters where you and your children can stay temporarily

- ♥ Support groups where you can talk to other people in the same situation
- ♥ Legal advice to guide you if wish to separate or to get a restraining order
- ♥ Medical and health professionals who can care for your physical and emotional wounds
- ♥ Religious leaders who can support and counsel you

These people can give you emotional support if you decide to stay in the relationship. If you decide to leave, they can give you practical advice and assistance.

10.0 DEVELOPING A SAFETY PLAN

- 10.1 If you decide that you need to leave the relationship, it is very important that you have a safety plan. Being prepared and having a set plan will help you successfully and safely escape the abusive relationship. To develop your safety plan, you should:
1. Memorize these important phone numbers (or keep a list in a safe place, or write them on the bottom of your shoe):
 - police (112)
 - domestic violence hotline
 - friends
 - shelter
 2. Tell a neighbor you trust about the abuse in your home. Ask them to call the police if she hears suspicious noises coming from your home or if she has not heard from you or seen you in a certain amount of time.
 3. If you still live with your abuser, find a safe room in your home where you and your children can hide. Then:
 - if possible, install a deadbolt lock in that room that can only

be locked from the inside.
 -Get a cell phone and carry it with you all the time.

4. Think of at least four safe places you can go if you leave your home. You might:
 - stay with a friend or family member
 - go to a women's shelter
 - call 112; they can help you find a safe place
 - If you are woman, do not stay with a man unless he is a blood relative. Moving in with another man may hurt your ability to get custody of your children. It may also cause conflict with your abuser.
5. Always have spare change for a phone call.
6. Consider opening a savings account, so you will have access to money when you leave.
7. Review your escape plan and regularly rehearse your escape route with a support person.
8. Take special care. If you feel that your partner may stalk you, do not to leave a trail.
9. Put together an escape bag that contains important items, and leave it at a friend's house or in a safe place. If possible, try to include the following things in your bag:
 - i. Address book
 - ii. Birth certificates for you and your children
 - iii. Change of clothing
 - iv. Children's favorite toys, blankets, etc.
 - v. Divorce papers, custody agreements (if applicable)
 - vi. Drivers license and registration

- vii. Identification
- viii. Insurance papers
- ix. Keys—car, house, office
- x. Lease/rental agreements
- xi. Medication
- xii. Money, bank books, ATM cards
- xiii. Passport
- xiv. School and medical records

11.0 Walking away... Getting your power back

11.1 Studies have shown that battered women are in the greatest danger of severe or even lethal attacks when they attempt to leave, and she is the only one who can judge when it is safe for her to do so. Leaving can be dangerous.. Many victims however do leave and lead successful, violence free lives.

Rebuild your self confidence:- Remember that you are on a new journey, getting yourself back may take time. The below listed activities are steps you can take to get “yourself” back-

- i. Stay away from negativity and bring on the positivity,
- ii. Change your body language and image,
- iii. Don't accept failure and get rid of the negative voices in your head, for tough times,
- iv. Set realistic goals for yourself. This would serve as a motivating factor and take your attention off the abuser.
- v. Exercise regularly: go out for a brisk walk every day, and take more vigorous exercise (exercise that makes you break into a sweat) three times a week.
- vi. Think positively about yourself. Remind yourself that, despite your problems, you are a unique, special, and valuable person, and that you deserve to feel good about yourself.
- vii. Ensure that you are getting enough sleep.

- viii. Do more of the things that you enjoy doing. Do at least one thing that you enjoy every day, and remind yourself that you deserve it.

On the other hand, avoid people, places, and institutions that remind you of the abusive relationship. This could mean being more assertive.

Restore your social life:- Once you have left, spend a lot of time talking with people you trust and enjoy. Many people become isolated from friends and family while they are in abusive relationships. If this is the case for you, try to reconnect with those people you have been missing.

Financial independence:- Before leaving or as soon as you leave, ensure you get a job, acquire a skill and protect yourself from debt. Ask for help from your friends, family or co-workers. It would be touch succeeding without the help of others. Swallow your pride and be a burden for a little while. Hopefully you would return the favour in the near future.

Financial independence would cost you time, energy, resolve, humility and focus. But the rewards would definitely be worth it.

Seek therapy:- Most victims of abuse have suffered emotional or psychological trauma from their relationship. A therapist can help you work through your feelings of trauma and help you form healthier relationships in the future.

Do not give your past abuser “another chance.” It is very common for abusers to apologise and say that they will never abuse you again. If your partner approaches you and claims to have changed, you may feel pity for your partner. However, it is important at this stage to stick to your decision. A person who abused you before will likely abuse you again.

SUPPORT SERVICES AVAILABLE

APPENDIX 1:RELEVANT GOVERNMENT AGENCIES

1. **Office of the Public Defender-** 08129460800
*2/8 Iyun Street, Stadium/Barracks Bus Stop
Surulere*
2. **Ministry of Women Affairs and Poverty Alleviation -**
*Block 18
The Secretariat
Alausa*
3. **Ministry of Youth and Social Development-** 08055902175
*Block 18
The Secretariat
Alausa*
4. **Directorate of Citizens' Rights-** 08029293003
*1st Floor
Ministry of Justice
Block 2
The Secretariat
Alausa*

CIVIL SOCIETY ORGANISATIONS

Womens' Rights and Health Project (WRAHP)- 08125346052

*196 Ejigbo Egbe Road
by Ilepo Bus Stop
Ejigbo*

Project Alert on Violence Against Women-08033047711

*21, Akinsanya Street
Off Isheri Road,
Taiwo Bus stop (Behind FRSC)
Ojodu-Berger*

God's Home for Women Foundation- 08027775001

*3, Tola Sonoiki Street,
Ikega
GRA*

Legal Defence and Assistance Project (LEDAP)-08053779433

*11b, Christ Avenue, Off Admiralty Road
Lekki Phase 1
Lagos*

Community Women's Rights Foundation -08033009523

*Igbogbo Ikorodu
Plot 12, Agudindu Street
Off Selewu Road
Igbogbo*

WOMEN ARISE FOR CHANGE INITIATIVE-08023154585

*26, Adebowale Street, Ojodu
Sabo
Lagos*

Mirabel Centre-08187516199

Lagos State University Teaching Hospital (LASUTH)

GRA

Ikeja

LAGOS STATE GENDER ADVOCACY TEAM (LASGAT)-

08033060133

C/O State Accountability and Voice Initiative

8 Sadiku Street

Agidingbi

Ikeja

OTHER INFORMATION SERVICES

Lagos State Domestic and Sexual Violence Response Team

0813-796-0048

Office of the Coordinator

Room 308, Ministry of Justice

Block 2, The Secretariat

Alausa- Ikeja