

Did you know that at least 1 in 3 women experience intimate partner violence?

It may be your good friend or a neighbour. Or maybe – it is you..?

- Do you often fear your intimate partner?
- Does your partner intimidate you and criticize your activities?
- Does he limit your opportunities to see your friends or relatives?
- Has he ever raised a hand against you or threatened you?
- Do you tend to feel emotionally down and feel hopeless about your relationship with your partner?

If you answered **YES** to one or more of these questions, it may mean that you are experiencing intimate partner violence.



Why is it often difficult for women to leave their abusive partners?

Most often the violence that women experience from their intimate partners is a long-term systemic abuse, which manifests as various strategic demonstrations of power and control through manipulations (see the *Power and Control Wheel*): threats, intimidation, undermining, destroying of a woman's self-confidence, making her increasingly dependent on her partner, etc.

When a woman tries to resist or oppose her psychologically and emotionally abusive partner, it is highly likely that he may start using physical and/or sexual violence in order to keep his control over her. Thus, a woman's efforts to break away from the abuser greatly increases her risk of being injured; also a divorce does not guarantee that the violence will end.

Where to get help?

www.moterysmoterims.lt

Online peer-support forum
for women

www.visureikalas.lt

More information on how
to recognise systemic violence
and where to get help

8 800 66366

www.moters-pagalba.lt

24/7 Helpline for women

112
SKUBI PAGALBA

In the event of any outbreak of
violence, call the emergency
line 112 immediately

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