

Intimate Partner Abuse

MYTH

Domestic violence is a personal or family issue.

Domestic abuse is not often a serious problem.

The victim/partner may have provoked it.

Women /men cannot be equally violent in relationships.

Domestic abuse is not a problem in our community.

The victim can just leave.

FACT

It's everyone's issue. There is a cost to societies for the abuses that occur behind closed doors.

Every act of domestic abuse is serious.

Disagreement or conflict should not be resolved with violence.

Victims are not exclusive to one gender
During an altercation, recognize that self-defense and violent attack are different.

Domestic violence occurs in every society, socio-economic and age group.

Threats of harm, including death to the victim and/or children, keep many battered women/men trapped in abusive situations.



Lead My Way

... To a Better Future!



It's too late now

He stood
His arms stretched across the doorway
Like a powerful unwanted dam
What can he give her now?
The cup of a failed marriage is brimming over
With mouthfuls of anger
And a chest full of abuses.

“How black are you going to beat me?
How harsh are you going to hurt me?
My blackness now so strong
Will put yours to shame
And like a herd of elephants on the run I will pull your trunk off the ground
Jerking your stretched arms away.”

How long will the callous tree hold the day?
The tiniest
Submerged root
Finds a way.



Poem By: Anita Nahal's just released collection of poetry, **“Hey, Spilt milk is spilt, nothing else”**