

**YOU CAN APPLY FOR A PPO
OR DEO AT:**

- **The Family and Juvenile Court**
Tel: 6435 5077
- **Promoting Alternatives to
Violence (PAVE)**
Tel: 6555 0390
- **TRANS SAFE Centre**
Tel: 6449 9088
- **Care Corner Project StART**
Tel: 6476 1482

If you are below 21 years old, a relative, guardian, social worker or person responsible for your care can apply for a PPO on your behalf. To apply, bring your identity card (NRIC) or birth certificate and any police or medical report if applicable.

Everyone has the right to feel safe in their home. Family violence is not a private family matter. Everyone has a duty to stop it.

If you or a relative, friend, colleague or neighbour is in an abusive relationship, the pain should not go on. Get yourself some help, or help the victim find the courage to get help and put a stop to the violence.

DO SEEK HELP EARLY

HELP LINES

ComCare Call
1800 222 0000

FAMILY VIOLENCE SPECIALIST CENTRES

PAVE
6555 0390

<http://www.pave.org.sg>

TRANS SAFE Centre
6449 9088

<http://www.transfamilyservices.org.sg/safe.html>

Care Corner Project StART
6476 1482

<http://www.carecorner.org.sg/start.html>

You can also find more information at:
<http://www.stopfamilyviolence.sg>



FAMILY VIOLENCE DESTROYS LIVES

SEEK HELP EARLY



Stop Family Violence

If you are, or someone you know is experiencing family violence,
call ComCare Call at 1800 222 0000

Visit www.stopfamilyviolence.sg

STOP FAMILY VIOLENCE



Have you ever been slapped, punched, kicked, choked or threatened by a family member? Don't make excuses for it or blame yourself, because it is **NOT YOUR FAULT** – Nobody deserves this treatment.

WHAT IS FAMILY VIOLENCE?

Family violence is any violent, threatening or controlling behaviour that occurs within the family. This includes not only physical injury but direct threats, sexual assault, emotional and psychological distress, damage to property, forced restraint, being forced to avoid friends and family members and any behaviour which causes a person to live in fear.

WHAT CAN YOU DO?

If you are a victim of family violence, seek help early. It does not only affect you, it affects the whole family unit – including children. International research shows that children who are exposed to violence in the home tend to have behavioural and sleeping problems and may demonstrate violent behaviour themselves. You do not have to feel powerless, because there are places to get help. Take that step to end the cycle of violence and start living – without fear.

VISIT A FAMILY SERVICE CENTRE

Call any of the help lines or go to the nearest Family Service Centre. Social workers can advise you on how to protect yourself and your family members as well as provide practical assistance. They can also help the abuser stop the violent behaviour.

MAKE A POLICE REPORT

A police report is useful if you wish to apply for a Personal Protection Order (PPO). The police can also provide you with a referral letter to undergo a medical examination and treatment at the polyclinic or hospital.

GET MEDICAL TREATMENT IF YOU ARE INJURED

Seek medical attention at your nearest hospital or clinic and have your injuries documented as evidence of the abuse.



GO TO A RELATIVE OR FRIEND'S HOME OR A CRISIS SHELTER IF IT IS NOT SAFE AT HOME

If you have to leave home immediately, you should explore either staying with friends or relatives. If you have no place to go, there are crisis shelters where you can stay temporarily. Approach a Family Service Centre or the police if you need placement in such a shelter.

GO TO THE FAMILY COURT FOR A PROTECTION ORDER / EXPEDITED ORDER

You can apply to the Court for:

- A Personal Protection Order (PPO) to stop the family violence;
- An Expedited Order (EO) if there is imminent danger of family violence being committed against you or your family member; and/or
- A Domestic Exclusion Order (DEO) to prevent the perpetrator from entering your home or from parts of your home.

You can apply for a PPO/EO from the Family Court on your own if you are 21 years old and above. If you are below 21 years old, your relative, guardian or any person responsible for your care or a social worker can apply for a PPO on your behalf.