

How can you lend a helping hand when you suspect someone is abused?



DO approach the victim in private.

DO accompany the victim to the doctor if needed.

DO approach any of the following agencies or sources of help:

- Police
- National Anti-Violence Helpline (NAVH)
- Family Violence Specialist Centres
- Child Protection Specialist Centres



DON'T downplay or dismiss the violence and tell the victim that everything will be fine or that abuse is normal.

DON'T lose your patience if the victim refuses to seek help. Continue to support and keep in touch with him/her.

Do not stay silent or walk away when you witness violence.

**You can STOP the violence.
Step in. Offer Help.**

Call the National Anti-Violence Helpline (NAVH)*

1800-777-0000

**Operating hours: 24 hours daily, Monday to Sunday*

For more information, please visit:
www.msf.gov.sg/breakthesilence



MINISTRY OF
SOCIAL AND FAMILY
DEVELOPMENT

**BREAK THE
SILENCE**



UNDERSTANDING FAMILY VIOLENCE

Have you been slapped, punched, kicked, choked or threatened by a family member? Nobody deserves this treatment – don't suffer in silence, help is available.

WHAT IS FAMILY VIOLENCE?

Family violence is any violent, threatening or controlling behaviour that occurs within the family. It can happen between spouses, parents and children, siblings and relatives.

SIGNS AND SYMPTOMS

Physical Abuse

- Bruises, cuts, burns
- Broken bones, internal injuries
- Wrongful confinement

Emotional and Psychological Abuse

- Constant criticism, name-calling or shouting
- Private or public humiliation
- Insulting or threatening to harm friends and family
- Constantly requiring you to report what you do or where you go
- Not allowing you to contact your family or friends
- Throwing and destroying things

Sexual Abuse

- Sexual touching of any kind that is unwanted or coerced

Neglect

- Not attending to your medical needs
- Denying you food over a period of time
- Not providing a child, elderly or mentally incapacitated person proper care and supervision
- Not allowing social contact

TYPES OF ABUSE



**Dating
Violence**



**Spousal
Abuse**



**Child
Abuse**



**Elder
Abuse**



**Vulnerable
Adults Abuse**