

## There are many kinds of domestic violence

### Psychological violence

#### Your partner

- Humiliates and scorns you;
- Doesn't believe the child is his;
- Keeps you from seeing your family or friends, or accepting their help.

### Verbal violence

#### Your partner

- Orders you around in a menacing way;
- Raises his voice, shouts, and insults you;
- Threatens you.

### Physical violence

#### Your partner

- Roughs you up, pulls your hair;
- Doesn't let you go out;
- Beats you, shakes you, and even tries to harm your unborn child.

### Sexual violence

#### Your partner

- Forces you to have sex (spousal rape);
- Sulks when you refuse to have sex and threatens to see other women;
- Makes you watch movies with sexual content.

### Economic violence

#### Your partner

- Monitors all your purchases for the baby;
- Refuses the idea that you'll go back to work;
- Controls the budget singlehandedly and doesn't give you any money.

## RESOURCES THAT CAN HELP

Talk with someone you trust, like your doctor, a nurse, or a social worker. You can be assured that they'll keep your discussion confidential.

### There are many resources that can help:

- S.O.S. violence conjugale call 1-800-363-9010
- Women's shelters
- Women's centers
- Integrated health and social services centre (CISSS) and integrated university health and social services centre (CIUSSS)
- In case of emergency, call 9-1-1

For a  
peaceful  
pregnancy  
SPEAK UP

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## Are you worried about your safety and that of your baby?

It's natural for couples to have disagreements. However there's no excuse for using violence to settle conflicts.

## Domestic violence is unacceptable.

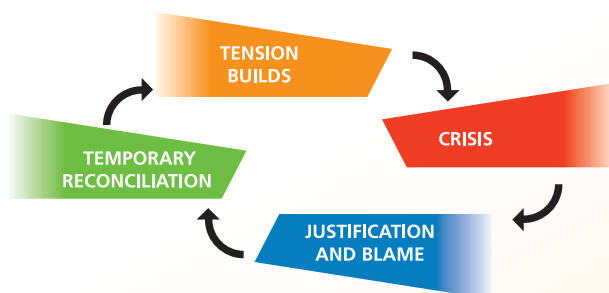
Domestic violence isn't a loss of self-control, but a way to deliberately dominate and exert control over another person. Domestic violence can occur in ongoing relationships, or in those that have ended.

## For a peaceful pregnancy, speak up.

### You're not alone

- Almost one in every 10 women admits to having experienced one or more acts of violence in the past two years.
- Among women who have been victims of violence, 63.7% say they were pushed, grabbed, or roughed up in ways that could have injured them.
- Nearly 18% of women abused during pregnancy suffer miscarriages or internal trauma after acts of violence.

## Domestic violence usually goes through 4 stages



### Tension builds

Your partner flies off the handle, gives you threatening looks, refuses to talk to you.

You worry and you try to improve the atmosphere, paying close attention to what you do and say.

### Crisis

Your partner engages in verbal, psychological, physical, sexual, or economic violence.

You feel humiliated, sad, powerless—and sense that the situation is unfair.

### Justification and blame

Your partner finds excuses to justify his behavior, making light of the seriousness of his actions and blaming you for what he did.

You think that it's your fault, so you try to understand his explanations and help him change his behavior although you're not sure you really understand what happened.

### Temporary reconciliation

Your partner asks forgiveness, says he's sorry, and he promises to become the "ideal man," never acting abusive again.

You become hopeful and give him another chance, trying to be supportive and notice his changed behavior.

## Domestic violence can harm you

- You feel worried, afraid, and ashamed;
- You feel guilty and powerless;
- You have trouble sleeping and lose your appetite;
- You have problems remembering things and turn to alcohol, medication, or drugs to help you block out your situation;
- You feel depressed.

## Domestic violence can harm your pregnancy and your baby

- Premature or low-weight births;
- Miscarriage;
- Eating and sleeping disorders in the newborn;
- Failure to grow and develop.

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