



How does violence affect women and children?

Domestic violence has many negative effects on women and children, and the impact is never just physical. Domestic violence affects all parts of a victim's life, such as her physical and mental health, her emotional wellbeing, her financial status, her relationships and friendships, her employment, and cultural connections..

Effects of psychological/emotional abuse

Effects of psychological/emotional abuse for women and children include:

- physical injury
- living in constant fear
- feeling worthless
- low self-esteem and loss of confidence
- depression
- feeling out of control
- a distorted sense of reality
- feeling suicidal/ committing suicide/self-harm
- violent thoughts or actions
- alcohol and drug abuse
- mental illness
- anxiety and worry
- inability to hold down work
- feeling whakama/shame, guilt or embarrassment
- withdrawing from family and friends
- bad relationships between you and your children



- eating and sleeping problems
- Post Traumatic Stress Disorder (PTSD)
- loss of energy, feeling apathetic
- loss of community and culture
- self-blame
- hurting others that are close
- copying controlling and violent behaviour.

Effects of physical and sexual abuse for women and children include:

- Death
- Permanent disability (blindness, deafness, epilepsy, loss of mobility)
- Hospitalisation for broken bones, concussion, head and spinal injuries, gynaecological problems
- Chronic, long-term illness
- Losing an unborn baby, or having a baby with birth defects
- Infertility
- Treatment for broken teeth, cuts, headaches, concussion
- Bruises, pain, trauma
- Isolation (staying home so people don't see the bruises; being avoided by others)
- Sexually transmitted infections (STIs)
- Unwanted pregnancies
- Sexual promiscuity
- Eating and sleeping disorders
- Hating or being ashamed of your body
- Not being able to have healthy sexual relationships
- As an adult, not being able to enjoy sex.