



Grupo Mulheres do Brasil  
Núcleo Sul da Flórida

**Don't confuse  
love with abuse**

**Say NO to  
domestic violence**

# What is Domestic Violence?

**Domestic violence is defined as a situation in which one partner threatens or abuses the other.**



**Violence can be emotional (psychological, moral and/or related to immigration), sexual, physical, related to property, and can also be in the form of child abuse.**



**Many cases of domestic violence occur due to the consumption of alcohol or drugs; however they can also be motivated by attacks of jealousy.**



**Most verified cases happen against the woman.**



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# Understanding the different types of abuse

# SEXUAL

- A jealous person who harasses you with imaginary events and assumes that you are going to have sex with anyone else who is available.
- Forcing you to undress when you don't want to.
- Publicly showing sexual interest in other people and not hiding extramarital relationships.
- Forcing a partner to perform certain undesired sexual acts, or to commit sadistic sexual acts.
- Rape or sexual coercion.
- Forcing you to have sex with other people.

# EMOTIONAL

- Ignoring your feelings and ridiculing or insulting your beliefs, values, religion, race, heritage or class.
- Continuously criticizing, offending and yelling at you.
- Regularly threatens to leave you.
- Threats to kidnap, injure or mistreat your children if you don't want to continue in the relationship, or don't want to do something.
- Manipulating you with lies and contradictions.
- Holding back sex and affection.

# FINANCIAL

- Not allowing you to work.
- If you are working, causing problems at your work; trying to get you fired.
- Keeping you in underemployment or in a job you don't like.
- Controlling money or resources, making you ask for money because everything is in the name of the aggressor.
- Refusing to work or share money.



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# **How to identify if you are on the verge of suffering domestic violence**



- 1. Are you being offended, cursed or made to feel guilty when things go wrong?**
- 2. Is your free time limited only to your partner's interest?**
- 3. Are you forbidden to use money, or can't buy anything for yourself?**
- 4. Is it impossible to enjoy friendships due to your partner's jealousy?**
- 5. Your partner has an unstable personality, you never know what to expect from him?**
- 6. Do you seek or make excuses for your partner's behavior?**

**7. Do you have to work harder than your partner, whether you are paid or not?**

**8. Do you feel you should ask for permission to do anything?**

**9. Are you sometimes punished for “bad behavior”?**

**10. Are you always the victim of humiliating jokes?**

**11. If you express an opinion contrary to your partner's, does it cause an argument?**

**12. Do you live in fear of your partner, or the one you love?**



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# If you answered 'YES'

## 1 or 2

Take note, and work together to improve problem areas.

## 3 or 4

Seriously examine the relationship and seek expert advice.

## 5 or 6

This is a relationship with problems, the issue is abuse. Counseling as a couple may not be appropriate until the fear is removed.

## 7 to 13

### **Crisis intervention required!**

Seek individual professional help with a therapist or counselor familiar with abuse issues. Joint therapy is not recommended.



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# Identifying physical violence



Threats: injured with a gun, killing you or killing a member of your family or a pet.



Pushing, slapping or punching, trying to strangle, starting a fire, choking, throwing objects at you.



Physically restrict your freedom to come and go.



Refusing to help you when you are sick or injured and/or not allowing you to eat properly.



Driving recklessly when you are inside the vehicle.

**Seek Psychological  
and Legal help**



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# **Declaration of Victim's Rights in the State of Florida**

- You have the right not to be emotionally or physically abused by your husband or wife.
- You do not have the right to abuse your spouse psychologically.
- You have the right to legal protection for yourself and your children, including a Protection Order.
- You have the right not to be harassed, persecuted or intimidated.
- You have the right to seek custody of your children to protect them from abuse, both temporarily and permanently.
- You have the right to privacy.

- You have the right to be safe from Domestic Violence in your own home, your workplace, and in the community.
- You have the right to seek court action against your abuser.
- You have the right to say no to unwanted sex.
- You have the right to seek an equal share of assets in the event of a divorce.
- You have the right to receive information from the police relating to local Domestic Violence agencies and centers, Protection Orders and injunctions.



# **The following institutions offer a range of services for adults and children who are victims of domestic violence**

**The provide support for victims  
regardless of immigration status,  
race, social class or marital status.**



# Who to turn to

**Psychological and legal guidance in cases of emotional, financial, sexual or social abuse, shelter and support in the case of physical violence or the threat of physical violence**

**EMERGENCY CARE**  
**FLORIDA**

**FLORIDA COALITION AGAINST  
DOMESTIC VIOLENCE**

**Toll Free: 800-500-1119**  
**24 hours a day**

[Click here](#) for a list of Florida Coalition Against Domestic Violence care organizations in the counties of the State of Florida

**BRAZILIAN CONSULATE**

**assistência.miami@itamaraty.gov.br**  
**psicologadoconsulado@gmail.com**

[https://miami.itamaraty.gov.br/pt-br/violencia\\_domestica.xml](https://miami.itamaraty.gov.br/pt-br/violencia_domestica.xml)

## **Daytona**

Family Life Center  
**(386) 437-3505**

## **West Palm Beach**

Harmony House  
**(561) 640-9844**

## **Orlando**

Hope And Justice Foundation  
**(407) 360-3426**

## **Miami**

**The Safe Place**  
**(305) 758-2546**  
**TTY: (847) 249-6557**

**The Lodge**  
**(305) 693-0232**

**CVAC - Coordinated Victims**  
**Assistance Center**  
**(305) 285-5900**  
**Psychological care and shelter**

## **Women in Distress**

**24-hours crisis hotline: (954) 761-1133**

**Outreach center: 954-760-9800 (ext . 1400)**

to schedule an appointment

**TTY: (954)-527-5385**

## **National Domestic Violence Hotline**

**Toll Free: (800) 799-7233**

**TTY: 1-800-787-3224**

## **Help Now**

**Domestic Violence and Sexual Assault  
Center Hotline:**

(English - Portuguese interpreter provided)

**(407) 847-8562**

**TTY: (407) 846-2472**

## **AVDA's Community of Hope**

**(561) 265-3797**

Aid to Victims of Domestic Abuse, Inc. (AVDA®)  
P.O. Box 6161  
Delray Beach, FL 33482

## **Lotus House**

**305-438-0556**

National Helpline: 1-800-786-2929

## **Florida Domestic Violence Hotline**

**1-800-500-1119 (Spanish/English/Creole)**

<https://www.fcadv.org/florida-domestic-violence-hotline-1-800-500-119>

<http://www.thehotline.org>

**TTY: 1-800-621-4202**

## **Womens Law – Legal Support**

**800-799-7233 (Spanish/English/Creole)**

<https://www.womenslaw.org/find-help/fl>

## **Broward Sheriff's Office – BSO's**

**Victim Services**

**(954) 321-4200**

**NON-EMERGENCY CARE**  
**BRAZIL**

**MINISTRY OF WOMEN, FAMILY AND  
HUMAN RIGHTS**

**Telephone: 100 (other occurrences)  
and 180 (domestic violence) in USA**

**Step 1 - Dial 1 800 745 5521**

**Step 2 - Enter 1 for service in Portuguese**

**Step 3 - Enter 1 for direct collect call**

**Step 4 - Dial 61 3535 8333**

- WhatsApp: +55 61 99656 5008
- Instagram DIREITOS HUMANOS BRASIL
- Download the DIREITOS HUMANOS BRASIL App



**Note: Complaints will be forwarded  
to the Brazilian Consulate**

COMMITTEE FOR THE  
COMBAT OF VIOLENCE  
AGAINST WOMEN



**Guide developed by  
Grupo Mulheres do Brasil Sul da Florida**



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Sul da Flórida

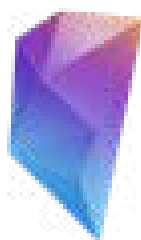
SECRETARIA NACIONAL  
DE PROTEÇÃO GLOBAL

MINISTÉRIO DA  
MULHER, DA FAMÍLIA E  
DOS DIREITOS HUMANOS



UNITED NATIONS ASSOCIATION  
OF THE UNITED STATES OF AMERICA

Miami Chapter



**TITANIUM**  
DIGITAL MARKETING

