

Have you experienced any of the following with your partner?

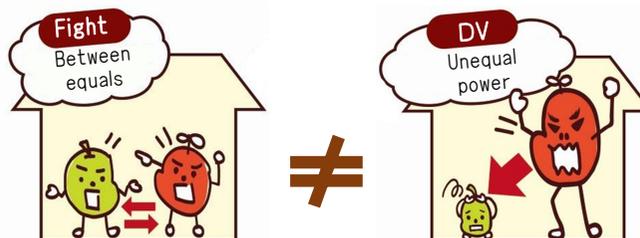
- Does your partner raise their voice or throw things when upset?
- Does your partner ignore you, or insult you by calling you hurtful names like “stupid”?
- Does your partner belittle you, call you names like “useless” or show disgust towards you?
- Does your partner restrict or control your relationships with your friends?
- Does your partner demean or disparage you in front of your children?
- Does your partner make it difficult for you to work or spend time outside the home?
- Does your partner become upset after their sexual advances are refused?
- Does your partner refuse to use contraception such as condoms or birth control?
- Does your partner control the finances and deny you access?
- Does your partner make you report how you use money?
- Do you feel the need to tiptoe around your partner to avoid upsetting them?

If you've checked even one of the above it may be considered domestic violence.

**Please reach out for help.**

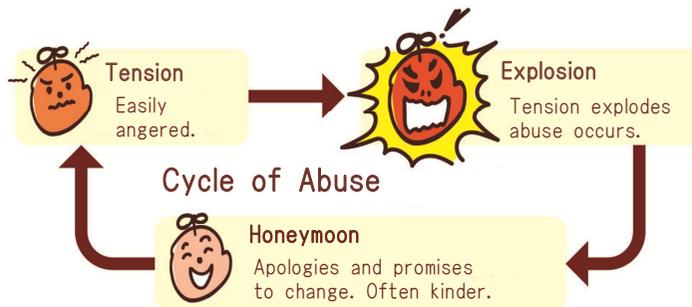
### It's Not Just an Argument

It's normal to have arguments and disagreements in a relationship. In healthy relationships, both partners treat each other with respect and as equals. **In an abusive relationship, what looks like a disagreement is often one partner using intimidation, aggression, or control to overpower the other.**



### Aggression Comes in Cycles

Abusive partners aren't always violent. After a violent episode, it's often followed by a period of calm or kindness. They may appear loving or remorseful, which can lead the victim to think: “Deep down, they're kind,” or “If I'm just careful, things will be okay.” **These cycles often repeat and over time, the violence can escalate.**



### You Aren't to Blame

Have you ever thought “It's because I made them angry.”, “As long as I can get through this.” or “I have to endure this for my children.”?

No matter the reason, violence is never the victim's fault. The responsibility always lies with the person who chooses to use violence.

**There is no good person who uses violence. Your feelings are valid. Your safety and well-being matter. You may be going through a difficult time, but you are not alone. Please reach out to us. We're here for you.**

### It's Not Just Your Problem

Children who experience or witness physical and emotional abuse often carry deep psychological scars. Even if they aren't directly harmed, simply seeing DV can be traumatizing.

**Over time, they may come to see such abuse as “normal.”**

### There are Laws to Protect DV Victims

The “Act on the Prevention of Spousal violence and the Protection of Victims” aims to protect victims and prevent DV by creating systems that allow victims to report abuse, seek support, ensure their safety, and help them rebuild their lives independent of their abusers.

**“Spousal violence constitutes a serious violation of human rights.”**

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## What is Domestic Violence?

Domestic Violence (DV) refers to abuse within an intimate relationship, including between spouses, former spouses, partners, or other close personal relationships. Abuse can take many forms and is not limited to physical violence. It may also include psychological, emotional, or sexual abuse. Often, abusive relationships involve one or more of the following behaviors, which can cause both physical and mental harm.

### Types of Abuse

**Physical Abuse:** Being punched, kicked, thrown, choked, etc.

**Psychological Abuse:** Being yelled at, threatened, belittled, ignored, disparaged or having objects thrown or broken, etc.

**Economic Abuse:** Having money withheld, one's work restricted or controlled, being coerced into taking loans, etc.

**Social Isolation:** Having time with friends or family restricted, being restricted when going out, or having one's phone or e-mails checked, etc.

**Sexual Abuse:** Being forced into unwanted sexual encounters, unwanted sexual acts, or having a spouse refuse to use contraception, etc.

**Child Abuse:** Includes yelling at, hitting, or insulting a child, or displaying abusive behavior in front of them.

## Consultation Services

All consultations are free and confidential.

### Domestic Violence Hotline

- **Spousal Violence Counseling and Support Center (Minoh City Child Raising & Education Center)**

Hours: 9:00 – 17:45

\*Closed Saturdays, Sundays, Public Holidays & New Year holidays

TEL: 072-797-6895

Address: Minoh City, Senbanishi 3-8-22  
Minoh City Office, Second Annex, 3<sup>rd</sup> Floor

- **Osaka Women's Counseling Center**

Hours: 9:00 – 20:00

\*Closed Public Holidays & New Year holidays

TEL: 06-6949-6022 or 06-6946-7890

Address: Osaka City, Chuo Ward, Otemae 1-3-49  
Dawn Center, 3<sup>rd</sup> Floor

### If you feel your life is in danger...

- **Minoh City Police Station (Life Safety Division)**

TEL: 072-724-1234

### Struggling with Marriage or Life...

- **Minoh City Women's Counseling Service**

Hours: Tuesdays & Fridays 13:00 – 16:00

\*Closed Public Holidays & New Year holidays

Location: Gender Equality Office

(Minoh City Hall, Third Annex)

Appointments: 072-724-6943

- **Minoh City Women's Telephone Consultation Service**

Hours: Mondays & Wednesday 13:00 – 16:00

\*Closed Public Holidays & New Year holidays

TEL: 072-723-3654 (For counseling)



**Minoh City Office  
Culture of Human Rights Department  
Human Rights Division  
(Gender Equality Office)**

〒562-0015

Minoh City, Ina, 1-14-5 Minoh City Office, Third Annex

**TEL** 072-724-6943 **FAX** 072-725-8360

**🌐** [https://www.city.minoh.lg.jp/jinken/danjokuyodo\\_sankaku\\_room.html](https://www.city.minoh.lg.jp/jinken/danjokuyodo_sankaku_room.html)