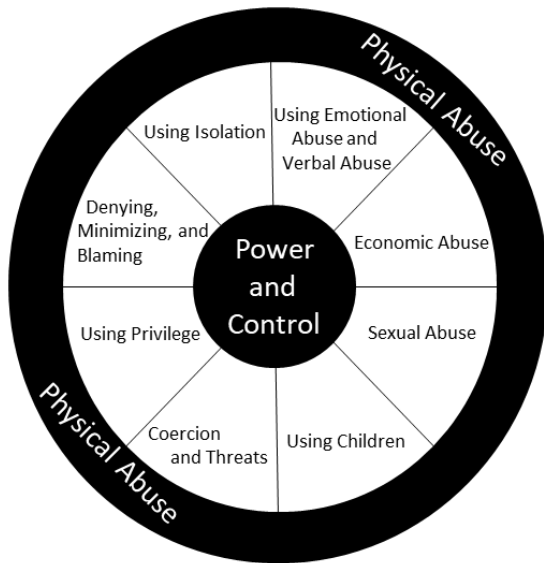


## Why does domestic violence(abuse) occur?

### The nature of domestic abuse is using power over and controlling the weak



**Power and Control Wheel**

Domestic violence (abuse) is not just a personal matter such as arguments between couples. Rather, it is male behavior that controls females in an intimate relationship such as dating and marriage, and occurs within the context of the power balance in which males are masters and females are servants. The diagram above shows the structure of domestic abuse. Once this wheel structure starts rolling, the victim of the domestic abuse feels anxious, nervous, fearful and powerless, and begins prioritizing the abuser's wants.

Societal pressures such as "children need parents", and "women stay at home and men go to work" hinder women's economic independence, and discourage divorce so that women remain under abusive circumstances.

### Impact of Domestic Abuse

Domestic abuse results not only in physical injuries but also trigger somatic symptoms such as sleeplessness, headache, palpitation, diarrhea, stomach ache, or cause PTSD (post-traumatic stress disorder) and traumatizes victims.

Children in households with domestic abuse are affected, too. Children who witness domestic abuse show mental /emotional instability such as crying at night, and wetting themselves. It may also affect the developmental process and seriously impact their ability for interpersonal relationships.

The above is a diagram which was modified from the "Power and Control Wheel" of Domestic Abuse Intervention Project from Duluth City, Minnesota.

## You don't have to face this alone. You can ask for help.

### 【DV Help Center】

#### ●Women's Protection Service Osaka

Osakafu jyosei soudan senta  
(大阪府女性相談センター)

Hours: 9:00~20:00

\* Closed on national holidays, year-end and new year

Tel number: 06-6949-6022 / 06-6946-7890

Address: Down Center 3F, 1-3-49 Otemae, Chuo-ku, Osaka-shi

#### ●Spousal Violence Counseling and Support Center

Haijusha bouryokusoudan shien senta  
(配偶者暴力相談支援センター)

Hours: 9:00~17:45

\* Closed on Sat, Sun, national holidays, year-end and new year

Tel number: 072-751-3012

Address: Ikeda Kodomo Katei Center, 9-17 Masumi-cho, Ikeda-shi

Minoh City offers in-person and telephone consultations. Just having someone to talk to may help you feel better. Your concerns are not insignificant. You can speak freely without worry.

#### ●In-person consultation for women

jyosei no tame no mensetsusoudan  
(女性のための面接相談)

A female counselor will listen to you and help you with your worries and concerns so that you can move forward. (Reservation required)

Hours: Tue and Fri 13:00~16:00

\* Closed on national holidays, year-end and new year

Place: Gender Equality Office

Danjyokuyoudou sanga ruumu  
(男女協働参画ルーム)

Fee: free

Tel number for reservation: 072-724-6943

#### ●Telephone consultation for women

jyosei no tame no denwa soudan  
(女性のための電話相談)

A female counselor will listen to you and together try to find a solution for your worries and concerns you are facing.

Hours: Mon and Wed 13:00~16:00

\* Closed on national holidays, year-end and new year

Tel number for consultation: 072-723-3654

Human Rights Measures Section (Gender Equality Office)

Minohshi jinken bunkabu jinkensesakushitsu Danjyo kyoudou sanga ruumu  
箕面市人権文化部人権施策室 (男女協働参画ルーム)

Address: Minoh City Office 3<sup>rd</sup> annex, 1-14-5 Ina, Minoh-shi 〒562-0015

Tel: 072-724-6943

Fax: 072-725-8360

Email: [jinken@maple.city.minoh.lg.jp](mailto:jinken@maple.city.minoh.lg.jp)

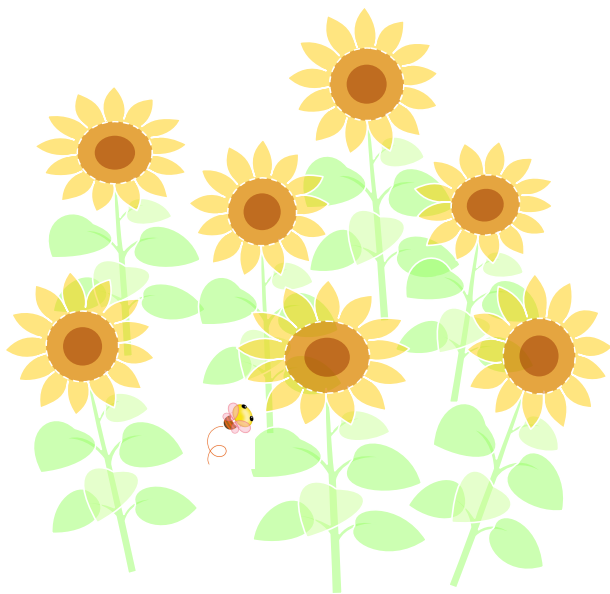
<http://www.city.minoh.lg.jp/jinken/index.html>

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# Domestic Violence

Are you living a safe  
and secure life?



What constitutes domestic abuse (violence)? It is not only quarrels between a married couple. Understanding DV as a social issue is the first step to solving the problem of domestic abuse.

Minohshi jinken bunkabu jinken sesakushitsu Danjyokuyoudou sanga ruumu  
箕面市人権文化部人権施策室(男女協働参画ルーム)

Human Rights Measures Section (Gender Equality Office)

**D V** is abuse that is perpetrated by someone in an intimate relationship, such as a husband or partner.

**Domestic violence is not only physical abuse.**

When you hear “abuse”, you may imagine physical abuse that results in bodily injuries. However, it is intertwined with emotional, economic, and sexual components, and with repeated occurrences.

### Physical Abuse

Beating, kicking, pushing, pulling hair and dragging, throwing objects at the victim, slashing with a kitchen knife, choking, pushing down from stairs, burning the victim using a cigarette or boiling water, etc.

### Emotional Abuse

Accusing, insulting, threatening, yelling, ignoring, kicking out of the house, destroying treasured items, etc.

### Sexual Abuse

Forcing unwanted sexual activity, refusing to use contraceptive devices, forcing abortion, forcing to look at pornography, treating the victim like an object, etc.

### Economic Abuse

Not allowing the victim to work or access to money, surveilling and counting every penny spent, running up debt, etc.

### Isolation

Controlling the victim from seeing family and friends, checking calls or emails, eavesdropping, surveilling the victim's actions

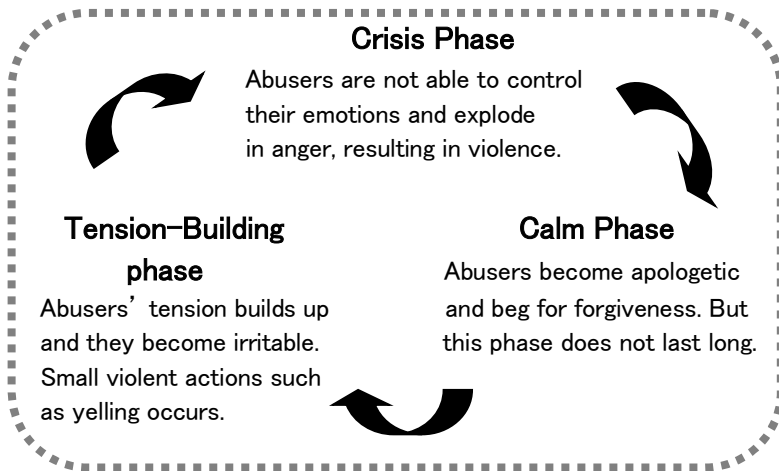
### Using Children

Beating in front of children, insulting in front of children by saying things such as “stupid”, “failure as a parent”, exposing children to danger (including child abuse), etc.

Other comments may include, “Who do you think is putting food on the table?”, “You are only a woman!” They may justify the abuse by saying, “I barely pushed you.”, “It happens in every household.”, “It's because you made me angry.” The abuse can vary from small acts to life threatening abuse.

Abuse does not always come from men. Men can also be victims of abuse by their female partners. It can also happen between male couples and female couples.

## What is the Cycle of Domestic Abuse ?



It is said that there are three phases in the cycle of violence as shown on the diagram on the left. In most cases, the abusers will apologize and express their love after perpetrating abuse. The victims may blame themselves and think they themselves did something wrong. They may think, "This is not his true self. He is normally a kind person." They hope it will not happen again and stay in their current situation. However, the perpetrators continue to be abusive because they want to maintain their own mental stability. When tension builds, even small things set them off. As this cycle repeats, violence escalates, leading to critical situations. As a result, the victims gradually lose the opportunity and the will to leave.

## **Domestic abuse happens to those around us**

### If you have been abused

You and your partner may have started out in a loving relationship. You might be in disbelief at what is happening if you are being abused such as being beaten, kicked, or called "Idiot!" by your spouse. If you are a victim of domestic abuse, you don't have to face it alone. You don't have to think, "I just have to accept it and live with this."

It is not your fault. Whatever the abuse, physical, emotional or sexual, you are not at fault for your partner's abusive behavior. Take courage and talk to someone regarding your family matters. You have every right to seek help for yourself and for your children's future.

You can seek help from consulting services, shelters and the police in Osaka prefecture. It does not matter if your injuries are not serious. They can contact the appropriate resources and help you through these issues. Any acts that control your desires or actions can be abuse; it is the highest of priorities to remove yourself from suffering.



### If someone close to you becomes a victim of domestic abuse

First, listen to the person and believe what they say. Let them know that it is not their fault. Offering opinions or attitudes such as wanting to hear the partner's side of the story or saying they should be more patient with trivial matters are not helpful. It hurts the victims and they may stop seeking help.

In Japan, it was considered to be shameful to talk to anyone outside the family about family matters. People often did not get involved if a victim explained that injuries such as bruises were from an 'accident' such as falling off a bicycle.

However, violence should never be part of any relationship. Listening to and supporting victims and providing information can help. In case of emergency, do not try to resolve the situation yourself. Rather, inform DV consultation services or the police.

### To those who want to stop abusing

Have you lost the sense of who you truly are? Is your mindset based on stereotypical ideas such as 'men are the breadwinners' and 'men should not show signs of weakness'? Do you tend to take out your anger on those economically or physically at a disadvantage such as your spouse or children when circumstances around your job is unsatisfactory? Do you dismiss your abuse and blame the victim instead of taking responsibility? Your spouse is an autonomous person; she is not your property, but an important life partner. You must get rid of gender stereotypes and stop forcing those ideas onto others. Rethink your way of living and speak to them about your true feelings. Abusing and threatening others are never the solution.

## Do you know about the Anti-Domestic Violence Act?

On April 6, 2001, the *Act on the Prevention of Spousal Violence and the Protection of Victims (Anti-Domestic Violence Law)* was passed and came into effect half a year later (Proclaim: Apr 13, 2001 / Effective: Oct 13, 2001/ Regulations regarding institutions such as Spousal Violence Counseling and Support Center/ Effective: Apr 1, 2002).

The main amendments issued in the protection order in December 2004 were to protect ex-spouses, to prohibit approaching the victim's children, to extend the time to two months for the abuser to leave the home where the couple resides. (Effective: Dec 2, 2004)

With the January 2008 amendment, it became possible to file a petition for a protection order even solely against threats, to prohibit contacting the victim via phone calls and email, etc. and to prohibit approaching relatives, etc. The amendatory law that was established and came into effect (Effective: Jan 11, 2008) obliged each municipality to formulate their own prefectural basic plan, to revise the regulations of the Spousal Violence Counseling and Support Center, and for the court to send notification of the protection order to the Center.

The amendatory law which was established and came into effect (Effective: Jan 3, 2014) was extended to include abuse in unmarried couples living under the same residence (excluding married couples who are not living together). The name of the Act was changed to the *Act on the Spousal Violence and the Protection of Victims*.

## Who does this law apply to?

This law applies to ①spouse ②de facto state of marriage ③abuse by an ex-spouse after the divorce ④abuse by their unmarried partner living under the same residence (excluding married couples who are not living together)

## Spousal Violence Counseling and Support Center

Although there was no public institution that was specifically designated for domestic abuse, Women's Protection Service Osaka (大阪府女性相談センター) and Osaka Child and Family Center (大阪府子ども家庭センター) serve the functions of the Spousal Violence Counseling and Support Center from April 2002.

Consultation is available not only for physical abuse, but any other kind of abuse. In addition, there are services such as referrals to other appropriate institutions, access to medical and psychological support, information and support for temporary protection care, economic independence, filing a petition for protection order, and utilizing facilities such as shelters.

## If you discover someone who is being abused

It is legally mandated that those who discover that a person has been subjected to spousal violence must endeavor to report it to the police or to the Spousal Violence Counseling and Support Center. Doctors and medical workers who are under confidentiality shall report cases with the consent of the victim as well as endeavor to inform the victim about the Spousal Violence Counseling and Support Center, etc. It is always important to prioritize the safety of the victim.

## Domestic Violence is a crime!

## Protection Order

### Victims of domestic violence can file a petition for a protection order directly to the district court.

(In cases of further possibilities of harm from physical violence, threat to life or critical injury)

The following five are the protection orders:

- ① Prohibition of approaching the victim and the places normally frequented by the victim for 6 months.  
【Restraining Order】
- ② Prohibition of the 8 actions while the Restraining Order is in effect.  
【Prohibition Order of calling the victim, etc.】
- ③ Prohibition of approaching the children who reside with the victim or loitering around them while the Restraining Order is in effect.  
【Restraining Order to the victim's children】
- ④ Prohibition of approaching relatives, etc. or loitering around them while the Restraining Order is in effect.  
【Restraining Order to the relatives, etc】
- ⑤ Order to Leave the residence, where the spouse and the victim resided together, for a period of 2 months.  
【Order to Leave】

### **Non-compliance to the orders results in imprisonment or fine up to 1,000,000 yen.**

The following documents ①~③ are required to file a petition for protection order.

- ① Description of acts of violence that led to injuries to the victim's body or threats to the victim's life
- ② Reasons for the possibility of receiving significant bodily harm or threat to life
- ③ Documentation of the names of institutions consulted (ex. Spousal Violence Counseling and Support Centers, the police), the dates and contents of the consultations, and the measures that were carried out.  
※If you did not consult with DV centers or the police, a statement/declaration including the acts of violence against the victim is required.