

## Anti-VAW Laws

The following are laws that uphold and protect women's rights. For more details on these laws, you may visit the Philippine Commission on Women website ([www.pcw.gov.ph](http://www.pcw.gov.ph)).

- RA 7877: Anti Sexual Harassment Act of 1995
- RA 8353: Anti-Rape Law of 1997
- RA 9208: The Anti-Trafficking in Persons Act of 2003
- RA 9262: The Anti-Violence Against Women and Their Children Act of 2004
- RA 9710: Magna Carta of Women (2009)

## What you should know about Violence Against Women (VAW)

- VAW is a threat to human security as it threatens the daily lives of half of humanity.
- VAW cuts across race, religion, age, class, and sexuality. It is rooted in unequal gender relations where men have power and control over women.

- VAW do not only happen to poor people. It also happens to women in middle and upper-class of society.
- Domestic violence and intimate partner abuse destroy love, respect and honor - the very foundation on which people build their homes and relationship
- Domestic violence and intimate partner abuse are NOT private matters. These are public crimes that violate a person's right to life, personal dignity and security.
- Emotional, structural, societal, and cultural factors keep women in violent relationships – love and concern for children, lack of resources to escape, lack of education and awareness, and the notion that family preservation should be maintained at all costs.
- Victim-survivors should not be BLAMED for being in violent relationships. Rather, support and assistance should be extended to them to help them get out of the situation and survive the ordeal.

## Statistics on VAW

- One in five women aged 15-49 experienced physical violence since age 15!
- 8% of ever-married women experienced sexual violence perpetrated by their husbands!"
- Almost one in 10 women aged 15-49 experienced sexual violence!"
- It is also very alarming to know that women are not safe even in their own homes! 14.4% of ever-married women experienced physical violence perpetrated by their husbands!
- Almost 4 out of 100 pregnant women experience physical violence (3.6%)!
- Between 2008-2009, cases of VAW reported to the Philippine National Police (PNP) rose by 37.4% (from 6,905 in 2008 to 9,485 in 2009) and in 2010, VAW cases reported to PNP again rose to 59% (15,104 in 2010).

## HelpLines

**Department of Social Welfare and Development (DSWD)**  
Batasan Pambansa Complex, Lungsod Quezon  
Tel. No. ( 02) 931-8101 to 07

**DSWD-NCR Ugnayan Pag asa Crisis Intervention Center**  
Legarda, Maynila  
Tel. No. (02) 734-8635/ 488-3199

**Philippine National Police (PNP)**  
Camp Crame, Lungsod Quezon  
Tel. No. 723-0401 to 20

**PNP-Women and Children Protection Center (WCPC)**  
Camp Crame, Lungsod Quezon  
Tel. No. 410-3213 / (0919) 777-7377 (Aleng Pulis)

**NBI-Violence Against Women and Children Desk (VAWCD)**  
Taft Avenue, Maynila  
Tel. No. 523-8231 to 38/ 525-6028

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**NO**  
to Violence  
against **Women**

## When You are in an Abusive Relationship

Physical or sexual violence may occur without warning. Sometimes, however, there may be signs or “red flags” that serve as warnings that abuse may occur. The following are examples of a person’s behavior or personality that may be a warning that a person may be abusive. If you answer YES to one or more of these questions, you may be in an abusive relationship or be at risk for it.

Does your husband, partner or boyfriend...

- tease you in a hurtful way in private or in public?
- call you names such as “stupid”, “bitch”, “tanga”, “bobo”, etc.?
- act jealous of your friends, family, or co-workers or accuse you of being interested in someone else?
- get angry about clothes you wear or how you style your hair?

- check on you by calling, driving by, or getting someone else to?
- gone places with you or sent someone just to “keep an eye on you”?
- always insist on knowing who you talk with on the phone?
- blame you for his problems or his bad mood, or get angry so easily?
- hit walls, drive dangerously, or do other things to scare you?
- often drink or use drugs or insist that you drink or use drugs with him?
- read your mail, check your cellphone messages, go through your purse, or other personal papers?
- keep money from you, keep you in debt, or have “money secrets”?
- kept you from getting a job, or caused you to lose a job?

- threaten to hurt you, your family, friends, or pets?
- force you to have sex when you do not want to or force you to have sex in ways that you do not want to?
- threaten to kill you or himself if you leave?
- act one way in front of other people and another way when you are alone?
- cause the loss of your friends or no longer see some of your family because of your partner/ cause you to stay out of touch with your family and friends?

If you are concerned about the possibility that your partner is showing early signs of abuse, **SEEK HELP NOW!** If you are in an **ABUSIVE RELATIONSHIP** and is considering ending your relationship, it would be helpful to tell your parents or confide with a friend or school teacher or counselor in order to have support when leaving the relationship.

## Safety Tips for Young Women

- Stay in touch with your family and friends and make it a point to spend time with people other than your partner. Let other people know what your plans are and where you will be.
- Stay involved in activities that you enjoy. Don’t stop doing things that you enjoy and make you feel good about yourself.
- Make new friends. Increase your support network.
- Try not to be dependent on your partner for a ride.
- Consider telling your parents or other family members if you are having problems.

## If You’re Planning to Leave an Abusive Relationship

- Tell other people that you plan to break up with your partner. Let them know where you will be.

- Arrange to call a friend or a counselor after you talk with your partner so that you can debrief about what happened.
- Make a list of important phone numbers. Included on this list should be emergency numbers, as well as supportive friends whom you can call when you are upset. Put the numbers of crisis lines on the list.
- Consider looking into resources at your school or in the community. Think about joining a support group or calling a crisis line.
- Change your routine. Don’t always come to school or work the same way or arrive at the same time. If you take the bus or any public transport, try to have someone with you.
- If you are alone at home, make sure the doors are locked and the windows are secure.
- Try to double date or to go out with a group of people.
- **TRUST YOUR INSTINCTS.** If you feel you are in danger, call the police. Get help immediately.