

< For those suffering DV >

Do not bear the trouble alone. Consult with somebody first.

I am afraid if they find out the fact that I consulted with somebody.

Such things are hard for me to explain to a third person.

I cannot help it because everything is my fault.

He might become gentle someday.

Nobody understands my situation.

He uses violence because he loves me.

“If I endure his violence, he would not use violent to my child”.

When you are unsure DV is occurring:

Consult with somebody quickly.

For DV or date DV, there are many sources of advice.

< DV Advice Counter List >

First, contact the Social Welfare Division in your Ward Office.

○ Each Ward Office Social Welfare Division in Hamamatsu City (Area Code: 053)

*Applicable languages differ with wards.

Naka Ward Office: 457-2300	Kita Ward Office: 523-2893
Higashi Ward Office: 424-0175	Hamakita Ward Office: 585-1677
Nishi Ward Office: 597-1157	Tenryu Ward Office: 922-0173
Minami Ward Office: 425-1564	

In addition to the above sources, there are the following advice centers.

*Consultation accepted only in Japanese

- Hamamatsu City Gender-Equal Promotion Center: **053-457-2830**
(They accept the consultation for DV or other domestic problems).
- Shizuoka Prefectural Women's Counseling Center
(Shizuoka Prefectural Domestic Violence Counseling and Support Center):
054-286-9217
- Shizuoka Prefectural Seibu Public Health and Center
(Welfare and Children Division): **0538-33-9217**
- Shizuoka Prefectural Gender Equality Center(Azarea): **053-456-7879**
- Women's Human Rights Hot Line (Ministry of Justice): **0570-070-810**

In our consultation we will protect your privacy and keep it secret.

Do not hesitate to contact us.

In an emergency,
do not hesitate to call police
(110).

Let's start with understanding what DV is!



What is DV?

For (DV: Domestic Violence)

DV stands for domestic violence. Domestic Violence means violence from a person such as a spouse or domestic partner (including common law marriages and former spouses) who have close relationships with victims.

Also, the violence from a date (boyfriend) is called "Date DV".

DV and Date DV are serious violations of human rights, and considered as criminal acts, which damages the victim physically and psychologically.

In any case, such acts cannot be forgiven.



Forms of Violence

Violence is not limited to physical violence such as beating and kicking.

● Physical Violence

- * Beating, kicking, slapping, choking
 - * Pulling hair
 - * Throwing something
 - * Threats with dangerous weapons such as a knife
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● Mental Violence

- * Shouting "You idiot!", "Die!", etc., and other verbal abuse such as insults and threats with words for example "I will kill you!", etc.
 - * Ignoring or neglect
 - * Checking logs in another's mobile phone or letters
 - * Limiting your contact with friends or relatives
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● Sexual Violence

- * Forced sexual relationships
 - * Refusing contraception
 - * Forced viewing of adult videos, etc.
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● Economic Violence

- * Not providing money for living expenses
 - * Forced money loans
 - * Limiting access to outside work
 - * Over-zealous checking of household accounts
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● Violence involving children

- * Using violence in front of your child
- * Taking out frustration on children, for example telling them that "everything is your mother's fault!".

Each of all above items is an example of DV.

Impact of DV

DV can leave deep physical and emotional scars on both adult and child victims.

● Impact on Victims

- * Injuries including bruises and broken bones and after effects
 - * Sense of powerlessness and lowered self-esteem such as the feeling that "Everything is going wrong" or "Every bad thing is my fault", etc.
 - * Lowered ability to make appropriate judgments
 - * Sleeplessness, irritation, physical weariness
 - * General anxiety and a sense of gloom about future prospects, a sense of hopelessness
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● Impact on Children

- * Maladjustment to school life or an inability to form relationships with friends
- * Delinquency or self-injurious behavior
- * Trying to settle problems using violence
- * A developing cycle of violence (The child might become a perpetrator or victim of DV).

* DV in front of children is a form of child abuse.

