

## SOAR - Surviving Abuse with Resilience

### One-to-one support for women

**Support group** for female victims / survivors and their children. We organize various social events for members and their children, discussion sessions, provide information and encourage peer to peer support.

**Advocacy initiatives.** We strive to identify structures and practices which are oppressive to victims and survivors and advocate for their improvement through various projects and initiatives.

**Educational workshops** for schools, youth groups, college / university students and the general public to raise awareness on the realities of Intimate Partner Violence and Dating Violence.

**Publication** of books focused on the realities of Intimate Partner Violence and the situations arising from it.

*Want to get involved and volunteer? Do you have an idea or a skill that can help us? Contact us and tell us all about it!*



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A SJAF publication for young people about a girl who witnesses domestic violence in her home

## Surviving Abuse with Resilience



- ◆ One-to-one Support for women
- ◆ Support Group
- ◆ Advocacy Initiative
- ◆ Educational Workshops
- ◆ Publications



SOAR Malta

## We are a voice for victims of violence in families and relationships.

SOAR is an acronym for Surviving Abuse with Resilience. Our members are female survivors who refuse to remain passive in the face of their painful unacceptable situations. They strive together to rise from the ashes and rebuild their lives, offering and receiving each other's support. SOAR advocates on their behalf to promote positive changes in structures that are oppressive to victims and survivors.

### It's All about Power and Control



## What does the law say?

According to the Domestic Violence Act 2006: "domestic violence means any act of violence, **even if only verbal**, perpetrated by a household member upon another household member and **includes any omission** which causes physical or moral harm to the other."

Different forms of Violence:

### ◆ Verbal

Intimidation, threats, ridicule, humiliation, name calling

### ◆ Physical

Hitting, pinching, pushing, slapping, hair pulling, using objects to harm

### ◆ Emotional

Blaming, denying, blackmail, isolating

### ◆ Psychological

Mind games, coercion, stalking

### ◆ Sexual

Sexual assault / rape, control of reproductive choices, exploitation

### ◆ Financial

Limits or exploits victim's financial resources

## Violence in Intimate Relationships

The term "intimate partner violence" describes physical, sexual, or psychological harm by a current or former partner or spouse. This type of violence can occur among heterosexual or same-sex couples.

Many times, the abuse starts slowly and the earliest signs may include jealousy, possessiveness and stalker-like behavior (like checking your phone, messages, email etc).

### Dating Violence Checklist

- ◆ Checking partner's cell phones, emails or social networks
- ◆ Extreme jealousy or insecurity
- ◆ Constant belittling or put-downs
- ◆ Explosive temper
- ◆ Isolation from family and friends
- ◆ Making false accusations
- ◆ Erratic mood swings
- ◆ Physically inflicting pain or hurt in any way
- ◆ Possessiveness
- ◆ Telling someone what to do
- ◆ Repeatedly pressuring someone into sex