

domestic violence Fighting Back Against Abuse By Kelly J. Stigliano Guest Writer. blog.quintoapp.com - The thought that God loves me never crossed my mind as I gasped for air, his hands tightly gripped around my throat.

As a consequence of cross-border trafficking, illegal drugs are easily available within the country. A study conducted in found that cannabis is the drug with the highest rate of prevalence in Nigeria with 6. Though cannabis is the primary drug used in Nigeria, the use of other illicit drugs such as cocaine, heroin and methamphetamines is increasing. Dangers of Substance Abuse Surprisingly, the greatest danger of drug abuse in Nigeria lies with substances that are not illegal. The abuse of alcohol and over-the-counter medications has increased significantly in recent years. Alcohol is the third most abused substance in Nigeria. In , it was reported that an average of The second primary type of drug used in Nigeria is opiates. Among the opiates being abused are several prescription drugs such as tramadol and codeine. Despite the growth in awareness of the rising rate of substance abuse in Nigeria, there is very little data to show the extent of the problem. Studies have shown an increase in the consumption of illegal drugs through data such as arrest records, but capturing the rate of addiction to prescription and over-the-counter medication is much more difficult to ascertain. Not only is there a lack of addiction reporting, but there is also a lack of treatment. A vast majority of Nigerians live in poverty, and access to treatment for addiction is limited across the country. Prevention and Treatment New methods for prevention and treatment of substance abuse in Nigeria are underway. Through the fight against criminal activity involved in the sale of illegal substances, the UNODC can reduce the availability of addictive substances in the country. This program also works toward ending addiction by gathering more accurate information on drug use, as well as improving treatment of addiction itself in hospitals and treatment centers. Following the release of a BBC documentary on substance abuse in Nigeria and the development of addiction, the Nigerian government has instituted a ban on the import and production of a codeine-containing cough syrup , which will reduce the availability of codeine. Because the cough syrup was unregulated, people could buy it from pharmacies without a prescription, giving them easy access to addictive opiates. Other methods the government is using to fight against the growth of addiction include policies and taxes. Hopefully, an increase in cost will reduce consumption. With a health crisis that has severely increased in recent years, Nigeria has begun to institute new regulations and programs that will help people who may not have access to treatment for drug and alcohol abuse. Policy and program changes will help Nigeria fight substance abuse and improve the lives of those living in poverty or facing stigma for addiction.

Chapter 2 : Fighting Against Child Abuse

Defending Yourself Against Verbal and Emotional Abuse Fighting Doesn't Work. Our first reaction to emotional and verbal abuse is often to fight back. Responding.

Sleep Better, Feel Better Let me ask you, how important is a good nights sleep to you? At first, it was just the odd night of not falling asleep or a night of broken sleep. Now I just feel chronically tired and it has really started affecting my day to day life. My energy is low, I get mood swings and even getting work or chores done is tougher than ever. So I had to try and find a way to fix this. The first thing I did was to check health websites for tips to sleep better and check various communities for info on just how I can fix this problem. Building a habit of going to sleep whenever you are in bed can create a habit where your body naturally relaxes once in bed. Keep a Sleep Schedule Go to sleep at a similar time each night, and wake up at a similar time each morning. This is another way to build a good habit. I like long runs, they tend to make me feel good afterward for a while, with more tiredness later in the day. The right pillow is also a must, and for a lot of people, a body pillow is game changing. Also, make sure the room is as dark as possible, a sleeping mask can also help with this. Relax Unwind before bed-time with relaxation methods like meditation or a bath. There are also herbal supplements which can help with this. Avoid junk food, alcohol and sugary foods. Also avoid caffeine and nicotine as both are powerful stimulants. Many of the tips I found have already been helpful though I still find myself tossing and turning through the night. Sometimes I randomly wake up every couple of hours, which is just terrible and leaves me exhausted the next day. I even went and bought some black-out blinds to make sure the room is dark as can be for bedtime. My pillows, however, are old and were just cheap buys when I first moved into my own place. So I had a look around the web for some nice, comfy pillows. One of the best resources I found was vjpillow. Pillows can make a big difference with their various sizes and also the different types of firmness. I have to say that after seeing the pregnancy pillows, it was very tempting to go ahead and order one of those. They just look so cool and comfortable! See one of my biggest problems is that I seem to overheat during the night. That makes for a very uncomfortable feeling and makes it very awkward to fall asleep again. Not to mention I have to keep washing my bed clothes because they smell of sweat! So I get under the duvet, then wake up 2 hours later drenched again. This is when I found the perfect solution for me – the chillow! Again it was the vj pillow site that saved me when I came across <https://www.vjpillow.com>: Some of the pillows are gel cooled while others use advanced cooling designs to either help airflow or insulate the pillow so it stays cool and keeps absorbing your body heat. I chose a pillow which uses silica gel cooling and has a good, large size. Getting a restful sleep has been much easier though, this really could be my key to getting a restful nights sleep! Moving On Moving on after an abusive relationship is a tough thing to do. Cut Your Losses The biggest problem with many abusive relationships is that we start feeling so guilty for leaving our abusers! Oh, expect the abuser to try anything from threats to guilt in order to change your mind. Stay strong, and walk away, otherwise, it will only get worse. Take care of your appearance and keep a healthy social life, these will make you feel better. Also be sure to eat well, exercise and get a restful sleep each night, all of these things will help you to feel more positive. De-Stress Coming out of a relationship takes its toll. You need to use anything you can to help yourself feel better. Use meditation, long baths and spa days to rid your body of excess stress. Massages, counselling and acupuncture are also good ways to de-stress, while exercise and herbal supplements can reduce stress hormones. Get some perspective on the relationship, maybe by discussing it with friends, family or a therapist. This will make you feel more positive and give you a great support network. This will help you to learn about healthy relationships and let go of any issues from your previous abusive relationship. It also helps to increase your confidence! Learn About Yourself Take some time to figure out more about yourself as a person, and what you want from your next relationship. She was denied due process of law in the courts by biased judges and unethical lawyers. Her own attorney told her to sell her jewelry to pay for unwarranted, additional attorney fees that was thrown at her. Below are a few examples of the injustices inflicted against people witnessed by Rose:

Chapter 3 : Continuing the fight against child sexual abuse online

Young artiste Tulenkey is 'secretly' fighting against Child Abuse in Ghana with his music "Several children have fallen victims to Child Abuse for a long time.

It is easy to feel powerless when confronted with tragic news of women being killed or beaten by those who purport to love them. Domestic violence hotlines and shelters saw spike around AFL and NRL grand finals. Read more Such stories are often met with calls for for an unlimited funding of services and interventions. In my home state of Victoria I recently visited specialist family violence service Edvos, which not only works with victims of domestic violence, but performs the crucial task of identifying victims early when intervention can make the most difference. Despite ever increasing financial commitments by governments and improving access to quality services, the statistics “ and the demand “ remain unacceptably high. Some suggest awareness campaigns and less stigma around domestic violence has led to increased reporting, keeping statistics seemingly stagnant. Economic isolation is a leading indicator of abuse. Cultural change cannot be fought with dollars alone. At least not in the traditional sense. It may not cause the black eyes or bruises we associate with domestic violence, but economic disempowerment is a common and insidious form of abuse. It can involve situations where finances are controlled or removed altogether by an abusive partner. It may be through menacing scrutiny or even veto of basic household spending, or a blockade of any knowledge or oversight of bank accounts, loans, transactions and savings. Whatever the manifestation, the evidence is clear; economic isolation is a leading indicator of abuse. This problem is shameful, and all too common, but it is not insurmountable. It is important to make the distinction between financial capability and financial literacy. Financial literacy implies an understanding of complex concepts, instruments or investment strategies. Financial capability is more about confidence of knowing where to look, what to look for, what is required to prevent economic vulnerability, and where to go for answers to questions. The policy challenge is how to disseminate this information far and wide, early, and where it is needed most. School curriculums are the obvious first choice; but information and education cannot end there. Gainful employment is a good start. This is one of the unsung benefits of the significant increase in employment we have seen over the past few years, accompanied by a record high female workforce participation rate. Financial capability does not necessarily mean women need to be the major bread-winner, or even a significant contributor to household income, as is often the case when children are young. Whether it be as complicated as a family trust or a self-managed super fund, or something as simple as a bank account or credit card, it is imperative that women can confidently navigate the financial arrangements that abusive partners may use to control them. How did a confident, successful woman become a poverty-stricken recluse? Fiona McCormack Read more Many Australian banks have already taken a lead on providing comprehensive guidance to recognise financial abuse that customers could be experiencing. To date around 6, people have accessed assistance, many of them young women from New South Wales, Western Australia, Queensland and Victoria. In Australia, the crisis support service Lifeline is on 13 11 14 and the national family violence counselling service is on Wire provides free generalist information , support and referral service run by women for women, including specific information on financial abuse on In the UK, Samaritans can be contacted on and the domestic violence helpline is on Other international helplines can be found at www.

Chapter 4 : The Fight Against Domestic Violence

We can all agree that content that exploits or endangers children is abhorrent and unacceptable. Google has a zero tolerance approach to child sexual abuse material (CSAM) and we are committed to stopping any attempt to use our platforms to spread this kind of abuse. So this week our experts and.

In newspapers, radio, television and film, the question has been raised increasingly across America in recent years. What follows is his outspoken and forthright response, including a number of practical suggestions. Recently I had a conversation with a man I greatly respect, a man who once risked his life to protect this country and now devotes that life to improving it. We talked about child sexual abuse. The conversation ended when he asked me a blunt question: What can be done about it? A pedophile is an individual with intense, recurrent sexually arousing fantasies and urges involving prepubescent children. Such feelings are "sick. The predatory pedophile is as dangerous as cancer. He works as quietly, and his presence becomes known only by the horrendous damage he leaves. He or she may be a teacher, a doctor, a lawyer, a judge, a scout leader, a police officer, an athletic coach, a religious counselor. And he is protected not only by our ignorance of his presence, but also by our unwillingness to confront the truth. I have encountered many predatory pedophiles. Some boast of their crimes, claiming that only a rigid, puritanical society prevents children from "freedom of sexual expression. But the only pedophiles I have ever heard express remorse for their acts are those facing a sentencing court or a parole board. Predatory pedophiles are clever, calculating criminals. They stalk their victims with great care, working themselves into positions of trust. They study children as carefully as any psychologist, and their camouflage is our unwillingness to see the shark in our swimming pool. The consequences of their depravity can be found in our psychiatric wards, our prisons and our graveyards: The runaway who turns to child prostitution, the violent juvenile criminal, the teenage suicide The ultimate protection of such criminals, the near-immunity they enjoy, is the perception that any individual who sexually molests a child must be "sick. And the "rehabilitation" of predatory pedophiles is fast becoming a growth industry. What can be done? The answer is simple: The only pedophiles I have ever heard express remorse for their acts are those facing a sentencing court or a parole board. The essence of criminal rehabilitation is remorse. Even if it is true that predatory pedophiles are "sick," that does not mean they can be treated. But, sick or not, they are certainly contagious. Sexual molestation of children is a volitional act. It is a matter of choice. Kiddie pornography is not a "first amendment" issue. It is a picture of a crime. Incest is not "family dysfunction. Most child molesters are not strangers to their victims. We are far more endangered by those who have our trust than by the relatively rare kidnapper. Pedophiles do not regret their actions, they glory in them. They regret only the possibility of consequences to themselves, not the certainty of damage to their victims. Pedophiles are not "homosexuals. The new pedophile defense is "addiction. If true, such individuals will remain dangerous, and must be treated accordingly. If we had an amnesty, allowed predatory pedophiles to turn themselves in, promised immunity from prosecution upon an agreement that they volunteer for treatment, I believe we would have no candidates. We debate "solutions" to the narcotics problem. The solutions come down to two: Neither is possible with predatory pedophiles. Therefore, if we cannot eliminate evil, we must increase its consequences to perpetrators. This is how we raise the stakes: Significant incarceration for offenders. Child molesters are among the least likely criminals to be prosecuted and, when prosecuted, are first in line to receive "alternative" sentencing options such as probation with psychiatric treatment. We have no problem with treatment programs for addicts. But we also have no problem with criminal sentences for those addicts who commit crimes to "support" their addiction. Nor with life sentences for those who traffic in narcotics. Is child sexual abuse a lesser threat to the youth of this country? The crime of "incest" should be eliminated, and replaced with a flat law against sexual intercourse with minors, regardless of the biological relationship between perpetrator and victim. An offender should not enjoy a lesser exposure to prison simply because he grew his own victim. Enhanced penalties for child sexual offenses involving more than one offense against any victim. Second offenses must result in mandatory incarceration. Increased penalties for "networking" of any kind, including: National registration of convicted child molesters,

with agencies and institutions that work with children required to check each potential employee. Intensive probation supervision for released child molesters, with specialists assigned to each. Increased use of federal resources for interstate crimes involving child sex abuse, including use of the RICO racketeering statutes for prosecution of child sex abuse rings. Training of specialized law enforcement units, both investigative and prosecutorial. Increased support for those already in existence. Development of new weapons and adaptation of existing ones to this vital task. For example, a regulation bringing child prostitution and pornography within the scope of the child labor laws. This would require only the passage of a regulation, not legislation, and would give federal authorities immediate access to the child exploitation industry. If child prostitution and pornography are not hazardous occupations, what is? Let all "rehabilitative" experiments with predatory pedophiles continue. But let them continue behind bars. Some predatory pedophiles will be deterred, and children will be spared. Some will not, and the enhanced penalties will keep them away from their new victims for much longer periods of time. Either way, we benefit. The trend today is toward accountability. It seems the ultimate irony that while some are demanding children be tried as adults on ground of "accountability," there is still no groundswell of support for the proposition that predatory pedophiles are responsible for their crimes. We must raise the stakes in this most evil of games. Andrew Vachss has been writing for Parade since In response to endless requests, we have collected all his past Parade articles here.

Chapter 5 : Tulenkey is secretly fighting against Child Abuse in Ghana - Music - Pulse

Fight Against Domestic Violence, Salt Lake City, Utah. K likes. FADV is committed to providing education, awareness, outreach, and financial resources.

Using AI to help organizations detect and report child sexual abuse material online We can all agree that content that exploits or endangers children is abhorrent and unacceptable. Google has a zero tolerance approach to child sexual abuse material CSAM and we are committed to stopping any attempt to use our platforms to spread this kind of abuse. This hackathon marks the latest milestone in our effort to fight this issue through technology, teams and partnerships over two decades. In , we joined the Technology Coalition , partnering with other technology companies on technical solutions to tackle the proliferation of images of child exploitation. In addition to receiving hashes from organizations like the Internet Watch Foundation and the National Center for Missing and Exploited Children , we also add hashes of newly discovered content to a shared industry database so that other organizations can collaborate on detecting and removing these images. In , we made changes to the Google Search algorithm to further prevent images, videos and links to child abuse material from appearing in our search results. In , we expanded our work on hashes by introducing first-of-its-kind fingerprinting and matching technology for videos on YouTube, to scan and identify uploaded videos that contain known child sexual abuse material. This technology, CSAI Match , is unique in its resistance to manipulation and obfuscation of content, and it dramatically increases the number of violative videos that can be detected compared to previous methods. As with many of the new technologies we develop to tackle this kind of harm, we shared this technology with industry free of charge. This work has been effective in stopping the spread of known CSAM content online over the years. In , we announced new AI technology which steps up the fight against abusers by identifying potential new CSAM content for the first time. Our new image classifier assists human reviewers sorting through images by prioritizing the most likely CSAM content for review. It already enables us to find and report almost percent more CSAM than was possible using hash matching alone, and helps reviewers to find CSAM content seven times faster. Identifying and removing new images more quicklyâ€”often before they have even been viewedâ€”means children who are being sexually abused today are more likely to be identified and protected from further abuse. It also reduces the toll on reviewers by requiring fewer people to be exposed to CSAM content. Because this kind of abuse can manifest through text as well as images, we recently made substantial changes to tackle predatory behavior in YouTube comments using a classifier, which surfaces for review inappropriate sexual or predatory comments on videos featuring minors. This has led to a significant reduction in violative comments this year. Underpinning all of this work is a deep collaboration with partners. Technology, and the methods used by those who seek to exploit it, are constantly evolving and there will always be more to do to tackle this heinous crime. We are crystal clear about our responsibility to ensure our products and services offer safe experiences, and we are fully committed to protecting children from sexual exploitation.

Chapter 6 : Johnny Depp Says He'll "Never Stop Fighting" Against Amber Heard's Abuse Claims | E! News

The UN is committed to recognizing the rights of victims of sexual exploitation by UN personnel but, when it comes to preventing and responding to abuse, there is still "a long way to go, and many challenges to overcome," says the UN's first-ever Victims' Rights Advocate Jane Connors.

My husband was an angry man and a misogynist; he hated women. If only he had come with a list of words to never use around him or a manual of what not to do in his presence. With such literature, I would have been saved from years of bruises, damaged dental work, and scars that go deeper than any eye can see. Nope, I never felt any love " from anyone " during those times. Being pregnant and unmarried at 18 is a crash course in growing up. When I was in the throws of abuse, self preservation and protecting my children were foremost in my thoughts. Come to find out, it was me who was lost, not Him. I was lost when I was sleeping on the couch those icy northern winter nights with no pillows or blankets. What gave me that boldness? The sheer will to live? Call it what you will, but fought back I did. Surely, it was God guiding my actions. With one cloudy decision that for once stuck, I grabbed my babies and fled. That is how I fought back. With miles between us, my mind could focus. With months between us, my plans could be established. And with violence behind me, I could hear God. With God in my mind, I could learn about Jesus. And with Jesus in my heart, I could grow in Him. Your Christian sisters will listen to you. Call the Salvation Army. Remember, as stated in I Corinthians On that day, Jesus liberated women. Going from victim to victor is the glorious result of the healing offered through the love of Jesus. We can apply the promise God made to His people in Jeremiah Because they have called you an outcast, saying: Be bold and yield to His will for your life. Grab your children and get to safety. Jesus loves each of His daughters and wants us all to be safe!

Chapter 7 : Fighting Against Substance Abuse in Nigeria | The Borgen Project

Domestic violence occurs when a family member, partner or ex partner attempts to physically or psychologically dominate another. Domestic violence often refers to violence between spouses, or spousal abuse but can also include co-habitants and non married intimate partners.

Vice President of the United States of America The Fight Against Domestic Violence Once a domestic violence victim steps out from the shadow of an abusive relationship, what does she need? Yesterday in Des Moines, I spoke at Creative Visions, a human development center, and unveiled my National Domestic Violence Volunteer Act, which would harness the skills, enthusiasm and dedication of these lawyers and infuse , new volunteer lawyers into the justice system to represent domestic violence victims. I believe this initiative builds on the best of American ideals -- volunteerism, technology know-how, collaboration between the private and public sectors and our unwavering commitment to justice and service. October is Domestic Violence Awareness Month, a time to shine a light on the dark scourge of abuse that affects one out of four Americans each year. Since , Iowans have been killed in domestic violence situations. Once a domestic violence victim steps out from the shadow of an abusive relationship, what does she need? Domestic violence victims are in dire need for legal help for everything from obtaining protection orders to arranging child custody to instigating divorce proceedings. A national survey by the National Network to End Domestic Violence found that in just one hour cycle, more than 5, pleas for services, be it emergency shelter, transitional housing or legal aid, were unmet because of a lack of resources. This shortage means that thousands of victims of domestic violence go without legal representation in this country every day. And in fact, reports indicate that fewer than 1 out of every 5 low-income domestic violence victims ever sees a lawyer. It is vital that a victim have an advocate helping her when she steps out of the abuse for the first time. The very second a battered woman calls the Hotline, reaches out to the police or walks into a courtroom, we need to connect this courageous person with legal assistance. Victims walk out on a limb when they seek help, often risking their personal safety. The single, most important legislative accomplishment in my year-old career in the Senate is passing the Violence Against Women Act. After years of work, countless hours of hearings, pages of expert testimony and Senate floor debate, my Act passed in . The law was renewed in and most recently expanded in when I worked to include new measures to treat children who witness violence, to increase housing opportunities and to create dedicated resources for rape crisis centers. But we are not done. In May, I introduced the National Domestic Violence Volunteer Attorney Network Act, legislation that, for the first time, creates a streamlined national system to recruit and train volunteer lawyers and match them with domestic violence victims. Using the power of the Internet, this nationwide network of attorneys will be coordinated by American Bar Association; statewide legal coordinators would manage legal services in their individual states, and the National Domestic Violence Hotline and Internet-based services would provide legal referrals to victims. The historic partnership forged in my bill will mean that enthusiastic potential advocates quickly and seamlessly will get linked to training and new clients. And at the same time, desperate victims will be referred to a statewide coordinator and quickly connected to a lawyer. I want to end the frustrating, and often fruitless, task of calling different agencies, offices, or groups, either to volunteer or find a lawyer. I know the American people are ready to meet the challenges we face here at home and abroad, and I hope you will take a moment to read more about my plan as we all work to put an end to domestic violence. Do you have information you want to share with HuffPost?

Chapter 8 : The Fight Against Domestic Violence | HuffPost

Is child sexual abuse a lesser threat to the youth of this country? If we are truly concerned about crime in America, if we truly understand that today's victim is tomorrow's criminal, we must act. The crime of "incest" should be eliminated, and replaced with a flat law against sexual intercourse with minors, regardless of the biological.

At first, the voice is quite loud, but each session of abuse knocks it down a bit until finally you can barely hear it at all. The inner voice may say things like: Responding with aggression, though, just escalates the abuse. The abuser wants to push your buttons, affect your emotions, and force you to respond. Stay in control of yourself. If you need to give in for your own safety such as with an abuser who is violent or in a state of road rage , then do so, and apologize if necessary, but as soon as you can, get out of the situation and out of the relationship. Just repeat such responses again and again. Eventually the abuser will become so frustrated that they will stop talking to you or throw a tantrum. If you fear that they will throw a tantrum or become physically abusive, get away from them. Get Away One of the best things you can do is walk away, leave, when somebody is trying to abuse you. If you have children, teenagers, pets, or vulnerable adults in the situation, be sure to remove them as well. The last thing you would want to do is leave another potential victim with an abuser. Talk to them about how you are feeling, what the abuser is doing, and what you are doing to change the situation. Avoid supportive people who also have abusive or manipulative behaviors because depending on them may create a cycle of abuse with a new abuser. Talk About It When Everyone is Calm If there is a problem that must be resolved, then talk about it after everybody has calmed down. Make sure you have a trusted friend, a mediator, or a counselor in the room with you. If you follow me, I will leave the house. I will not talk to you until you are able to speak to me with respect. A counselor is like a coach who helps you become the person you want to be and create the life you want to have. A counselor can help you with your self-confidence and self-esteem as well as help you figure out how to handle situations involving your abuser. If you cannot go into counseling together, then each of you should at least go into counseling individually. Even if your abuser refuses to go into counseling, still go into counseling by yourself, for yourself.

Chapter 9 : 10 Ways to Fight Domestic Violence | ListSurge

Johnny Depp is still grappling with the events that unfolded during his relationship to Amber Heard.. The alleged abuse, his loss of money and the drama that ensued in the year after his divorce.