

The
Red
Diary

A decorative flourish consisting of symmetrical, ornate scrollwork and floral motifs, centered below the word 'Diary'.

Tips for Surviving Domestic Violence and Abuse
A Directory for Help in Nigeria



The Red Diary
Tips for Surviving Domestic Violence and Abuse
A Directory for Help in Nigeria

© 2014
CENTRE FOR HEALTH ETHICS LAW AND
DEVELOPMENT (CHELD)

Prepared by:
Cheluchi Onyemelukwe and Florida Uzoaru for the
Centre for Health Ethics Law and Development
(CHELD), November 2014.

Publishing Services:
Sapient Hadassah's Touch Limited
5/7 Alhaja Kofoworola Street, Off Awolowo Road, Ikeja,
Lagos State, Nigeria.
08067485145, 08029746158
www.shtlpublishing.com
info@shtlpublishing.com
hadassahtouch@yahoo.com

FOREWORD

About three years ago, Titi Arowolo, was found mutilated and dead. Her spouse was alleged to be the perpetrator. Reports stated that this had been going on over a period of time and that she had on occasions come to work bruised. Her spouse was charged to court and he was sentenced to death by a High Court early this year.

Questions arose in the aftermath of Titi's death: Was there anything that could have been done to prevent her death? To let her live to watch her daughter grow up, prevent her little girl from becoming an orphan?

Unfortunately, this is only one story among many. Although there is limited data on domestic violence because of the silence that often surrounds it, the prevalence of domestic violence in Nigeria can be described as being of epidemic proportions. Domestic violence and abuse is a silent killer that has taken the lives of many people in Nigeria, particularly women. Almost a third of all women in Nigeria, have experienced physical violence, mostly within their own homes. This is a significant number in a country of almost 160 million, where almost half are women. This figure climbs higher when instances of abuse are widened to include emotional, mental and financial abuse. News of the most devastating instances of

domestic violence continue to make headlines monthly but there is very little knowledge about how to prevent it or of existing efforts and avenues to tackle this problem.

The Centre for Health Ethics Law and Development (CHELD) recognises that domestic violence, in addition to being a violation of human rights, and having adverse economic impacts on the individual and society at large, is also a serious public health issue. Domestic violence affects the self-esteem of victims adversely, causing ill health including physical and mental illness. In several cases, it has resulted in fatality. As the World Health Organization (WHO) has noted, partner abuse can lead to physical injury and death, and also to deleterious effects on mental health of its victims, including eroding self-esteem, depression, anxiety, post-traumatic stress disorder (PTSD), gynaecological problems, sexually transmitted diseases, alcohol and drug abuse, and suicide.

As with the example cited above, there has been widely reported cases of fatalities arising from domestic violence in Nigeria. Victims are typically an intimate partner, but may also be children who witness the abuse or are themselves abused. Domestic abuse can have a generational effect, affecting the behavioural patterns and relationships of children raised in an

atmosphere of violence. These include, but are not limited to, grave distrust in intimate relationships and a repeat of abusive patterns, with some offspring becoming abusive themselves or becoming predisposed to being abused, thus perpetuating a vicious cycle of abuse. Further, studies indicate that the health impacts of domestic violence in a developing country like Nigeria can be as high as those of the leading causes of injuries, with particularly serious consequences in the area of reproductive health. In addition, there are socio-economic impacts stemming from loss of productivity, and expenses arising from hospitalisations.

Our primary goal at CHELD is to reduce domestic violence in Nigeria by changing public perception, providing access to helpful resources, and encouraging law reform and implementation. Our objectives include providing education, access to existing resources to people in difficult situations, as well as information on institutions which provide help, including governmental agencies. One of the ways in which we try to achieve our goals and objectives is by developing a free resource, The Red Diary, published by CHELD to accompany our website: <http://domesticviolence.com.ng>, also a free resource with information on domestic abuse resources in Nigeria.

The Red Diary is a one-stop resource which provides information in a quick, easy to understand way to victims and persons seeking support and a way out of domestic violence situations. It describes what domestic violence is, provides tips on what a person can do if they are in an abusive relationship, as well as provides contact information of organisations that can provide support.

CHELD aims to update this information as often as possible and to distribute this resource as widely as possible. It is freely downloadable on the CHELD website (www.cheld.org) and on the domestic violence website: <http://domesticviolence.com.ng>.

CHELD appreciates every support to put this resource within the reach of every person in an abusive situation.

Cheluchi Onyemelukwe-Onuobia, JSD, LL.M
Founder/Executive Director, CHELD

ARE YOU IN AN ABUSIVE RELATIONSHIP?

Domestic violence (also known as intimate partner violence and abuse, spousal abuse, and family violence) is often defined as the physical and/or psychological abuse of an intimate partner. In our understanding, however, domestic violence includes physical and sexual abuse of children within a home, as well as economic exploitation, intimidation, emotional abuse, coercion, threats and isolation of intimate partners, and children. Domestic violence in Nigeria, as in most other parts of the world, is not restricted to any specific culture or religion.

If you are wondering if you are in an abusive relationship but are unsure, you need to know that there are a variety of abusive behaviours. Although in Nigeria, domestic violence is largely understood to mean when your partner is physically violent, this is not correct. Domestic violence and abusive behaviours range from:

I. **Emotional/psychological abuse:**

- a. Does your partner constantly belittle you, your actions and decision-making? Does he or she often shame you by bringing up past sins and secrets?
- b. Does he or she treat you as a child and blame you constantly?
- c. Is he or she emotionally negligent?

II. **Verbal abuse:**

- a. Does he or she call you names?
- b. Is he or she constantly shouting and yelling insults at you?
- c. Does he or she threaten you with physical violence?

III. **Controlling behaviour:**

- a. Does your partner control you by making you do what he or she wants?
- b. Does he or she try to control all the decisions, big or small, made in the relationship? Like what meals should be made and when to

make them, who you can see and when, including your family and friends?

c. Does he insist on exercising control over conceiving a child or removal of a pregnancy? Such control can be exercised through insults, name-calling, withholding of affection, and withholding of financial support.

IV. Physical and Financial Neglect:

a. Does your partner refuse to provide your basic needs?

b. Does he or she refuse you getting your basic provisions from others, including family and friends?

c. Does he or she prevent you from obtaining or keeping a job, in a bid to prevent you having financial independence?

V. Extreme Jealousy and Manipulation:

a. Does your partner isolate you from everyone? Tells you that nobody could love, understand or want you the way he or she

does?

- b. Does he or she demand that you love only him or her?
- c. Are you constantly under pressure to prove to him or her that your affections are real and you would never leave?
- d. Does he or she threaten to kill himself or herself if you leave? Or are you afraid he or she might try to kill you if you do?

VI. Physical Violence:

- a. Does your partner hit you? This includes all kinds of hitting – slapping, pushing, shoving, cutting and other more extreme forms of violence?
- b. Does he or she threaten you with harmful objects, including guns, knives, sticks or belt?
- c. Does he or she physically humiliate you by tearing your clothes, dousing you with water or other fluids, seizing your personal belongings or those jointly owned with him or her?
- d. Does he or she punish you for

displeasing him or her, perhaps by making you kneel down or crawl, or even by throwing food at you?

VII. Sexual Violence:

a. Does your partner sexually assault you or even rape you? Please be aware that consensual sex is the norm in a healthy relationship. Hence, to expect that your consent should be sought before sexual acts is not out of place, including in a marital relationship. It becomes non-consensual if your partner forces himself or herself on you, coerces you into having sex with him or her with threats of inflicting harm on you or himself/herself, ending the relationship or seeking it elsewhere. If you have concerns about contracting sexually transmitted diseases from your partner, you have the right to insist on protected sex or abstinence until disease is ruled out by laboratory results or is effectively cured.

b. Does your partner sexually abuse children that may or may not be your own?

Note that these examples are not exhaustive, but merely illustrative of the different ways domestic violence are manifested. Should you worry that you are in an abusive relationship but are unsure, you may wish to share your concerns with trusted people around you. Some of the organisations listed at the end of this book may also be able to counsel you.

If you are worried that your loved one is in an abusive relationship, please note that an abused person may not always share with others the true situation in his or her relationship. However, there are signs that a victim of domestic violence may give which can alert friends and family to what is going on. The signs of abuse and violence in affected victims may vary from one person to the other, and may be displayed in various ways. These include but are by no means limited to:

- i. An unusually withdrawn, quiet attitude in one who is usually lively.
- ii. Extreme deference to a spouse.
- iii. Physical signs such as black eyes, stiff walk, limping, bruises, swellings, broken limbs.
- iv. A tendency to being accident-prone and unconvincing explanations for such accidents.
- v. Developing physical ailments and illnesses including ulcers, hypertension et cetera.

10 THINGS YOU CAN DO IF YOU ARE BEING ABUSED BY YOUR PARTNER

Abuse is often intended to, and typically has the consequence of, wearing down the other's self-worth and self-respect. In many cases, the abused is made to feel that she/he is responsible for the abuse. This is not true. The abuser alone is responsible for his choices. You deserve to live free from abuse. You do not have to live like this. Here are ten things to do to help get yourself out of the abuse:

ONE

Talk About It, Open Up To Others.

If you are presently in an abusive situation, you may be worried about talking to others about the abuse. You may fear that anything you say may get back to your abuser and worsen things for you and your children, if you have any. While this is a good concern to have, you should not let it discourage you from seeking help. The

important thing is to be cautious and discreet about who you share your experience with, but by all means seek out reliable confidants. You may find that it helps to talk about what is happening with someone you trust. Sometimes, these may be close friends, close relatives, people from your religious group, health workers or even co-workers. Your parents and siblings should, in an ideal situation, be your first point of contact for support. They may be more supportive than you anticipate.

However, avoid anyone who blames you for the abuse, no matter how well-meaning they may seem. Some women find solace in people they connect with through social media if they feel their abuser has isolated them from everyone they know. Be mindful however that social media may leave trails – take care not to be found out. Some organisations may also be able to provide listening channels. Please consult the organisations that we have listed at the end of this booklet.

Getting support is crucial, as it often helps reduce the feeling of being alone, ashamed, or that nobody understands what you are going through. Such emotions only heighten your despair and cause you to doubt your ability to survive the abuse. Therefore, muster the courage to ask for help even when it may appear to be embarrassing or the hardest thing you have ever done.

Speaking with friends and people you can trust makes them watch out for you, and makes it easier to ask them for favours such as taking you away from your abuser, giving you a place to stay for a while, or calling law enforcement officers if the situation gets more dangerous. After you have reached out to these trusted individuals, it is important to memorise their contact phone numbers or addresses, in case you may need to get in touch with them in a hurry.

TWO

Abuse Is Likely To Recur, Be Alert To Warning Signs

Abuse is often recurrent and an abuser tends to inflict abusive behaviour repeatedly. Assuming you have not been aware of such patterns in the past, now is the time to begin to pay very close attention to your abuser's red flags. Red flags are warning signs that trouble is on its way. Red flags may come in form of behaviour change, tacit body language, alcohol or drug use, or fussiness, and may be influenced by events like Christmas, school resumption, pregnancy, or a visit from a relative.

For instance, suppose your abuser gets particularly quiet just before she/he slaps you, when next he is suddenly silent, be quick to recognise this as an indication that she/he might become violent soon. It is essential that you are sensitive to these mood changes, no matter how insignificant it may appear to outsiders. It could save you from getting severely injured by

your abuser, or even killed.

Once you notice the signs and sense the approach of trouble, do not engage with your abuser. Instead, think of several believable excuses that can get you far away from his/her reach. Find reasons to leave the room, or even the house, in a way that would not incite your abuser to come after you. It is a good idea to decide ahead of time what you might do and where you might go for safety, identify safe places in the house or somewhere farther away. This way, once your abuser launches an attack on you, or initiates the sort of arguments you recognise as preceding the abuse, you would not be caught unprepared. It is advisable not to seek refuge in small, enclosed areas where you cannot easily escape from (example, wardrobes and toilets) or a place where your abuser can find handy things to hurt you with (example, the kitchen). Instead, aim to position yourself and the children as near an exit door as possible, so you could easily make a run for it once your partner becomes violent. It is also a

good idea to establish a code word. By code word we mean a predetermined word or phrase you have agreed on, usually with your support/confidant, that you could use it to inform them that trouble is brewing or you are in danger, so they could assist in getting you away from your abuser.

THREE

Have An Escape Plan, And Be Prepared To Act Quickly.

Not every victim of domestic violence is quite ready to leave his or her abuser. You may feel you have put in your entire life and self-worth into the relationship. You may be fearful of a life outside the relationship. You may not feel strong enough to break away from the familiar to an unknown future that may include financial deprivation, and perhaps being cut off from your children. Perhaps you do not want to be subjected to the ridicule you and your children may suffer from a disapproving community. You

may truly believe that your situation can be salvaged and things may soon return to how they used to be in the good days. You may mostly see the good in your abuser. Or you may have been raised to believe that your role as wife, girlfriend or intimate partner requires that you endure even the worst ordeals, and as such, you do not want to fail at it. Perhaps you have painstakingly built up a reputation of “the perfect couple/family” and you are too ashamed to have everyone know it had all been lies.

If this is your situation, understand that you are not the only one who has ever felt like this and that we understand your desire to stay with your partner. Regardless, we advise that every victim of domestic violence should make plans to escape from their abuser. This is in the event that it gets too dangerous for them and/or their children, as it probably would. It is therefore crucial that you protect yourself and ensure the safety of any children you may have. You do this by having an emergency escape plan, so you can

get away quickly once it gets dangerous for you and/or your children.

Start by making photocopies of all your important documents, and make sure to keep them within reach, and in a secure place that your abuser does not have access to, for when it is time to make a quick get-away. This is of utmost importance, as it would save you time and unpleasant surprises. Devise an escape route: where would you go? How would you get there? Who can you reliably call for help? Also importantly, you need to put some money away, at least enough to take you to a temporary place of safety. If it is possible and would not lead to discovery, pack an emergency bag. Your emergency bag needs contain only a few necessities. For example, identifying documents like your international passport, driving license, or national ID card. Other items may include birth certificates for yourself and children, marriage certificates, money, bank books and cards, clothes for you and the children for a first few days, hospital

cards, medicine, and spare keys for the house and vehicle(s). Be advised that this is not an exhaustive list. You know your circumstances best, hence you are in a better position to judge the must-have items for your emergency escape. Bear in mind that you do not need to take everything. The handier your emergency bag, the faster you can make your escape or have your plan go undiscovered. If it is not safe to keep your emergency bag at your home, consider keeping it at work or with a trusted ally. You should be prepared to leave at a moment's notice. If you have your own car, remember to keep it fuelled at all times and park where other vehicles would not obstruct your way. Also keep an extra car key where you can quickly get to it if you need to.

In highly tense moments, there is a risk that you may forget key aspects of your escape plan. Therefore, make sure to memorise and rehearse the plan as often as you can, so you would know exactly how to act when under attack from your abuser.

FOUR

Seek Legal Advice And Help, Even Before There Is An Emergency.

Beyond assisting you to terminate your relationship or negotiate custody arrangements if you have children, there are several other reasons why you would need legal counsel. Even if you have chosen to stay with your abuser, a lawyer or law firm with experience in domestic violence is a good asset to have on your side.

A lawyer can help inform you of ways the law protects you, and enlighten you about the mandate of law enforcement officers to wade into issues of intimate partner violence, and provide you with assistance in talking to law enforcement officers, where necessary. Resist any coercion from persons who may insist that being married takes away your right to be treated with respect and fairness, or that you cannot seek redress even where your rights have been violated. This is not true.

A lawyer can give indispensable advice about how to go about protecting yourself and your children, if you have any. Many women in abusive situations in Nigeria fear losing their children as a result of cultural dictates and economic factors that favour men in this particular area, and often cite reasons as staying in the relationship. If you are worried about losing your children, you can also receive help filing for custody for any child under the age of eighteen – the minors. The law requires that courts act in the best interest of the child in that situation. If it is in the best interests of your child to be cared for by you, the courts will likely grant you custody.

Unless proven beyond reasonable doubts that you are incapable of providing emotional and physical care, the law often recognises a mother's right to look after her minors. A lawyer can also assist you with filing a restraining order against your abuser.

If you are worried about legal fees, please note

that some organisations, such as the Office of The Public Defender in Lagos State and the International Federation of Women Lawyers (FIDA) which has offices nationwide, can provide some of the above services and more for free. Also, consult the list of legal organisations we have listed at the end of this booklet.

FIVE

Secretly Put Money Away; You Will Need As Much As You Can Get.

Your abuser might have made you financially dependent on him/her. Perhaps she/he puts you on an allowance, and closely monitors your expenses. It may look to you like you haven't a kobo to your name right now, but it need not remain that way.

Some women have found that cleverly skimming money off their allowance or household purchases earns them a few changes

they can stash away in a secret place; places they are sure their abuser would never look. By so doing, they find that it increases their independence and reduces the feeling of helplessness; this can have quite an uplifting effect. This, however, should be a temporary solution.

Even if you already have a joint account with your abuser, make efforts to open you own separate bank account in a bank entirely different from the one your partner uses as soon as you can. Many banks in Nigeria have account opening packages that accept as low as one thousand Naira (N1,000) for the initial deposit. Make inquiries about the documentations you are required to submit and begin to discreetly gather them together. You may consider opting out of email or text message alerts from the bank, if your abuser monitors your mobile device or online presence. Remember to keep your bank books out of sight as well.

If you are employed, resist every pressure by your abuser to coax you into resigning from your job or closing down your business. This only increases your dependence on him or her, which may be the goal. If you need to placate your abuser by giving him or her a time frame when you would leave your employment, make good use of the time to put away as much money as you can in a secret place.

SIX

Keep A Record Of The Abuse; You May Need To Provide An Account At Some Point.

You may have been raised to believe that the key to living happily with another is by immediately forgiving them when they err, and not continuously refer to the hurt. This is a good practice in human relations. However, in the case of domestic violence, it serves you to keep a record of the abuse. Keep a journal of things as they happen between you, the abuser

and your children, like the times your abuser has been physically, emotionally or sexually abusive. It may help you get the right perspective of your circumstances, and discourage you from trivialising the abuse.

Make a note of every threat, and please do not overlook it or assume she/he is merely bluffing. Record harassing phone calls and times you may see your abuser around the work place or neighbourhood. Save and/or print any threatening communication between you, the abuser, your children, friends and relatives, sent by emails, text messages or even handwritten notes. Consider having copies of your record and giving it to a trusted ally. There may be need to back up your allegations of abuse with evidence, and if you have been denied access to your records, the copy would come handy.

SEVEN

Cover Your Tracks; Your Abuser May Be Sniffing Around.

You would need to be conscious of the possibility that, while you are seeking help for domestic violence and abuse, your abuser may be paying particular close attention to your activities even if it does not seem so. Therefore, it is important to take special precautions to cover your tracks to avoid exposure.

When using the phone, it is advisable to call from a corded phone not a mobile phone, as the former are more private, and not as easy to tap. However, if you do not have a corded phone, your mobile device can suffice if you are cautious with its use. For instance, be careful with your text messages. If you have a smart phone, apply the utmost caution with your instant messaging apps, emails and search engines. Deleting your entire internet history is not an effective way of ensuring your secret is safe, as it could signal to your partner that you

are hiding something. Also, be especially careful what you write in emails. In addition, alert your confidants about the potential danger the content of their messages may pose for you.

If you're not very knowledgeable about technology, you may consider asking someone more skilled and who you trust for assistance. Alternatively, you may decide to only use a device or computer your partner does not have access to, like one at work or belonging to a trusted confidant. In the same vein, you may consider opening a new email account (but not adding it to your smart phone if you have one). The new account may be devoted to seeking help for the abuse, hence the need to keep your partner from knowing about its existence. You may be tempted to use a simple password that is easy to memorise; don't! Your abuser may be able to make an educated guess at what it is. After all, she/he knows you well enough to be familiar with names, personal information, events and dates that matter most to you.

EIGHT

You Have To Be Safe, Because Simply Leaving Your Abuser Does Not Necessarily End The Abuse.

Thinking about your safety is as critical after you have made the decision to leave your abuser as when you were still with him or her. Therefore, when you are thinking about leaving, be mindful of it. Safety is essential!

How safe are the places you are considering escaping to? Are they places where your abuser could come looking for you? It might be best to avoid such places, unless they are your only options. However, should you go to the home of a friend or relative, consider if they would be in the position to protect you from your abuser when she/he comes calling. Are they themselves also vulnerable to abuse from your partner?

If the place you sought refuge is in the same area as where your abuser lives or works, you must

change your routine. Seek new routes to work or places you go. Avoid isolated places, or places you are unlikely to get help as readily as you need it. Change any appointments she/he is aware about, and explore new roads and places to shop and run your errands. If you work outside the home, it may be a good idea to confide in your supervisor about your situation, as well as devise a different route for leaving work.

You also have to keep your mobile phone on you at all times, and be ready to call for help the instant you spot your abuser. Likewise, have the security guards alert you if they spot your abuser. If you find that your partner has been following you in the car, honk your horn as loudly as you can until you get to the nearest safe place, which may be a hospital, police station, or somewhere she/he might be restrained from attacking you.

By no means should you agree to meet with him privately in an unprotected environment. Your

abuser may insist that she/he wants reconciliation, to make amends or return seized personal properties to you, but she/he may have concealed plans to harm you grievously.

NINE

Talk To The Children; They Are Also Going Through The Abuse.

Though they may not say so, your children are well aware of the abuse or they may sense that their family life is not as it should be. It is therefore important to talk to them about the abuse. You don't need to bring them into your confidence about your escape plans, as it may put them in a burdensome position of struggling to keep a secret they are not able to. Do not also recruit them as foot soldiers in your fight with your partner.

However, you may disclose to them, in a dispassionate manner, what abuses you are

suffering or have suffered from your partner. Depending on their ages, you should be able to judge how much sensitive detail is appropriate. Rehearse your safety plans with them. For instance, if they observe you heading towards the exit door during a tense moment at home, they should quickly follow suit. Or if your partner starts to physically abuse you, they should go for help right away. You need to inform them which neighbour they could run to in an emergency, which family or friend's contact number they should memorise; someone who might take them in should anything dire happen.

Should you leave your abuser, you need to make safety plans with your children. Their whereabouts and their movements should be as carefully planned as yours. Let their schools or childcare provider know of your circumstances and to alert you if they spot your abuser. You would have to explain to the children why you left your partner, and why you need to protect yourself from your abuser. It

would help get everybody on the same page, and may get them involved in ensuring their own safety as well.

TEN

You Must Be Kind To Yourself; Believe In Yourself

It takes enormous courage for a person to leave an abusive environment. However, you might be left feeling despondent. You may find yourself struggling with too many upsetting emotions. The frightening memories of the abuse might still be very fresh in your mind. You may still believe the negative comments from your former partner, things that had been said to you for probably an extended period. Perhaps, you never quite feel safe. You may find yourself often expecting something bad to happen to you. You may feel disconnected from your environment and have difficulties letting yourself trust people.

All these emotions are natural. Abuse and domestic violence leave very deep scars, denting your self-esteem. Some of the emotional and physical traumas linger even after you have escaped your abuser. It will take time, a little longer for some than others, for you to heal from the pain that has been a part of you for so long. You may not be ready to move on or be able to feel safe once again as quickly as you would like, or others expect of you. It is perfectly normal. However, there are things you could do to quicken the recovery process.

One thing that could be helpful is surrounding yourself with supportive family and friends. Develop a different way, a positive one, of thinking of yourself, of talking about yourself, and of evaluating your decisions. If you have spent years listening to your ex-partner say that you are worthless, you would need to continually reaffirm to yourself that she/he lied and in time, you would truly believe it. It helps also to find something you enjoy doing, and allow yourself bask in it. Resist people who try

to impose their idea of virtue on you. Escaping your abuser is something worth celebrating. Embrace life. But take time before entering into another intimate relationship, to avoid repeat of a cycle of abuse.

ORGANISATIONS WORKING ON DOMESTIC VIOLENCE AND ABUSE

We have listed organisations that work throughout the country to assist people who are in or wish to leave situations of domestic violence and abuse. The organisations, listed here in alphabetical order, provide a variety of services to help people, particularly women in abusive situations. The services are often free of charge, so please do not worry that you cannot afford to pay. Some of the services provided include information, education, counselling, legal advice, free legal aid, financial help, business advice, other material assistance, and shelters for accommodating persons who have been abused. The organisations include governmental agencies and non-governmental/non-profit organisations.

Several of the government agencies and some non-governmental organisations have help lines which you can call in emergency and non-emergency situations. Please call these phone

numbers to make complaints or seek advice.

With respect to legal services, several of these organisations provide law-related services. Some provide legal advice and counsel. Others provide legal representation. Some provide free legal aid. A number of them provide all the aforementioned services in addition to legal services. The organisations that provide legal services have the word “legal” besides their names in bracket. Please contact the organisation nearest to you for information on the particular services they provide.

Please note that the organisations listed here are bodies that provide direct assistance for domestic violence and abuse. Other organisations that do work on gender violence that is focused on research, policy and other macro issues are not listed here. CHELD appreciates further information on any other organisation that provide direct assistance to victims and survivors of domestic violence and abuse.

The organisations contained in the directory below are located in various parts of the country – from Lagos to Abuja, Enugu to Kaduna, Ebonyi to Awka. There are also organisations that work nationally such as the National Human Rights Commission (government), International Federation of Women Lawyers (FIDA) or the Catholic Women Organisation. Unfortunately, some parts of the country are more represented than the others. This is as a result of several factors, including the level of activism around this issue that goes in specific parts, economic realities, and information available publicly. CHELD continues to research to identify other organisations throughout the country that provide the requisite services and will continue to update the information contained here on a regular basis.

To obtain more information on any one of these organisations, please visit their websites, where applicable. Other contact information is also provided such as telephone numbers,

physical addresses and email addresses. As much as possible, we have tried to verify the information provided here, but there may be changes such as movement from these addresses or web links that do not work.

Please note that CHELD is not liable for any information provided or any actions of these organisations. The material provided throughout this diary is provided for your information only. Please seek legal advice, where necessary. Some of the organisations contained here also provide legal advice.

LIST AND ADDRESSES OF ORGANISATIONS

Abuja Family Law Clinic (Legal)

Website: www.lesleyagams.com

Address: 4B Oyo Street, Area 2, Garki, Abuja

Email: Not available

Telephone: 0809 117 8629

ACTS Generation

Website: www.actsgeneration.org

Email: info@actsgeneration.org;
actsgeneration2007@gmail.com

Telephone: +234 704 385 1722

Help lines: 0818355007; 07043851725;
08033951460

BAOBAB for Women's Human Rights (Legal)

Website: <http://www.baobabwomen.org/>

Address: Ernest Omoregie, Agbonyi Road,
Lagoon Estate, Ogudu Ori-Oke, Ojota, Lagos

Telephone: 01-4747931, 01-8980834; Mobile:
0802 333 0981

Emails: baobab@baobabwomen.org,

baobabwomen@yahoo.com

Catholic Women Organisation (throughout the country)

Email:

catholicwomenorganisation@rocketmail.com

Centre for Health Ethics Law and Development (CHELD) (Legal)

Website: www.cheld.org

www.domesticviolence.com.ng

Address: Lekki Phase I, Lagos, Nigeria

Email: info@cheld.org

Telephone: +234 (0)8103235860

Centre for the Protection of the Abused

Website:

<http://www.kabissa.org/directory/CEPA>

Address: 6 Kunmi Adebisi Close, Flat I.

Okota, Lagos, Nigeria

Telephone: +2348039570653

Civil Resource Development and

Documentation Centre (CIRDDOC)

Website: <http://www.cirddoc.org/>

Headquarters/Enugu Office Address:

Fourth Dimension Complex

16 Fifth Avenue, City Layout

New Haven, Enugu

P.O. Box, 1686

Email: info@cirddoc.org

cirddoc96@yahoo.com

nwankwooby@yahoo.com

nwankwo_o@cirddoc.org

cirddoc@gmail.com; cirddoc@aol.com

Telephone: +234 (0)8033132493;

+234(0)8078558766

Abuja Office Address: Suit B1, Victory Plaza
7 Onitsha Crescent, Off Gimbiya Street,
Area 11, Garki, Abuja FCT.

Phone: +234-(0)8034539760

Ebonyi Office Address: 27, Afikpo Road
Abakaliki, Ebonyi State, Nigeria

Telephone: +234(0)0803 778 7250

Email: cirddoc_ebonyi@yahoo.com

Anambra Office Address: 20, Amaenyi Street, Awka, Anambra State, Nigeria
Telephone: +234(0)803 332 6385
cirddoc_anambra@yahoo.com

Crime Victims Foundation Nigeria (CRIVIFON)

Website: Not Available
Email: gloriaegbuji2003@yahoo.co.uk,
unobesarah@gmail.com
stephensarah82@yahoo.com
Telephone: +2348050314317

Disability Policy Advocacy Initiative

Website: Not Available
Address: c/o 9 Sadiku Street, off Amaraolu Street, Agidingbi, Ikeja, Lagos
Email: lcsdpp.lagos@gmail.com
Telephone: 08039472763

Fair Life Africa Foundation

Website: Not available
Address: 2 Gbara Close off Mayegun Beach Rd, Lekki, Lagos

Email: fairlifeafrica@gmail.com

Telephone: 08057111125

**International Federation of Women
Lawyers, Nigeria (FIDA)**

Website: <http://fida.org.ng>

Contact by sending an email on the contact
form: <http://fida.org.ng/index.php/2012-11-16-11-41-38>

Kudirat Initiative for Democracy (KIND)

Lagos, Nigeria Office:

42/46 MKO Crescent, Off Toyin Street, Ikeja
Lagos, Nigeria

Email: info@kind.org; khafila@hotmail.com;
or moriamabiola@hotmail.com

Phone: +234 803 365 2200

+234 803 454 0311

Lagos Emergency Line: 267

Lagos State Ministry of Justice

Website: <http://lagosstate.gov.ng>

Address: Block 2, The Secretariat, Alausa, Ikeja,
Lagos

Email: lolarv@hotmail.com

Lagos State Ministry of Women Affairs and Poverty Alleviation (WAPA) office

Block 18, The Secretariat, Alausa, Ikeja.

Website:

<http://www.lagosstate.gov.ng/entities.php?k=247>

E-mail: wapa@lagosstate.gov.ng

Telephone: 08126236822

Help lines: 08085754226; 07098733734;
08102678442; 08085757932; 07078733734

Lagos State Domestic Violence and Sexual Assault Response Team (DVSART)

**Legal Awareness for Nigerian Women
(LEADS Nigeria) (Legal)**

Website: www.leadsnigeria.org

Contact Person: Hannatu Ahuwan

Address: 4th Floor, Hamza Zayyad House, 4
Muhammadu Buhari Way, Kaduna, Kaduna
State

Telephone: 08164312553

**Legal Research and Resource
Development Centre (LRRDC) (Legal)**

Website: www.lrrdc.org

Address: Modupe House, (3rd Floor, Left
Wing) 2A Ireti Street, Opposite Lebanese
Community School, Yaba, Lagos

Email: lrrdclagos@yahoo.co.uk

Telephone: 08023156924

**Media Concern Initiative (Child Sexual
Abuse)**

Website: 13 Anthony Otti Street

Off Akingbade Street, Baba Ijesha B/stop
Iyana Ipaja, Lagos, Nigeria

Telephone: 01-8944915; 080-2333-1036;

080-5820-7164; 080-9952-2487

Email: helponline@mediaconcern.net;
counsel@mediaconcern.net

Office of the Public Defender, Lagos (Legal)

Website:

[http://www.lagosstate.gov.ng/pagemenu.php?
p=410&k=31](http://www.lagosstate.gov.ng/pagemenu.php?p=410&k=31)

Address: The OPD House, 2-8, Iyem Road, off
Funso Williams/Western Avenue, 10001
Surulere, Lagos State

Email: opdlagos@yahoo.com

Telephone: 234 708 060 1080

Help lines: 08054707559

National Human Rights Commission

Website: <http://www.nigeriarights.gov.ng/>

Address:

North East Zonal Headquarters

No.4, Bama Road, Opp. University Teaching
Hospital, Maiduguri.

Telephone: 076-230360

Hot Line: 08076974382

North West Zonal Headquarters

Plot 313, New Hospital Road, Opp. Aminu
Kano Teaching Hospital, Gyedi-Gyedi, Kano.

Telephone: 064-668729

Hot Line: 08075383187

North Central Zonal Headquarters,

Plot 12677, Laminga, Liberty Dam Road,
Rikkos Village Opp. National Civic Registration
Center, Jos - Plateau State.

Telephone: 08033296152

Hot Line: 08072449323

South East Zonal Headquarters

No 3, Ezeagu Street, New Haven, Enugu.

Telephone: 042-256211

Hot Line: 08072763456

South West Zonal Headquarters

3rd Floor, Old National Assembly Building,
Glass House, Tafawa Balewa Square, Lagos.

Telephone: 01-8506708

Hot Line: 08054707559

South South Zonal Headquarters

Plot H, Block I 57, NO 203, Bonny Street, Port Harcourt, Rivers State.

Telephone: 084-240123

Hot Line: 08056513203

Email: Not available

General Help lines: 0807 709 1123;

0807 709 1124; 0807 709 1126;

0807 569 7449

Partnership For Justice

Website: <http://pjnigeria.org>

Address: Off Adeniyi Jones, Ikeja, Lagos

Email: partners4justice@yahoo.com

Telephone: 08125152683, 0803451911

Project Alert on Violence against Women (PROJECT ALERT)

Website: www.projectalertnig.org

Address: 21, Akinsanya Street, Off Isheri Road,
Taiwo Bus stop (Behind FRSC) Ojodu – Berger,
Lagos, Nigeria

Telephone: 01-8209387; 08052004698,

08180091072

E-mail: projectalert@projectalertnig.org,
info@projectalertnig.org

Abuja Office: 26 Bamenda Street, Off Abidjan Street, Wuse Zone 3

Pro-Hope International (PHIN)

Website:

<http://www.kabissa.org/directory/PHIN>

Address: 20, Eyinma Street, Omualikor, Elele-Town, P. O. Box 12099, Port Harcourt, Rivers State

Telephone: +234 803 3367 351

Fax: +234 84 238923

Women Arise for Change Initiative

Website: www.eomenarise.org

Address: 26 Adebowale Street, Ojodu, Berger, Lagos

Email: gbengaantonio@gmail.com

Telephone: 08037223313

Women Empowerment and Legal Aid (WELA) (Legal)

Website: Not available

Address: 25 Adekunle Fajuyi Way GRA, Ikeja-Lagos

Email: welanigeria_ngo@yahoo.com

Telephone: 08033052979 ; +2348033090516, +2348185617833, +23417401929

Women's Consortium of Nigeria (WOCON)

Website:

<http://womenconsortiumofnigeria.org/>

Address: Lagos: 13, Okesuna Street, off Igbosere Street, Lagos

Telephone: Tel: 234-1 - 2635300 &

234-4-1-2635331, 234-(0) 8033347896

Ogun State: No. 4, Moshood Abiola Way, Iyana Mortuary, Abeokuta, Ogun State.

Nigeria.

Email: wocon95@yahoo.com

Telephone: 234-39 - 240380, 242113. 08037146998

Women Helping Hand (offers shelter services)

Website: Not available

Address: Ipaja Ayobo

Telephone: 07043294437

Women Optimum Development Foundation (WODEF)

Website: Not Available

33 M/Johnson Crescent Off Adeniran Ogunsanya Str., Box. 1934, Lagos

Telephone: 07036303542

Email: pao502004@yahoo.com

Women's Rights Advancement and Protection Alternative (WRAPA)

Website: www.wrapanigeria.org

Address: No 19 Monrovia Street, Off Aminu Kano Crescent, Wuse II Abuja, P.O. Box 3363, Garki, Abuja

Email: wrapa993@yahoo.com,
info@wrapanigeria.org

Women Advocates Research and Documentation Centre (Legal)

Website: www.wardc.org

Address: Women's Right Center

9B, James Oluleye Crescent (Harmony Enclave)

Off Adeniyi Jones, by Koko Bus Stop
Ikeja Lagos State Nigeria

Email: womenadvocate@yahoo.com

Telephone: Not Available

Women's Aid Collective (WACOL) (Legal)

Website: www.wacolnigeria.org

Free Legal Aid Hotlines: 042-303333, 09-2340647, 084-572948 0704-761-837, 0704-761-839

Address: No.9 Umuezebi Street Upper Chime
New Haven, Enugu. P. O. BOX 2718

Enugu State, Nigeria.

Tel: 0704-761-828, 0704-761-845

Fax 042-256831

E-mail: wacolenugu@wacolnigeria.org

Abuja Office: Plot 8 Kontagora Close off Jos Street Area 3,
Garki Abuja, P.M.B 621 Abuja
Telephone: 0704-761-839, 0704-761-839
Telephone/fax: 09-2340647, 0805-505-4571
E-mail: wacol_abuja12@yahoo.com

The Real Woman Foundation(Shelter)

Website: <http://therealwoman.org/>
Address: 7b, Jubilee road,
Magodo Shangisha, Lagos.
Telephone: 08037178963, 01-7611656
E-mail: info@therealwoman.org,
contactus@therealwoman.org,
nike@therealwoman.org

Women Against Rape Sexual Harassment & Exploitation (WARSHE)

Website: www.warshe.org
Address: Conference Centre Shopping Complex, Obafemi Awolowo University, Ile-Ife, Osun State, Nigeria.
Telephone: +234-8034078730
Email: warshen@yahoo.com

Women's Centre for Peace and Development

Website: Not available

Address: P. O. Box 1048 Owerri-Main, Owerri,
Imo

Email: Wopednig@yahoo.com

Zonta International Club of Lagos

Website: <http://www.zonta-district18.org>

Email: info@zonta-district18.org

REFERENCES

Andrew R. Morrison and Maria Beatriz Orlando, "The Costs and Impacts of Gender-Based Violence in Developing Countries: Methodological Considerations and New Evidence" World Bank (2004).

Cynthia Grant Bowman, "Domestic violence: Does the African context demand a different approach?" (2003) 26 International Journal of Law and Psychiatry 473.

Department of Justice, Yukon Government, What You Can Do If You Are Abused (2009), http://www.justice.gov.yk.ca/prog/cor/vs/what_todo.html

DFID and British Council, Gender in Nigeria, 2012.

Jacquelyn C Campbell, "Health Consequences of Intimate Partner Violence" (2002) 359 Lancet 1331.

Melinda Smith, M.A., and Jeanne Segal, Help For Abused and Battered Women (2014), HelpGuide.org,
<http://www.helpguide.org/articles/abuse/help-for-abused-and-battered-women.htm>

National Network To End Domestic Violence, If You Are Being Abused (2014),
<http://nnedv.org/resources/stats/gethelp/ifyouarebeingabused.html>

National Population Commission and ICF Macro, National Demographic and Health Survey, 2013

