

## Useful websites

**[www.dinutvei.no](http://www.dinutvei.no)**

National web portal about domestic violence.

**[www.hvorlite.no](http://www.hvorlite.no)**

Information from the police about domestic violence.



ÅLESUND KOMMUNE

## How to get a hold of us:

Midwife at the Sentrum Health Station:

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70 16 43 20

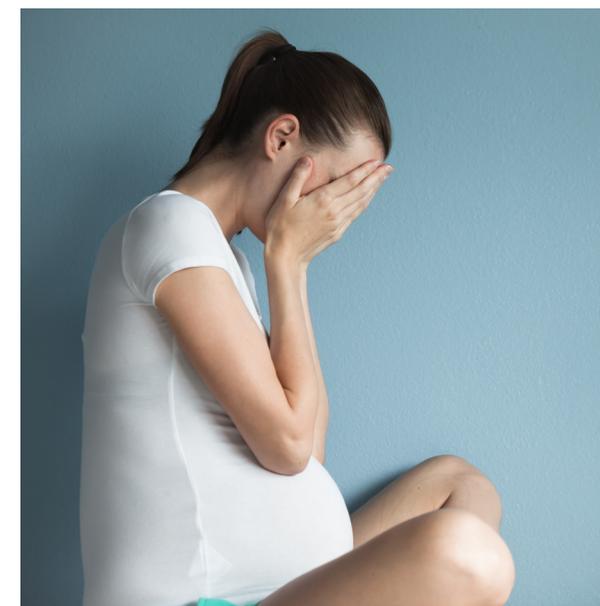
Family doctor:

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Telephone:

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## Violence During Pregnancy



## What is violence?

Domestic violence includes all physical and mental violence, and threats between current and former family members. Violence also includes genital mutilation, forced marriages, both of which are illegal in Norway, as well as children who witness violence.

## Different forms of violence

### Physical

Hitting, kicking, pushing, locking someone up, keeping someone isolated, attacking with various objects, strangle holds, etc.

### Sexual

Sexual assault or threats of sexual abuse.

### Material

Breaking, destroying and throwing of objects, hitting or kicking holes in walls and doors, etc.

### Mental

Using words and intonation to manipulate, injure or insult, etc. Examples may be yelling, direct threats, indirect threats, threatening body language, repeated criticism that wounds, being ignored or humiliated, unfairly accused or interrogated and loss of personal freedom.

### Economic

One partner is denied control over their own or joint finances.

### Social

Social isolation, exclusion, limited freedom of movement.

### Latent

Violence that "sits in the air", a certain atmosphere before or after an episode of violence.

### Violence used to rear a child

Physical and mental punishment as part of rearing a child to change the child's or adolescent's behavior.

## Consequences of violence during pregnancy

Being exposed to violence during pregnancy is a major burden, both for the health and quality of life of the pregnant mother as well as the unborn child. Women who experience violence have an increased risk of a reduced quality of life, injury and death. Both past and present experiences with violence can affect a woman's experience of pregnancy, childbirth and postnatal care.

During the pregnancy, the unborn child may experience violence directly through kicks and hits to the mother's stomach, or indirectly through her reaction to stress. Research suggests that this can lead to altered structures in the brain, which could result in sustained impaired cognitive performance and distress for the child. Violence-related stress can lead to decreased fetal growth and premature birth, and there is an increased risk of intrauterine death.

## We want to help!

Your midwife and family doctor are here to help if you are experiencing or having experienced domestic violence before or during your pregnancy.

You can also call:

**The Local Emergency Medical Center (overgrepsmottaket):**

**116117**

**Shelter Service for Women and Children:**

**70 16 33 33**

**The Police Emergency telephone number:**

**112**

**The Police:**

**02800**

**The Medical Emergency telephone number:**

**113**

**The Family Counselling Office:**

**466 17 390**