

"WHY DON'T THEY JUST LEAVE?"

We need to stop blaming survivors for staying and start supporting them to enable them to leave. We should be holding perpetrators accountable.



Danger and fear

Practical reasons

Isolation

Trauma and low confidence

Lack of support

Shame, embarrassment or denial



Danger and fear

- Risk increases when someone attempts to leave an abusive relationship.

Practical reasons

- For example fear of children taken away or fear of being deported.

Isolation

- A survivors support network is cut off by the perpetrator making it harder to seek support.

Trauma and low confidence

- Constantly being told you're worthless will have a huge impact on your self-esteem.

Shame, embarrassment or denial

- Perpetrators often minimise, deny or blames the abuse on the victim. The victim may fear not being believed.