



Domestic violence

Containment can reveal domestic violence or exacerbate existing violence. It is not necessarily the cause but it acts as a developer and an amplifier.

New violence

We are no longer used to live with each other, to live permanently side by side and most of all on top of each other, children are not used to being restricted in their freedom. Everyone has his/her own life, we meet but in the end, we don't spend a long time together ... even with the children that we see at breakfast, then at 5 p.m. if the schedule is suitable but often later ... And let's not talk about teenagers who are in a period of their life in which they are trying to emancipate themselves from their parents and whose confinement requires being 24 hours a day with them.

This unusual overcrowding can lead to violence because you lose a certain personal space, a lifestyle, personal breaths. We find ourselves confronted with something restrictive and which does not necessarily correspond to us. You can be both victim and author of this violence. Boredom, stress and pressure can make them appear. In some families without risk of violence, abusive behaviour may appear due to confinement. This can be verbal or physical. Children can be the victims. Indeed, they can be more difficult, more demanding, more opposing ... that added to the pressure of telework and isolation, can lead to overflows.

Parental burnout can take place and be accompanied by this violence.

To avoid this violence, try to find where your limit lies so that you can identify when you are about to crack and therefore anticipate this moment and decompress before it is too late.

Don't hesitate to call someone you know or one of the available helplines to talk about it and relieve the pressure.

Interesting internet links:

- <https://www.lecho.be/opinions/analyse/le-risque-de-violence-au-sein-des-familles-va-exploser-au-cours-des-semaines-a-venir/10215202.html>

You can be witness of this kind of situation. In this case, don't hesitate to contact the authorities to talk about your worries.



Existing violence

Deprived of contact with colleagues, family and friends, the victim is more strongly than ever subject to the influence of the spouse.

Isolation is one of the main strategies of violent spouses. Given the current "legal forcible confinement" situation, a victim may feel in an impasse seeking help.

Containment does not mean accepting violence in the home. You always have the right to LEAVE if you are the victim, containment or not.

Here are the links with numbers and services to contact in case of domestic violence:

- <https://www.ecouteviolencesconjugales.be/>
- <https://police.public.lu/fr/aide-victimes/violences-viols/violence-domestique.html>
- <https://www.sueddeutsche.de/gesundheit/.Gesundheit-dortmund-corona-initiativen-befuerchten-anstieg-von-haesuslicher-gewalt-dpa.urn.newsml-dpa-com-20090101-200322-99-423689>
- https://www.covid19-psy.lu/?cli_action=1586608039.715
- <https://fed.lu/wp/services/visavi/>
- <https://violence.lu/aide/>
- <https://www.rtl.fr/actu/debats-societe/victimes-de-violences-conjugales-que-faire-pendant-le-confinement-7800389500>
- <https://administration.esch.lu/2020/04/14/2060-1060-une-helpline-pour-les-victimes-de-violence-domestique/>