

Accompanying you everywhere

Telling you there is no way anyone would believe you

Punching

Burning you with cigarettes

Hurting you in front of your children

Kicking you

Domestic Abuse

Denying there is any abuse taking place

Spitting on you

Hurting your children

Telling you you're not good enough

Don't suffer

Calling you a failure

Focusing your anger on you

in silence

Humiliating you in front of the children

Choking you

Telling you what to wear

Shouting

We can help

Telling you you're ugly

Taking your money

Stalking you

Raping

Slapping you

Mocking

Telling others lies about you

Telling you it's because they love you

Isolating you

Domestic abuse can be physical, sexual, emotional, threatening and intimidating. It can happen to anyone – and in all kinds of relationships and for any reason. It is rarely a one off event and tends to become more severe and occur more over time.

If you know someone at risk you can help them by:

- Making sure they are safe
- Asking them if they have suffered physical harm and offer to go to the hospital with them if they need to go. If they want to report an assault to the police, help them to do that
- Being understanding – explain that there are many people in this situation and it takes strength to talk about abuse. Allow them time to talk and don't push them to give too much detail if they don't want to
- Not criticising the abuser – it could put them off talking to you
- Being supportive – be a good listener and encourage them to express their hurt and anger
- Letting them make the decisions. If they aren't ready to leave the relationship, that is their decision. If they are, help them work out a safe plan and go with them to see a solicitor
- Offering to let them use your address and phone number for receiving information and messages
- Storing an emergency bag of clothes for them and their children in case they need to leave home quickly

BUT REMEMBER...

Do not put yourself in a dangerous position
– and don't offer to talk to the abuser

For information and advice:

Family Help and Refuge
01325 364486

Womans Aid Outreach Worker
07971 489187

