

What is Domestic Abuse?



www.bexleydomesticabuseservices.org.uk





Domestic Abuse : what is it?

Domestic Abuse is when your partner (or a family member) hurts you or makes you feel scared in your own home

Domestic Abuse can be:



- Physical – Hurting your body



- Emotional- Hurting your feelings



- Sexual – making you do sexual things you don't want to do



- Financial - Taking your money or forcing you to spend it in a particular way

Here are some examples of abuse:



- Talking to you in unkind ways, shouting, swearing, or teasing you .It can also include ignoring you.



- Made to feel stupid



- Made to feel ashamed / embarrassed

More examples of abuse:



- Always blamed for things



- Touching your private parts in ways you do not want or do not understand. This includes someone having sex with you when you don't want them to



- It can also include when people make you touch them or make you look at sexual photos or videos.

More examples of abuse:



- Talking to you in unkind ways, shouting, swearing, or teasing you .It can also include ignoring you.



- Made to feel stupid



- Made to feel ashamed / embarrassed

More examples of abuse:



- Being kept away from your family and friends



- Being hit, kicked, punched or bitten



- When someone takes your money or things without asking or won't let you choose how to spend your money.

Domestic Abuse can happen in any relationship:



- Men abusing women



- Women abusing men



- Men abusing men (Gay relationships)



- Women abusing women (lesbian relationships)

Domestic Abuse can happen in any relationship:



- Family members



- Old boyfriend/ girlfriend



- New boyfriend/ girlfriend

Domestic abuse can happen to everyone:



• Rich



• poor



• Old



• Young

Domestic abuse can happen to everyone:



- Gay



- Straight



- Disabled



- Not Disabled



- Black




- White

Is Domestic
Abuse
happening
to you?



Tick box check list:



Does your partner shout or threaten you or your children?




Yes



Not Sure



No



Does your partner scare you?




Yes



Not Sure



No



Does your partner stop you seeing your friends and family?




Yes



Not Sure



No



Does your partner always check where you have been, how much you spend, who you speak to?



Yes



Not Sure



No



Who should I tell?

- You can tell someone you trust for example; a family member, the police, your Dr, health care worker, social worker, carer
- Remember that telling someone doesn't mean you have to do anything
- There are places to go where you can just talk in private



What can I do?

- If you are being abused it is useful to talk to someone about what has happened, even if you do not want to do anything about it.
- Often it is helpful to speak to someone and get help for yourself
- Getting someone to write down what happened will help you in the future if you decide to take action



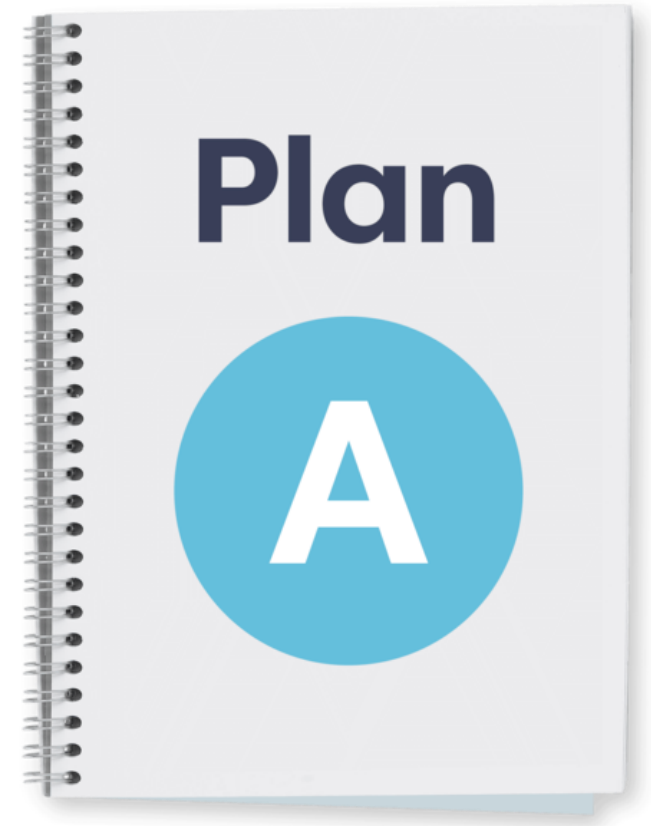
What if I just want to leave

- The local authority housing agrees that domestic abuse may mean you need a new place to live urgently
- You should contact the housing advice and support service or the homeless person unit

Make a plan to help you stay safe:

Think about your safety and ways that you can protect yourself and your children

- Do you have a phone?
- Would a neighbour phone for you?
- Could you ask someone to phone for you if they hear anything?
- Do your children know how to phone 999?
- Do support agencies have your phone number so that they can reach you?



If you are experiencing domestic abuse and had to leave your home in an emergency or could not return do you have...



1. A safe place to stay

✓ ✗



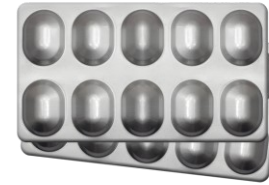
5. Phone numbers of friends, family, emergency social services and support helpline

✓ ✗



2. Money for taxis or buses hidden in a secret place

✓ ✗



6. Any medicines

✓ ✗



3. A bag with spare clothes (hidden or kept at a friends house)

✓ ✗



7. Keys

✓ ✗



4. Important places (child Benefit book, passports, birth certificates, bank books, injunctions/ legal documentation)

✓ ✗



8. Address Book

✓ ✗

Useful contacts:



If it is an emergency always call **999**.
Or 101 for non emergencies

solace

Advice Line - 0808 8025565 Opening hours Monday 10am – 4pm Tuesday 10am – 4pm & 6pm - 8pm
Email: advice@solacewomensaid.org
For support and advice on domestic abuse



You can telephone the Bexley Council on:
0208 303 7777 and ask for the adult safeguarding team.



www.bexleydomesticabuseservices.org.uk

National Domestic Abuse Helpline - 0808 2000 247