

Domestic Abuse

What is it?



Preventing domestic abuse

Domestic Abuse

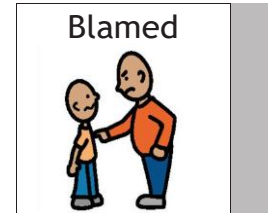
What is it?

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

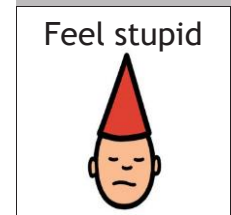


Here are some examples:

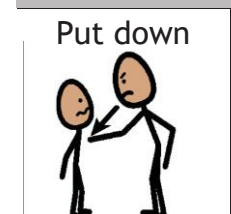
Always blamed for things



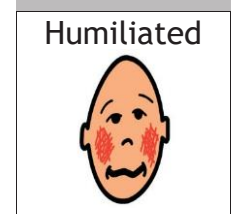
Made to feel stupid



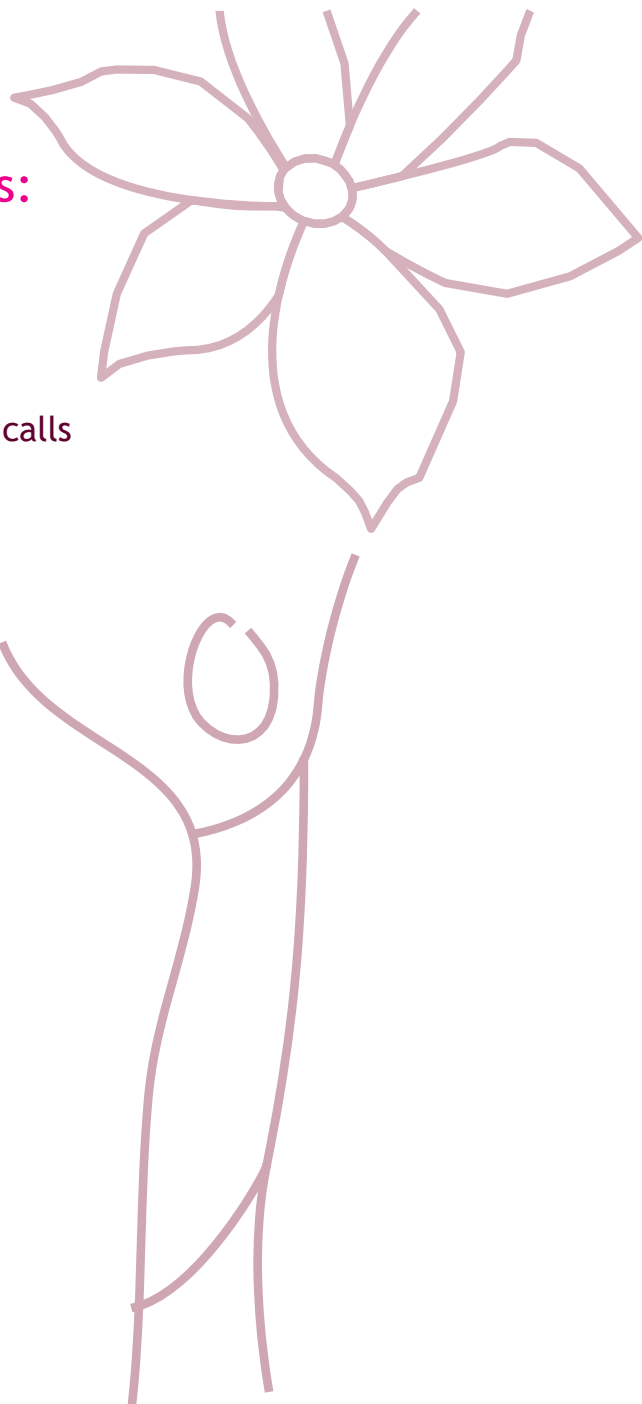
Always put down



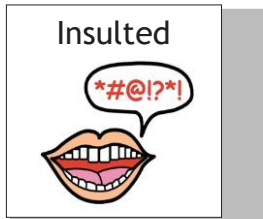
Humiliated



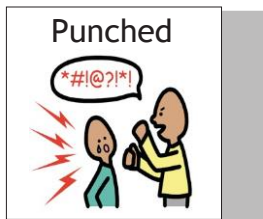
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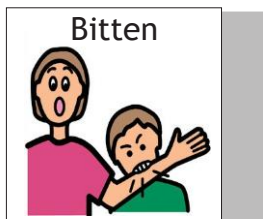
Nasty phone calls



Insulted



Punched



Bitten

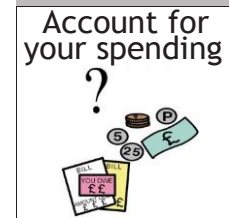
Having benefits taken from you



Kept away from family and friends



Having to explain how you spend your money



Forced to watch dirty videos



Being kept without money

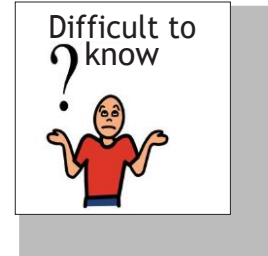




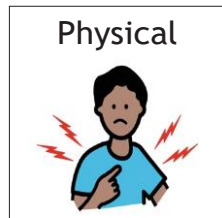
Is domestic abuse happening to you?

Sometimes it's difficult to know...

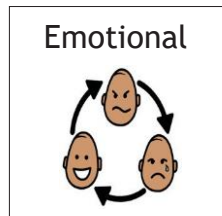
- Does your partner shout or threaten you and your children?
- Does your partner scare you?
- Does your partner stop you seeing your friends and family?
- Does your partner always check where you have been, how much you spend, who you speak to?



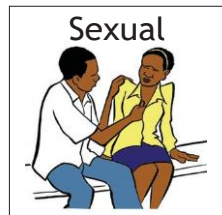
Domestic abuse can be:



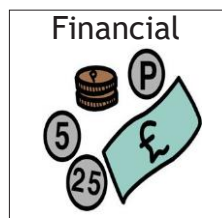
Physical
(hurting your body)



Emotional
(hurting your feelings)



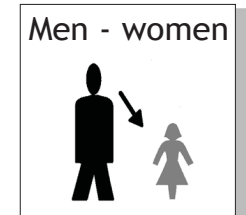
Sexual
(making you to do sexual things that you do not want to do)



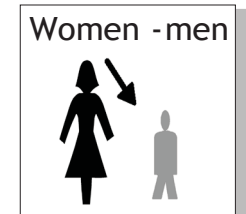
Financial
(taking your money or forcing you to spend it in a particular way)

Domestic abuse can happen within all types of relationships:

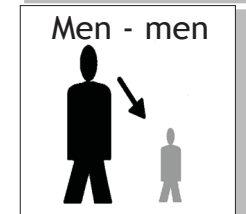
Men abusing women



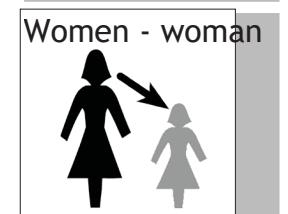
Women abusing men



Men abusing men (gay relationships)



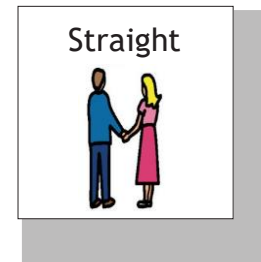
Women abusing women (lesbian relationships)



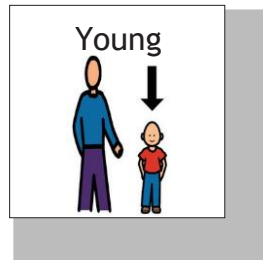
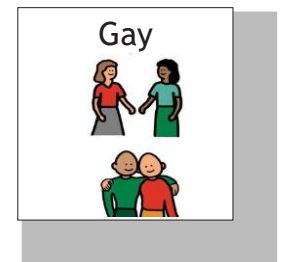
Domestic abuse can happen to all different types of people:



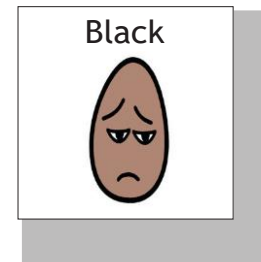
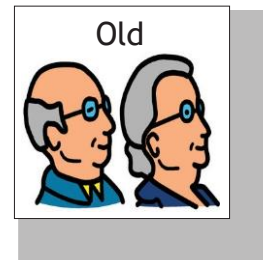
Rich or poor



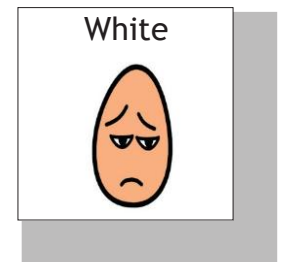
Straight or gay



Young or old



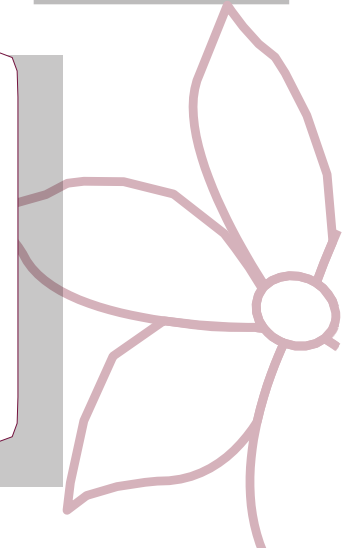
Black or white



Disabled or not disabled



- Greater Manchester Against Domestic Abuse (endthefear.co.uk) want to stop abuse happening.
- They work to protect victims and their children and to make the abuser stop and be accountable for their behaviour.
- Domestic abuse can have terrible and long lasting effects on children.



What can I do?



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 some help for yourself.
- Getting someone to write down what happened will help you in the future if you do decide to take action.

Who should I tell?



Who should I tell?

- Remember that telling someone doesn't mean you have to do anything.
- There are places to go where you can just talk in private (see useful contacts).
- It is important to protect yourself by 'writing down' the abuse that happened to you. Most agency workers will write down what has happened if you ask them.

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 Persons Unit.

Make yourself a safety plan!

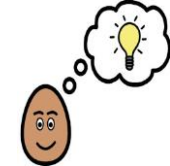
Think about your safety and ways that you can protect yourself and your children.

- 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?

Want to leave



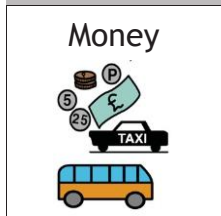
Safety plan



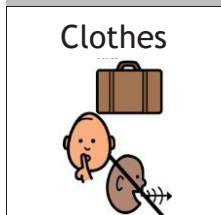
If you had to leave your home in an emergency or could not return, do you have...



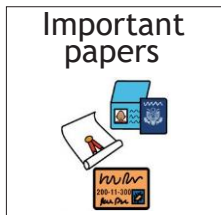
1. A safe place to stay



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

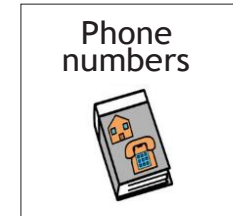


3. A bag with spare clothes (hidden or kept at a friend's house)



4. Important papers (Child Benefit book, passports, birth certificates, bank books, injunction/legal documentation)

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



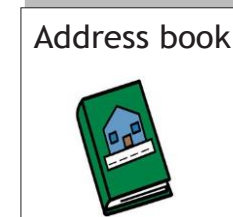
6. Any medicines



7. Keys



8. Address Book

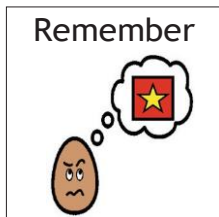


9. Yours and children's sentimental items



Can you keep these things hidden at a friend's or relatives?

Don't forget to let support agencies know where you are!



So remember the important things are to...



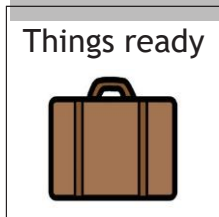
Tell someone what is happening



Get someone to write down or photograph anywhere you are hurt

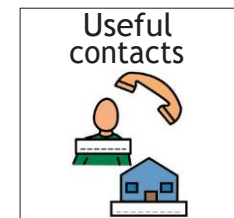


Do yourself a safety plan



Have your things ready

Useful contacts



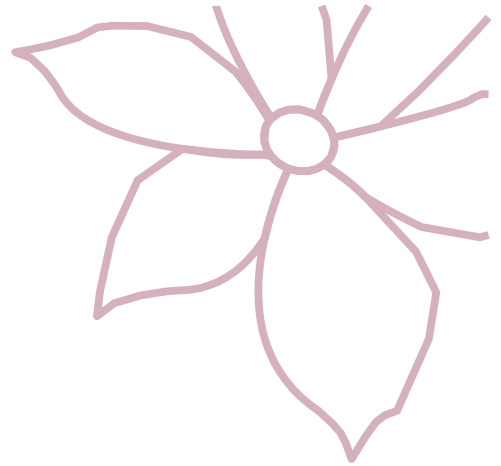
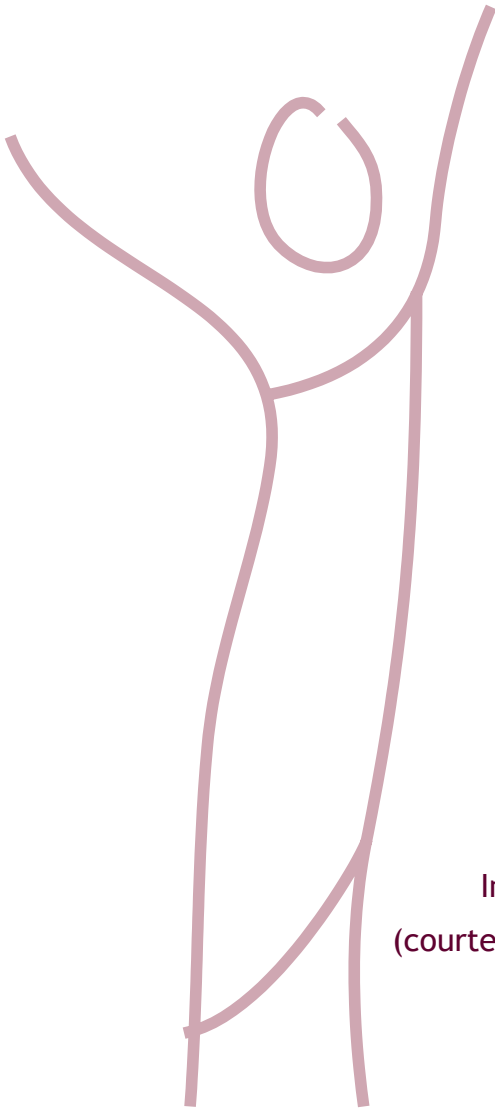
**GREATER MANCHESTER
DOMESTIC ABUSE HELPLINE**

0161 636 7525

MON – FRI, 10AM – 4 PM EXCL. BANK HOLIDAYS

**National Domestic Violence
Helpline:**

National 24hr free phone service
0808 2000 24



No-one has the
right to abuse you
You are not alone
www.endthefear.co.uk

Images provided by Accessible by Design
(courtesy of Mayer-Johnson Boardmaker 2007)

Ref: 09/07

National Domestic Violence Helpline: **0808 200 0247**