

WHAT IS DOMESTIC ABUSE?

The hideout defines domestic abuse as:

'when abuse happens between two people in a family or between two people who are dating, living together, married or have children together (eg between parents, boyfriend and girlfriend or between lesbian or gay couples)'

Domestic abuse can take lots of different forms:

- **Physical** - slapping, pushing, pinching, choking, burning etc
- **Emotional/psychological** - name calling, making nasty comments, being told you're worthless/ugly, keeping you away from friends and family or making threats
- **Financial** - made to beg for money, being forced to give up any money earned, not being allowed to get a job
- **Sexual** - being forced to take part in any sexual act, this includes non contact eg being forced to watch pornography and posing for photos etc

HELPLINES AND WEBSITES

There are lots of useful websites and helplines available to give advice around domestic abuse, whether you are experiencing it directly or know someone who is:

HELPLINES:

Childline 0800 11 11 (24 hour)

The What? Centre 01384 379992

NSPCC 0808 800 5000

My space My time 01384 411722

(local support group for young people aged 5 to 13)

Police 0845 113 5000

In an emergency dial 999

safe & sound

Dudley's Community Safety Partnership

WEBSITES:

www.thehideout.org.uk

www.burstingthebubble.com

www.freefromfear.org

www.respect4us.org.uk

You may not want people to see you have visited these sites. To find out how to 'cover your tracks' go to:

www.childline.org.uk/Pages/Covertracks.aspx

**DOMESTIC ABUSE
NO EXCUSE**



IF YOU ARE EXPERIENCING DOMESTIC ABUSE AT HOME . . .

90% of domestic abuse cases are witnessed by children

Always remember it is not your fault and you are not responsible for what is happening in your family:

- **Talk to someone you trust**
- **Talk to the member of your family the abuse is directed at**
- **Help to make an escape plan in case things get really bad**
- **Contact the police if you need to**

IF YOU ARE EXPERIENCING DOMESTIC ABUSE IN YOUR OWN RELATIONSHIP...

1 in 5 young men and 1 in 10 young women think that abuse is acceptable in some situations

Always remember it is not your fault. You deserve to be respected and feel safe in a relationship. Nobody should have to put up with any form of abuse:

- **Try to talk to someone you trust**
- **It is your partner's responsibility to change their behaviour**
- **If you can't talk to anyone you know contact a helpline/website for advice**
- **Try to identify warning signs and get to a safe place if you see them**

IF A FRIEND IS EXPERIENCING DOMESTIC ABUSE . . .

- **Listen to them - try not to interrupt**
- **Be supportive**
- **Tell them it happens to other people - they are not alone**
- **Convince them it's not their fault**
- **Don't force them to tell you details**
- **Don't make promises you can't keep**

Remember, helping someone through a situation like this can be very emotional for the listener. Make sure you talk to someone if you need to