

Information about Domestic Abuse

Easy to Read Guide



Domestic abuse can be lots of things:



Hurting you or threatening to hurt you.



Shouting at you, calling you nasty names or bullying you.



Sending you nasty texts.



Doing sexual things to you that you don't like or want.



Taking away your money or things you own.



Stopping you from seeing your friends and family, or anyone who supports you.



Stopping you from being independent and making your own choices.



Stopping you from going out or talking to people outside your home.



Making you afraid



Making you feel bad about yourself.

Domestic abuse isn't just what happens between 2 people who are in a relationship - it can be your family:



Mother or father

Brother, sister

Son or daughter

Grandparents

In-laws



It doesn't matter if the person you are in a relationship with is the same sex as you.



Domestic abuse is always wrong. It is never the fault of the person who is being abused.



The abuser is always to blame and should be stopped.

There is no excuse for domestic abuse.

It is very important to protect children from the effects of domestic abuse.



Children can be badly affected by domestic abuse.



Children will be upset by what is going on and can get hurt.



Sometimes your pet might get hurt too.

If any of these things are happening to you, it is best to get help.



Always call the Police for help if you are being hurt or are in danger.

Other people can help as well:



If you have a social worker, care manager or community nurse, you can ask them for help.



Friends or family might be able to help you.



Your GP or a nurse could help too.



If you tell someone, you can get help to make it stop.

Getting help to stop the abuse can give you your freedom back!