

**TELL ME ABOUT..**

# Domestic Abuse

## the facts

Domestic abuse can take many different forms. It might be constant arguing or making someone feel stupid and worthless. It can be violent and aggressive, hurting someone or punishing them for no reason. It can be stopping someone doing what they want, deciding where they are allowed to go, who they see, checking their phone or internet history. It can happen to anyone; husbands, wives, partners, elderly relatives and to people by their carers.

There are so many different types of abusive behaviour which can affect us, sometimes we know it's happening but we ignore it. Domestic abuse doesn't discriminate between people. Regardless of age, background, sexuality, ethnicity or gender, domestic abuse can affect anyone, whether they are the victim or witnessing it happening to others.

Whatever the form of abuse it is NEVER acceptable. It involves the misuse of power and controlling behaviours.

Domestic abuse will affect 1 in 4 women and 1 in 6 men in their lifetime and leads to, on average, two women being murdered each week and 30 men per year. Around 1 in 5 children have been exposed to or witnessed domestic abuse. 1 in 5 teenagers have been physically abused by their boyfriends or girlfriends.

If you think someone you know is being abused in a relationship or by a carer talk to an adult you trust.

## useful contacts

### National Domestic Abuse Helpline

<http://www.nationaldomesticviolencehelpline.org.uk>

### NSPCC

Tel: 0808 800 5000  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

### Living Without Abuse (lwa)

<http://www.lwa.org.uk>

### Stalking & Harassment Helpline

Tel: 0300 636 0300  
[www.stalkinghelpline.org](http://www.stalkinghelpline.org)

### The Forced Marriage Unit Helpline

Tel: 020 7008 0151  
[www.fco.gov.uk](http://www.fco.gov.uk)

## other contacts

Help on any other issues that affect young people can be found at:

### CAMBS

<http://www.youthoria.org>

### LINCS

<https://www.lincolnshire.gov.uk/teeninfo/lincs/>

### NORFOLK

<https://www.whatsthedealwith.co.uk>

### NATIONAL

[www.youngminds.org.uk](http://www.youngminds.org.uk)

IF YOU NEED  
**HELP NOW!**

If you need help **NOW** speak to a trusted adult: parent, carer, teacher, friend of family, doctor, school counsellor, school nurse or any member of staff. Ask a friend to help you if you need to.

If you cannot tell someone you know, or want to hurt yourself in anyway, speak to someone at **ChildLine** on **0800 1111**, **Samaritans** on **116 123** or **HopeLine UK** on **0800 068 41 41**.

If you want to end your life call **999** immediately to get help.