

Domestic Abuse



**THERE IS NO
EXCUSE FOR ABUSE**

It is not always about the
Physical
It can be any one of these:

Physiological

Verbal

Emotional

Economic

This is ABUSE

Contact information

If you would like speak to someone
please ask for a member of
The designated Team for Safeguarding
in school please call
07133 202403
And ask for one of the schools
safeguarding team.

There is support for you:
Here are some helpful numbers and
websites.

The National Domestic Helpline:
Tel 0808 2000 247
Women's Aid Victim Support
0808 168 9293

Domestic Violence Assist

Specialises in assistance to obtain
emergency injunctions from being further
abused.

Phone: 0800 195 8699

National Centre for Domestic Violence

Specialises in assistance to get emergency
injunctions from being further abused.

Phone: 0800 970 2070

Clare's Law check

Calling 101 or visit your local police station



Spotting the signs

- Is your partner jealous and possessive?
- Are they charming one minute and abusive the next?
- Do they tell you what to wear, where to go, who to see?
- Do they constantly put you down?
- Do they play mind games and make you doubt your judgment?
- Do they control your money?
- Do they pressure you to have sex when you don't want to?
- Are you starting to walk on eggshells to avoid making them angry?
- Do they monitor or track your movements or messages?

Do they use anger and intimidation to frighten and control you?

Will they change?

It is natural to hope that your partner will change, or that the abuse will stop. Often, an abusive partner will be very sorry after an incident of abuse. They may beg for forgiveness. If you have left them they may become very charming and convince you to return. They may be on their best behaviour for weeks, or even months, before they become abusive again.

The truth is that domestic abuse usually gets worse over time. There are perpetrator programmes for those who want to take responsibility for their abuse and change their behaviour for good. However, it is important that you prioritise your safety and wellbeing, and that of your

Did you know?

- You are not alone
- 1 woman in 4 will experience domestic abuse over the course of her lifetime.
- Every 30 seconds the police receive a call for help relating to domestic abuse.
- On average, 240 women call the National Domestic Abuse Helpline every single day.
- Right now, Refuge is supporting around 6,500 women and children to rebuild their lives following abuse.
- If you are suspicious you can check your partner's background with the police—Clare's Law.

