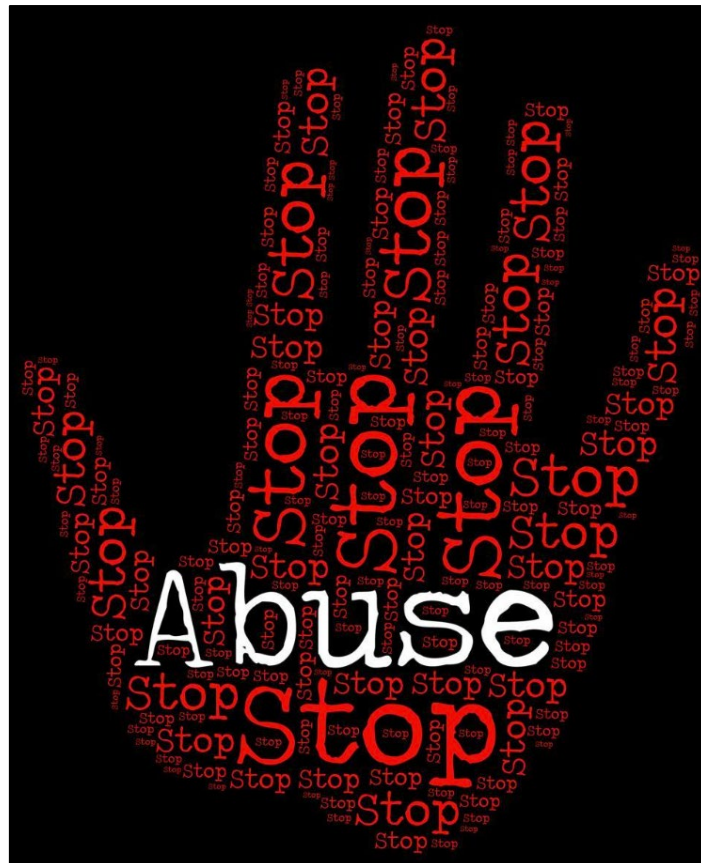




Domestic Abuse or Violence

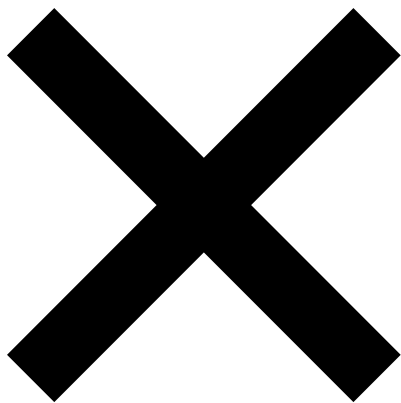


**How to help someone you know,
a friend or family member.**



What is in this leaflet	Page
What is domestic abuse?	2
Signs of domestic abuse	5
How the person may feel	6
Protecting children and young people	7
Getting the right help	8

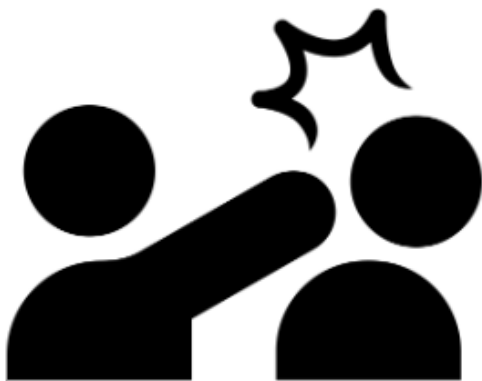
What is domestic abuse?



Domestic abuse happens when someone hurts, scares, or controls another person.

The abuser may be a partner, ex-partner or family member.

Domestic abuse can happen to anyone.



It can be physical violence like:

- Hitting
- Kicking
- Pushing
- Grabbing



It can be sexual through:

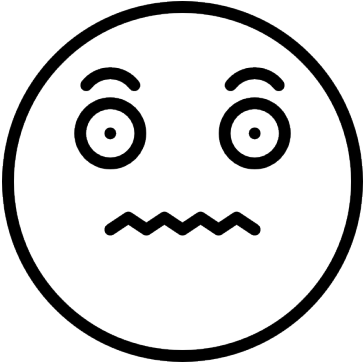
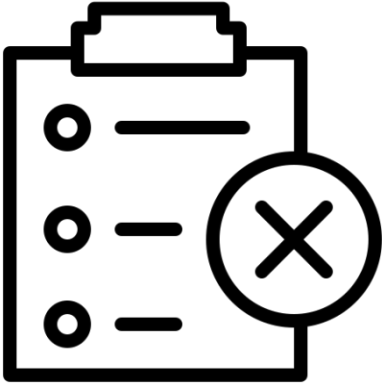
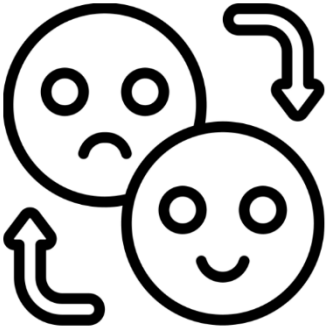
- Forced sex or touching
- Taking photos or filming you without consent.



It can be emotional through:

- Name calling
- Threats
- Nasty messages
- Stopping contact with others.

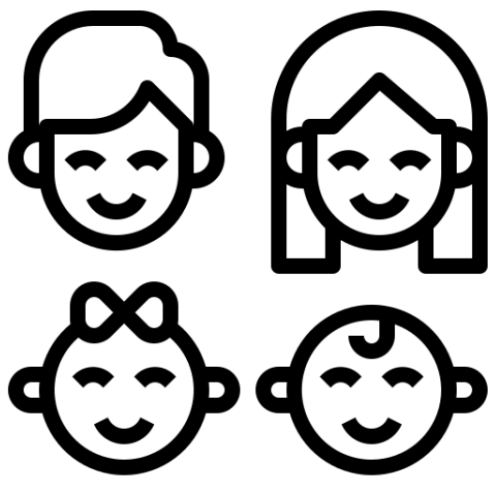
Signs of domestic abuse

 A simple line drawing of a face with wide, staring eyes and a wavy, downturned mouth, indicating fear or nervousness.	A person may seem scared or nervous.
 A line drawing of a clipboard with a checklist. To the right of the clipboard is a circle with a large 'X' inside, signifying cancellation or stopping an activity.	They may cancel plans or stop seeing friends.
 A line drawing showing two faces. The top face is sad with a downward curve for a mouth. The bottom face is happy with an upward curve for a mouth. Curved arrows point from the sad face to the happy face, illustrating a change in behavior.	You may notice injuries or changes in behaviour.

How the person may feel

	They may feel scared, ashamed, confused or lonely.
	They may think the abuse is their fault. This is not true.
	Listen. Be patient. Believe them. Tell them the abuse is not their fault.

Children and Young People



Children are affected by domestic abuse, even if they do not see it.

It is normal they may not want to talk, that they feel upset, angry and confused.

You can support them to express their feelings in a better way.



If you are worried about a child's safety, the most important thing is to report it to any of these people or organisations:

- School staff
- A doctor
- A health visitor
- The police

Getting the right help

Remember, you can always call the Police on **999** **in an emergency**. Here are some examples...





You can also call the Police on **101** when it is not an emergency.

You can also speak to a specialist professional for advice:

- **Society Without Abuse:** 01793 698001
[Swindon Domestic Abuse Support | Swindon Women's Aid, SWA](#)
- **FearFree Domestic Abuse Support:** 01225 775276
[FearFree - Local Support for Domestic Abuse](#)

Other useful local organisations:

- **Wiltshire Police:**
[Advice about domestic abuse | Wiltshire Police](#)
- **Swindon Borough Council:**
[Domestic abuse - help and advice | Swindon Borough Council](#)
- **Wiltshire Council:**
[Domestic abuse awareness and information - Wiltshire Council](#)
- **Swindon and Wiltshire Sexual Assault Referral Clinic:** 01793 781916
[The Swindon and Wiltshire Sexual Assault Referral Centre \(SARC\) - First Light](#)



National organisations:

- **Refuge National Domestic Abuse Helpline:** 24-hour freephone 0808 2000 247
[Homepage - National Domestic Abuse Helpline](#)
- **Rape Crisis England & Wales:** 24-hour freephone 0808 500 2222
[Rape Crisis England & Wales](#)
- **Respect Men's advice line:** freephone 0808 8010327
[Domestic Abuse Helpline for Men | Men's Advice Line UK](#)
- **Karma Nirvana** – National honour-based abuse helpline: 0800 5999 247
[Karma Nirvana](#)
- **Galop** - National helpline for LGBT+ victims and survivors of abuse and violence: 0800 999 5428
[Galop - the LGBT+ anti-abuse charity](#)
- **NSPCC helpline:** 0808 800 5000
[NSPCC | The UK children's charity | NSPCC](#)