TELLING YOU THERE IS NO WAY ANYONE WOULD BELIEVE YOU

PUNCHING BURNING YOU WITH CIGARETTES HURTING YOU IN FRONT OF YOUR CHILDREN

KICKING YOU DENYING THERE IS ANY ABUSE TAKING PLACE SPITTING ON YOU

HURTING YOUR CHILDREN TELLING YOU THERE ARE NO OTHER OPTIONS CALLING YOU A FAILURE

FORCING YOU TO HAVE SEX SIMULATING YOU IN FRONT OF YOUR CHILDREN

CHOKING YOU TELLING YOU WHAT TO WEAR SHOUTING

TELLING YOU THAT YOU'RE UGLY TAKING YOUR MONEY STALKING YOU

YOU DON'T HAVE TO LIVE IN FEAR OF

DOMESTIC VIOLENCE

RAPING OFTEN SLAPPING YOU MOCKING TELLING OTHERS LIES ABOUT YOU ISOLATING YOU TELLING YOU IT'S BECAUSE THEY LOVE YOU
DOMESTIC VIOLENCE IS OFTEN USED TO KEEP POWER AND
CONTROL OVER ANOTHER PERSON. SO-CALLED HONOUR
CRIMES, FORCED MARRIAGE AND FEMALE GENITAL MUTILATION
ARE ALSO OTHER FORMS OF DOMESTIC VIOLENCE.

DOMESTIC

THREATS  HARASSMENT  PHYSICAL ATTACKS

If you are being abused, threatened, or physically or sexually assaulted by a partner, a former partner, or a family member, that is domestic violence. As well as actual physical violence, domestic violence can involve a wide range of abusive and controlling behaviour, including:

- THREATS
- HARASSMENT
- PHYSICAL ATTACKS
- FINANCIAL CONTROL
- EMOTIONAL ABUSE

Anyone can experience domestic violence – it can happen in all kinds of relationships and for any reason, regardless of age, race, sex, sexuality, disability, wealth, geography and lifestyle. It is rarely a one-off event. Physical and sexual abuse tends to get more severe and happen more often over time, sometimes only ending when one person actually kills the other.

This chain of events needs to be broken and a range of organisations are working to do this. We have mentioned examples in this leaflet. But individuals also have an important part to play. For those people experiencing violence, the support of a trusted friend can be invaluable. Breaking the chain is a job for everyone and we all have a vital role to play in supporting victims and helping law-enforcement and other agencies to reduce violent and controlling behaviour.

We all have the right to live without fear of violence and abuse.
WHAT CAN I DO?

IF YOU ARE BEING ABUSED BY YOUR PARTNER OR SOMEONE CLOSE TO YOU, THERE ARE THREE IMPORTANT STEPS YOU CAN TAKE.

- RECOGNISE THAT IT IS HAPPENING TO YOU
- ACCEPT THAT YOU ARE NOT TO BLAME
- GET HELP AND SUPPORT

RECOGNISING DOMESTIC VIOLENCE

Domestic violence is usually a pattern of abuse which may include destructive criticism, pressure tactics, disrespect, breaking trust, isolation and harassment. Some abusers are sorry for their actions and persuade their partners that the abuse won’t happen again. But, however persuasive they seem, the violence usually gets worse over time.

ACCEPTING THAT YOU ARE NOT TO BLAME

It is not easy to accept that a loved one can behave so aggressively. And because you can’t explain your partner’s behaviour, you may assume that you are to blame. You are not. No one deserves to be assaulted, abused or humiliated, least of all by a partner in a supposedly caring relationship. It is your abuser’s behaviour that needs to change. There is no excuse.

GETTING HELP

The most important thing you can do is tell someone you trust. You may quite easily and quickly decide to ask for help. Or, you may find the process long and painful as you try to make the relationship work and stop the violence, while struggling against the practical and emotional reasons for staying. Most people try to find help a number of times before getting what they need. And even after leaving the relationship, there may still be a risk. The point of separation is sometimes the most dangerous time. Never be afraid to ask for help again and remember, in an emergency, always call the police by dialing 999 (minicom 0800 112 999).

Police officers have the power to arrest if they have good reason for believing that an arrest is needed to prevent the offender from physically injuring you or your child.

Most police forces now have either a specialist domestic violence unit or domestic violence co-ordinators who are experienced in dealing with these cases.
WHO CAN I TALK TO?

IF YOU, OR SOMEONE YOU KNOW, ARE EXPERIENCING OR HAVE EXPERIENCED DOMESTIC VIOLENCE, THERE ARE A RANGE OF ORGANISATIONS THAT CAN HELP.

We give some useful phone numbers and website details here, but there are many others. Ask at your library, local authority or citizens advice bureau for more information.

Freephone 24-hour domestic violence helpline: 0808 2000 247

This new national helpline is run by Women's Aid and Refuge with a minicom service and language-line facility.

Women's Aid: www.womensaid.org.uk

Welsh Women's Aid: 029 20 39 0874

BAWSO (for black women in Wales who are victims of domestic violence): 029 2043 7390

Southall Black Sisters (for black and Asian women in the London area): 020 8571 9595

Broken Rainbow Lesbian, gay, bisexual and transgender domestic violence forum: 07812 644914

Local Women's Aid refuge services
Look in the phone book for your local number.

Refuge: www.refuge.org.uk
General enquiries: 020 7395 7700

Victim Support: 0845 30 30 900
www.victimsupport.org.uk

Shelterline: 0808 800 4444

The police: Look in the phone book for the number of your local police station (in an emergency, always call 999).

National Health Service:
(for example, your GP) Look in the phone book for your local number.

The Samaritans: 0345 90 90 90

National Child Protection Helpline (NSPCC): 0800 800 500

Foreign Commonwealth Office Advice on forced marriages: 020 7008 0135/020 7008 0230

Careline: 020 8514 1177

Legal Aid advisors:
www.justask.org.uk/index.jsp

Male Advice Line and Enquiry: 0845 064 6800

Reunite Advice, information and support to parents, guardians and family members who have had or who fear child abduction: 0116 2556 234
HOW CAN I BE PROTECTED FROM THE VIOLENCE?

LEGAL PROTECTION

POLICE CAN ARREST AND CHARGE AND THEY HAVE A DUTY TO INVESTIGATE. AS WELL AS CONTACTING THE POLICE, YOU MAY ALSO USE THE CIVIL LAW TO GET PROTECTION.

Under the Family Law Act 1996, a "non-molestation order" can forbid the abuser from using or threatening violence, harassing, pestering or intimidating you. For example, you can apply for an order against:

- someone you live with or have lived with (whether or not you have been married)
- someone you have agreed to marry
- someone who shares parental responsibilities for a child with you.

You may apply to a court for an occupational order to enforce your right to stay living in your home. Courts can grant occupational orders if you have a legal estate or interest in the home, or if you have rights to the home by marriage.

Under both criminal and civil law, if your partner is convicted of criminal harassment or an offence involving fear of violence, the court may also grant a restraining order. This will prevent the offender from further similar behaviour.

These orders prevent the abuser from assaulting or harassing you and also prevent them from entering your home. Courts can attach a power of arrest so that if your abuser does not keep to the order they can be arrested without you going back to court to have an arrest warrant issued.

If you are on Income Support or have a monthly disposable income (after paying essential living costs) below £267, you can get ‘free’ public funding (formerly known as Legal Aid) to pay for legal proceedings and advice from a solicitor. If your monthly disposable income is between £267 and £707, you may get funding on the basis that you agree to pay contributions. If you would like more information on this, please contact your local police station, a solicitor, your local magistrates’ court or county court, a citizens advice bureau, Women’s Aid group or Refuge.

Check to see if you qualify for Legal Aid www.justask.org.uk/legalhelp/calculator.jsp?lang=en
OPEN THE DOOR TO HELP

Freephone 24-hour domestic violence helpline:
0808 2000 247

This new national helpline is run by Women’s Aid and Refuge with a minicom service and language-line facility.

Welsh Women’s Aid: 029 20 39 0674

Local Women’s Aid refuge services:
Look in the phone book for your local number.

Shelterline: 0908 800 6444

Victim Support: 0845 30 30 900
www.victimssupport.org.uk

The police: in an emergency, always call 999.

National Health Service (for example, your GP)
Look in the phone book for your local number.

The Samaritans: 0345 90 90 90

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Reunite Advice, information and support to parents, guardians and family members who have had, or who fear, child abduction: 0116 2526 234

REMOVE THIS CARD AND KEEP IT WITH YOU FOR QUICK REFERENCE
HOW CAN I BE PROTECTED FROM THE VIOLENCE?

MOVING AWAY
IF YOU WOULD LIKE ADVICE AND HELP ON HOUSING OPTIONS, YOU CAN CONTACT YOUR COUNCIL'S HOUSING DEPARTMENT. THE PHONE NUMBERS ARE IN THE PHONE BOOK.

They will be able to let you know if schemes are available locally to help you stay in your home if that is what you would prefer and is appropriate. They can also tell you about access to social housing, tenancy agreements, transfers, eviction issues, and outreach and resettlement services. If you cannot stay in your home, they will let you know what other options you have including refuge services and whether you are eligible for help under the homelessness law.

A refuge is a safe house where women and children can stay free from violence. It offers a temporary breathing space where you can make decisions free from pressure and fear. There are refuges specifically for women and children from particular ethnic or cultural backgrounds and some refuges have access for people with disabilities.

FINANCIAL SUPPORT
If you are leaving a violent relationship, you will urgently need a range of financial and practical support. If you have in the past shared a claim, you will need to make your own claim when you leave the relationship. In either case, you will need to contact your local Jobcentre Plus office, where your circumstances will be treated sympathetically and you will be told what benefits you can claim. There are various benefits you may be able to claim and you can claim some of these even if you are working.