

WHAT IS ABUSIVE BEHAVIOUR?

DOMESTIC ABUSE ISN'T JUST PHYSICAL VIOLENCE. IN FACT, IT OFTEN STARTS OFF WITH CONTROLLING, ABUSIVE BEHAVIOUR. ABUSIVE BEHAVIOUR IS WHEN SOMEONE CONTINUALLY HURTS, CONTROLS OR UPSETS THE PERSON THEY ARE IN A RELATIONSHIP WITH.

ALTHOUGH WOMEN AND GIRLS ARE USUALLY THE VICTIMS OF DOMESTIC ABUSE, IT CAN HAPPEN TO MEN AND BOYS AS WELL, AND IT CAN ALSO HAPPEN IN SAME-SEX RELATIONSHIPS.

“IT CAN HAPPEN AT ANY AGE, NOT JUST IN ADULT RELATIONSHIPS.”

WHAT SHOULD I DO?

IF THE BEHAVIOUR DESCRIBED IN THIS LEAFLET SOUNDS FAMILIAR, THEN YOU MAY BE IN AN ABUSIVE RELATIONSHIP.

WHEN IT COMES TO RELATIONSHIPS, THERE IS NO PLACE FOR VIOLENCE, ABUSE OR TAKING ADVANTAGE. IN A CARING RELATIONSHIP, YOU SHOULD FEEL SAFE, TRUSTED, RESPECTED AND HAVE FREEDOM TO DO YOUR OWN THING.

IF YOU'RE WORRIED ABOUT YOUR RELATIONSHIP:

- REMEMBER, IT'S NOT YOUR FAULT
- KEEP YOUR MOBILE CHARGED SO YOU CAN CALL THE POLICE FOR HELP IF YOU NEED TO
- SET UP A CODE WORD THAT WILL LET YOUR FRIENDS AND FAMILY KNOW IF YOU NEED HELP
- END IT! THIS MAY BE TOUGH, BUT RELATIONSHIP ABUSE USUALLY ONLY GETS WORSE IF NOTHING IS DONE TO STOP IT.

WHERE CAN I GET HELP?

IF YOU'RE IN IMMEDIATE DANGER, CALL MERSEYSIDE POLICE ON 999.

INDEPENDENT DOMESTIC VIOLENCE ADVOCATE (IDVA)
01744 743 200

THE IDVA'S MAIN JOB IS TO MAKE SURE YOU ARE SAFE. YOU CAN SPEAK TO THEM WITHOUT ANYONE KNOWING AND THEY WILL PROVIDE YOU WITH ADVICE AND SUPPORT.

ST.HELENS COUNCIL DOMESTIC VIOLENCE TEAM
01744 677454

THE DOMESTIC VIOLENCE TEAM PROVIDES SUPPORT TO VICTIMS OF DOMESTIC ABUSE AND VIOLENCE. IF YOU DON'T WANT TO CALL THEM, YOU CAN TEXT THEM ON 07795591137 OR EMAIL: DOMESTICVIOLENCE@STHELENS.GOV.UK

CHILDLINE 0800 1111 WWW.CHILDLINE.ORG.UK
YOU CAN SPEAK TO A COUNSELLOR EITHER ON THE PHONE OR ONLINE.

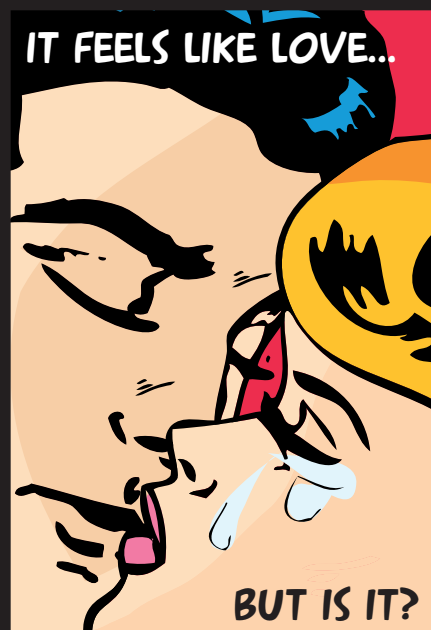
THE NUMBER IS FREE AND WILL NOT COME UP ON YOUR PHONE BILL.

NSPCC 0808 800 5000 WWW.NSPCC.ORG.UK
A CONFIDENTIAL NUMBER FOR CHILDREN AND YOUNG PEOPLE. THIS IS FREE ON LANDLINES AND ON MOST MOBILE PHONES.

YAZ (YOUTH ACTION ZONE) YAZ.STHELENS.GOV.UK

ST.HELENS COUNCIL YOUTH SERVICES OFFER SUPPORT, ADVICE AND GUIDANCE ABOUT A WIDE RANGE OF ISSUES AFFECTING YOUNG PEOPLE, SUCH AS EDUCATION, EMPLOYMENT OPPORTUNITIES AND DRUGS & ALCOHOL.

TAZ (TEENAGE ADVICE ZONE) WWW.TAZSH.COM
INFORMATION, ADVICE AND GUIDANCE ABOUT SEXUAL HEALTH FOR YOUNG PEOPLE AGED 13-19.



ARE YOU ABUSING SOMEONE?

HURTING SOMEONE YOU LOVE IS NEVER OK. IF YOU ARE ABUSING YOUR BOYFRIEND/GIRLFRIEND, YOU CAN CHANGE YOUR BEHAVIOUR – WITH HELP.

BE BRAVE, TALK TO SOMEONE. CALL RESPECT ON 0845 122 8609 (WWW.RESPECT.UK.NET)

RESPECT OFFERS HELP, SUPPORT AND ADVICE TO PEOPLE WHO ACT IN ABUSIVE WAYS.



LOVES ME...

A CARING RELATIONSHIP SHOULD MAKE YOU AND THE PERSON YOU ARE GOING OUT WITH FEEL GOOD.

CARING RELATIONSHIPS INCLUDE THINGS LIKE:

- JUST 'GETTING YOU' FOR BEING WHO YOU ARE
- BEING GOOD FRIENDS
- TRUSTING EACH OTHER
- HAVING FREEDOM TO DO YOUR OWN THING
- HAVING SPACE TO SEE YOUR OWN FRIENDS
- RESPECTING EACH OTHER'S OPINIONS
- HAVING FUN TOGETHER
- FEELING SAFE
- BEING ABLE TO DISAGREE WITH EACH OTHER
- MAKING DECISIONS TOGETHER
- BEING ABLE TO TALK TO EACH OTHER IF YOU HAVE AN ARGUMENT
- BEING ABLE TO GO AT YOUR OWN PACE – INCLUDING SEXUALLY
- BEING HONEST WITH EACH OTHER
- SUPPORTING EACH OTHER

LOVES ME NOT...

SOMETIMES RELATIONSHIPS DON'T FEEL GOOD. WHAT SEEMS LIKE A 'NORMAL' RELATIONSHIP CAN DETERIORATE OVER TIME INTO A PATTERN OF ABUSIVE BEHAVIOUR.

BAD RELATIONSHIPS INCLUDE THINGS LIKE:

- CALLING YOU NAMES
- CHECKING UP ON YOU ALL THE TIME – CHECKING YOUR PHONE, EMAILS AND SOCIAL MEDIA NETWORKS
- MAKING YOU FEEL BAD
- PUTTING YOU DOWN
- KEEPING YOU FROM YOUR FRIENDS OR FAMILY
- SPREADING RUMOURS ABOUT YOU
- PHYSICALLY HURTING YOU – LIKE HITTING, PUNCHING, SLAPPING, PINCHING
- MAKING YOU DO THINGS YOU DON'T WANT TO DO
- FEELING JEALOUS WHEN YOU TALK TO OTHER PEOPLE
- CONTROLLING YOU
- KEEPING YOUR MONEY AWAY FROM YOU
- FORCING YOU TO HAVE SEX WHEN YOU DON'T WANT TO

ABUSIVE BEHAVIOUR CAN INCLUDE:

EMOTIONAL ABUSE:

- CHECKING UP ON YOU ALL THE TIME (CHECKING YOUR EMAILS, TEXTS, FACEBOOK AND OTHER SOCIAL NETWORKING SITES)
- CALLING YOU NAMES
- MAKING YOU FEEL ASHAMED AND GUILTY
- PUTTING YOU DOWN
- KEEPING YOU FROM YOUR FRIENDS AND FAMILY

PHYSICAL ABUSE:

- SLAPPING
- HITTING
- PUNCHING
- BRUISING
- CHOKING
- PULLING HAIR
- USING WEAPONS
- PINNING SOMEONE UP AGAINST A WALL

SEXUAL ABUSE:

- UNWANTED TOUCHING OR KISSING
- FORCING YOU TO HAVE SEX
- BEING PRESSURISED NOT TO USE CONTRACEPTION
- BEING MADE TO WATCH PORNOGRAPHY AGAINST YOUR WILL

FINANCIAL ABUSE:

- CONTROLLING YOUR MONEY
- FORCING YOU TO BUY THINGS
- FORCING YOU TO WORK OR KEEPING YOU FROM WORK

