

Domestic abuse



Easy Read Factsheet



What is Domestic Abuse?

Domestic abuse is when someone you know treats you badly.

Domestic abuse can happen to a man or a woman.

Your home should be a safe place.



You should be able to relax and feel happy at home.



Other people should not make you feel scared at home.

Domestic abuse is when someone you know treats you badly.

They could be your partner.



This is your husband, wife, boyfriend or girlfriend.

It is still called domestic abuse if they treat you badly after your relationship has ended.



They could be your family.



This is your brother, sister, mother, father or other relative.



They could be a man or a woman.



Domestic abuse is wrong and must be stopped.



Never keep domestic abuse a secret.



Tell a friend, relative, support worker or advocate.



They can talk to the Police for you if you are scared.

Report domestic abuse to the Police by phoning 101.



Always phone 999 in an emergency.

Deaf or hearing impaired? Emergency SMS, Text 999



Domestic abuse is when people do things like this.



Bullying you.

Picking on you, shouting at you and saying nasty things to you.



Hurting you.

Hitting you, pushing you, kicking you or hurting you in other ways.



Controlling you.

Making you do things you don't want to do. Stopping you going out or seeing your friends.



Breaking your things.

Breaking your things on purpose to upset you.



Sexually abusing you.

Making you do sexual things when you don't want to.



Financially abusing you.

Taking your money, using your money, stopping you having your money or telling you how to spend your money.

Derbyshire's Domestic Abuse Support Line

**DERBYSHIRE'S
DOMESTIC ABUSE
SUPPORT LINE
08000 198 668**



You can phone the support line anytime of the day or night.

You can also text or email the Domestic Abuse Support Line.



Text:
07557 800313.



Email:
derbyshireDAHeline@actionorg.uk

The Domestic Abuse Support Line staff can give you advice about things like:



Other useful websites and helplines

The CORE website.



www.core-derbyshire.com

The CORE website has been created to support victims of crime.

Stop Hate Crime.



0800 138 1625

STOP HATE CRIME
0800 138 1625
24 HOUR HELP LINE

If you feel you are being picked on you can also talk to Stop Hate UK by phoning this number.

Factsheet designed by The Clear Communication People Ltd in partnership with the 'Keeping Safe Project' - a Derbyshire County Council and MacIntyre funded project for people with learning disabilities. Adapted from original factsheet developed with West Yorkshire Police.