

WHERE TO GO FOR HELP AND ADVICE

If it is happening to you or you are worried about someone then tell a trusted adult.



'STREET' or Safe Teen Relationship Education and Empowerment Team - For 13-19 year olds, referral via a professional



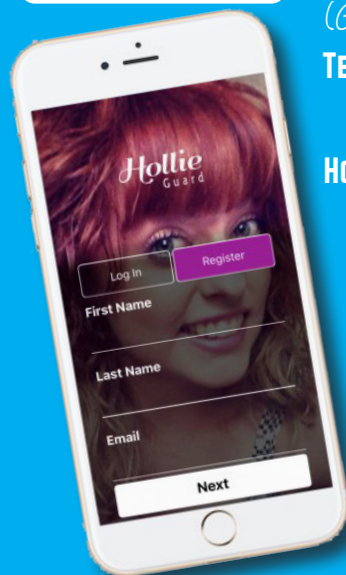
POLICE - DIAL 101

GDASS
Supporting victims of domestic abuse

GLoucestershire DOMESTIC ABUSE SUPPORT SERVICE (GDASS)

TEL 01452 726570

HOLLIE GUARD APP



WHERE TO GO FOR HELP AND ADVICE:



TEENS IN CRISIS:
WWW.TICPLUS.ORG.UK

TEL: 01594 546117



WWW.DISRESPECTNOBODY.CO.UK



WWW.DISRESPECTNOBODY.CO.UK



MANKIND - 01823 334244



YEAR 9
Domestic Abuse

HELP AND ADVICE

DOMESTIC ABUSE

Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those over who are or have been intimate partners or family members regardless of gender or sexuality.

TYPES OF DOMESTIC ABUSE:

- Physical
- Emotional and psychological
- Financial
- Sexual
- Digital



COERCIVE CONTROLLING BEHAVIOUR

Behaviour used to make a person feel inferior and/or dependent on the abuser.

THIS CAN BE DONE BY:

- Humiliation – belittling someone, taunting, preventing personal hygiene
- Exhaustion – preventing someone from sleeping, semi starvation
- Threats – threatening to harm or kill them, threatening family members, threatening to harm themselves
- Occasional treats – rewarding for compliance, doing favours
- Isolation – stopping them from seeing friends or family, not letting leave the house

SUPPORT EACH OTHER



YOU CAN LOOK OUT FOR THE FOLLOWING SIGNS IN YOUR COMMUNITY::

- If you think someone is experiencing domestic or relationship abuse:
- Bring the subject up
- Offer support, not instructions
- Listen to them
- Don't judge them
- Do not confront the abuser
- Tell someone
- Help them to access support

IF YOU THINK THIS IS HAPPENING TO SOMEONE, PLEASE REPORT IT.