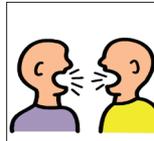


Domestic Abuse

What is it?



Preventing domestic abuse

Stockport

Domestic Abuse

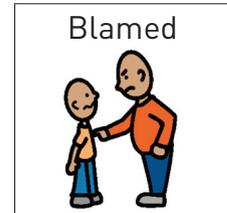
What is it?

Domestic abuse is when your partner (or a family member) hurts you or makes you scared in your own home.

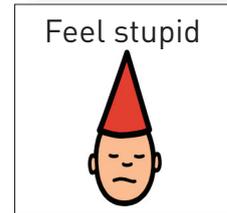


Here are some examples:

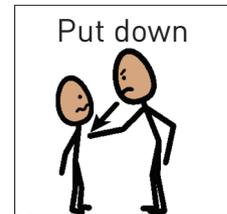
Always blamed for things



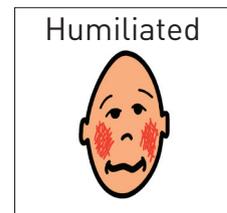
Made to feel stupid



Always put down



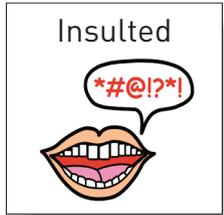
Humiliated



Here are some examples:



Nasty phone calls



Insulted



Punched



Bitten

Having benefits taken from you



Kept away from family and friends



Having to explain how you spend your money

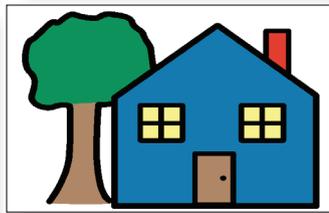
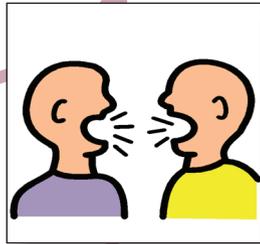


Forced to watch pornography.



Being kept without money

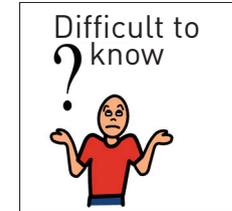




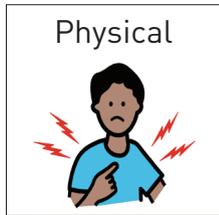
Is domestic abuse happening to you?

Sometimes it's difficult to know...

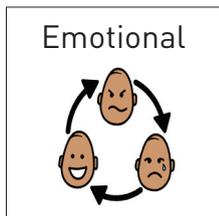
- Does your loved one shout or threaten you and your children?
- Does your loved one scare you?
- Does your loved one stop you seeing your friends and family?
- Does your loved one always check where you have been, how much you spend, who you speak to?
- Is your loved one checking your phone or tracking your whereabouts?



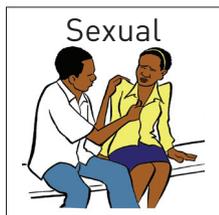
Domestic abuse can be:



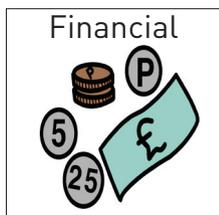
Physical
(hurting your body)



Emotional
(hurting your feelings)



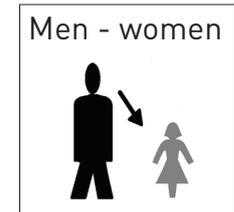
Sexual
(making you to do sexual things that you do not want to do)



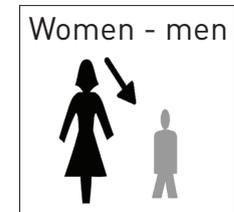
Financial
(taking your money or forcing you to spend it in a particular way)

Domestic abuse can happen within all types of relationships:

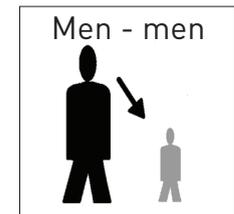
Men abusing women



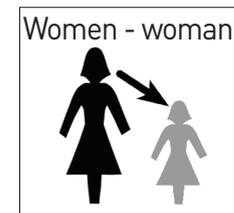
Women abusing men



Men abusing men (gay relationships)



Women abusing women (lesbian relationships)

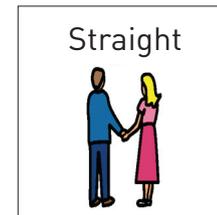
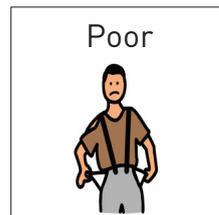


Parent abuse - older children abusing parents

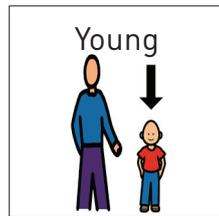
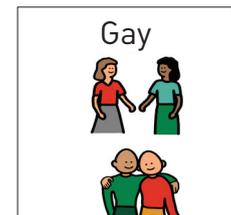
Domestic abuse can happen to all different types of people:



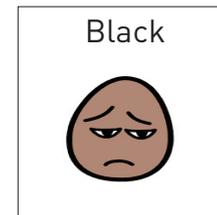
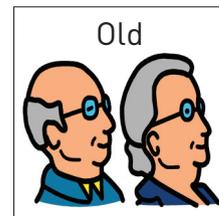
Rich or poor



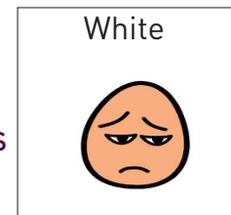
Straight or gay



Young or old



Black, Asian and Minority Ethnic (BAME) Communities



Disabled or not disabled



- Stockport Multi - Agency Partners want to stop abuse happening.
- They work to protect victims and their children and to make the abuser stop and be accountable for their behaviour.
- Domestic abuse can have terrible and long lasting effects on children.



What can I do?



What can I do?

- If you are being abused it is useful to talk to someone about what has happened, even if you do not want to do anything about it.
- Often it is helpful to speak to someone and get some help for yourself.
- Getting someone to write down what happened will help you in the future if you do decide to take action.

Who should I tell?



Who should I tell?

- Remember that telling someone doesn't mean you have to do anything.
- There are places to go where you can just talk in private (see useful contacts).
- It is important to protect yourself by 'writing down' the abuse that happened to you. Most agency workers will write down what has happened if you ask them.

What if I just want to leave?

- The Local Authority Housing agrees that domestic abuse may mean you need a new place to live urgently
- You should contact the Housing Options Service on 0161 217 6016

Want to leave

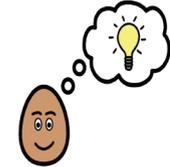


Make yourself a safety plan!

Think about your safety and ways that you can protect yourself and your children.

- Do you have a phone?
- Would a neighbour phone for you?
- Could you ask someone to phone for you if they hear anything?
- Do your children know how to phone 999?
- Do support agencies have your phone number so that they can reach you?

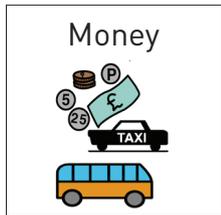
Safety plan



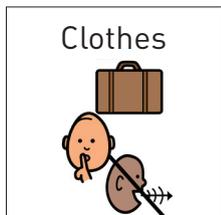
If you had to leave your home in an emergency or could not return, do you have...



1. A safe place to stay



2. Money for taxis or buses hidden in a secret place

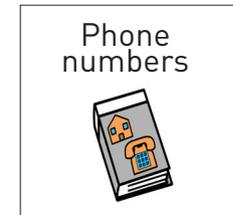


3. A bag with spare clothes (hidden or kept at a friend's house)

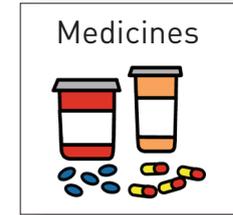


4. Important papers (Child Benefit book, passports, birth certificates, bank books, injunction/legal documentation)

5. Phone numbers of friends, family, emergency social services and support helplines



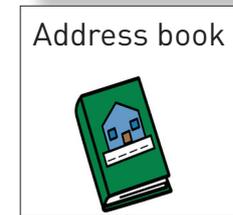
6. Any medicines



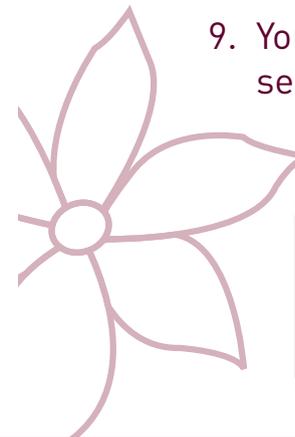
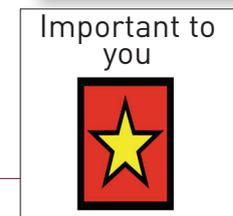
7. Keys



8. Address Book

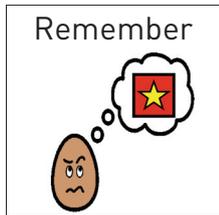


9. Yours and your children's sentimental items

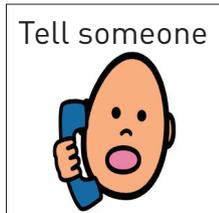


Can you keep these things hidden at a friend's or relatives?

Don't forget to let support agencies know where you are!



So remember the important things are to...



Tell someone what is happening



Get someone to write down or photograph anywhere you are hurt



Create a safety plan in advance



Have your things ready

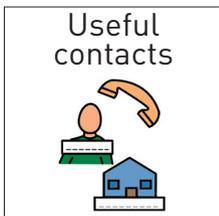


Useful contacts

Greater Manchester Police
Tel: **999** in an emergency
101 for non emergency



Adult Social Services:
0161 217 6029
Out of hours **0161 718 2118**

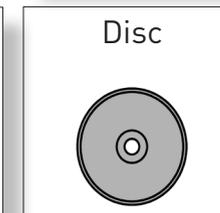
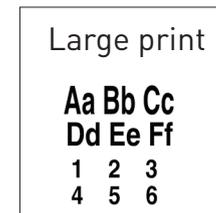
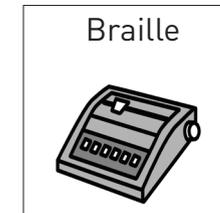


MASSH (Multi Agency Safeguarding and Support Hub) 0161 217 6028



Youth Justice and Targeted Youth Support Services (YOS) 0161 474 4744 (The Respect Programme)

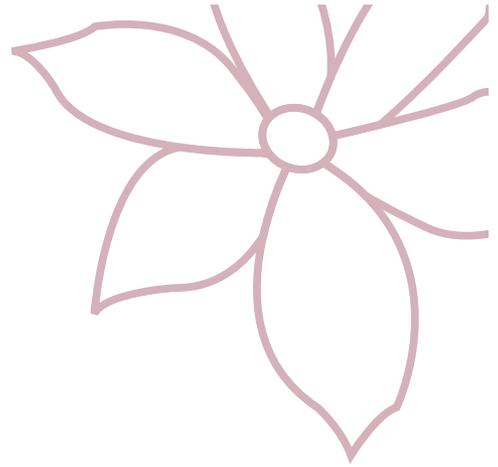
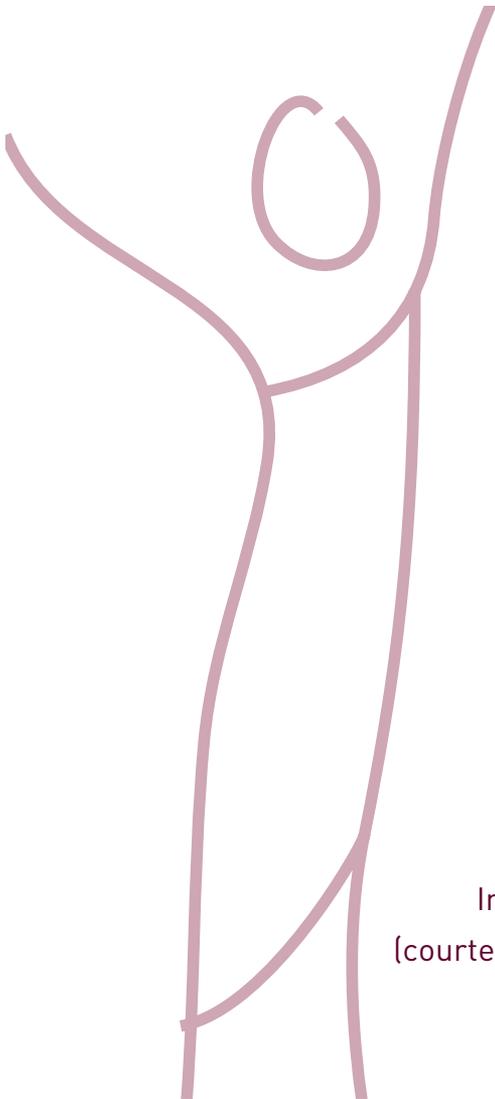
If you would like this information in braille, audio-tape, large print, on computer disc/e-mail or in another format, please contact **0161 477 9000** or email eds.admin@stockport.gov.uk



If you do not want to keep this leaflet then just tear off the telephone number below

✂-----
0808 200 0247 0161 636 7525
✂-----





No-one has the
right to abuse you
You are not alone

www.stockport.gov.uk

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National Domestic Violence Helpline: **0808 200 0247**