

## did you know?

On average two women per week are killed by a current or former partner

1 in 4 women and 1 in 6 men will experience domestic abuse at some point in their lifetime

## what is domestic abuse?

Domestic abuse is any form of physical, sexual, psychological or financial violence which takes place in an intimate or family relationship. It often forms a pattern of coercive and controlling behaviour, which can include forced marriages and so-called 'honour crimes'. Domestic abuse may also include a range of abusive behaviour, which may not always be considered 'violent'.

## what are the signs?

**Destructive criticism and verbal abuse** - Shouting, mocking, accusing, name calling or verbally threatening

**Pressure tactics** - Threatening to withhold money, commit suicide, take the children away, take the car away, disconnect the telephone, sulking, lying to your friends and family or not allowing you to make decisions

**Disrespect** - Persistently putting you down in front of others, not listening or responding when you talk, interrupting your telephone calls, taking money from your purse without asking or refusing to help with the children or housework

**Breaking trust** - Lying to you, withholding information from you, being jealous, having other relationships or breaking promises and shared agreements

**Isolation** - Monitoring or blocking your telephone calls, telling you where you can and can't go or preventing you from seeing family and friends

**Harassment** - Following you, repeatedly checking up on you, reading your post, E-Mails and texts or embarrassing you in public

**Threats** - Making angry gestures, using physical size to intimidate you, shouting you down, destroying your possessions, breaking things, punching walls, wielding a weapon or threatening to harm you and the children

**Sexual violence** - Using force, threats or intimidation to make you perform sexual acts, having sex with you when you don't want to or any degrading treatment based on your sexual orientation

**Physical violence** - Punching, slapping, hitting, biting, pinching, kicking, pulling hair, pushing, shoving, burning or strangling

**Denial** - Saying the abuse isn't happening, you caused the abusive behaviour, being publicly gentle and patient, crying and begging for forgiveness or saying it will never happen again