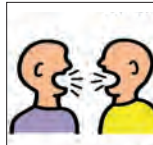


# Domestic Abuse

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.

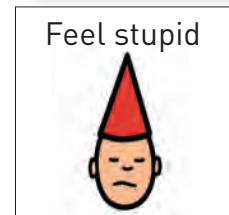


Here are some examples:

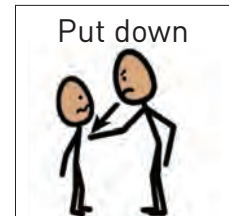
Always blamed for things



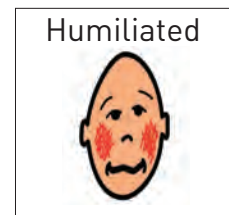
Made to feel stupid



Always put down



Humiliated



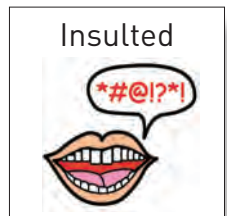
National Domestic Violence Helpline: 0808 200 0247

Greater Manchester Domestic Abuse Helpline:  
0161 636 7525

Here are some examples:



Nasty phone calls



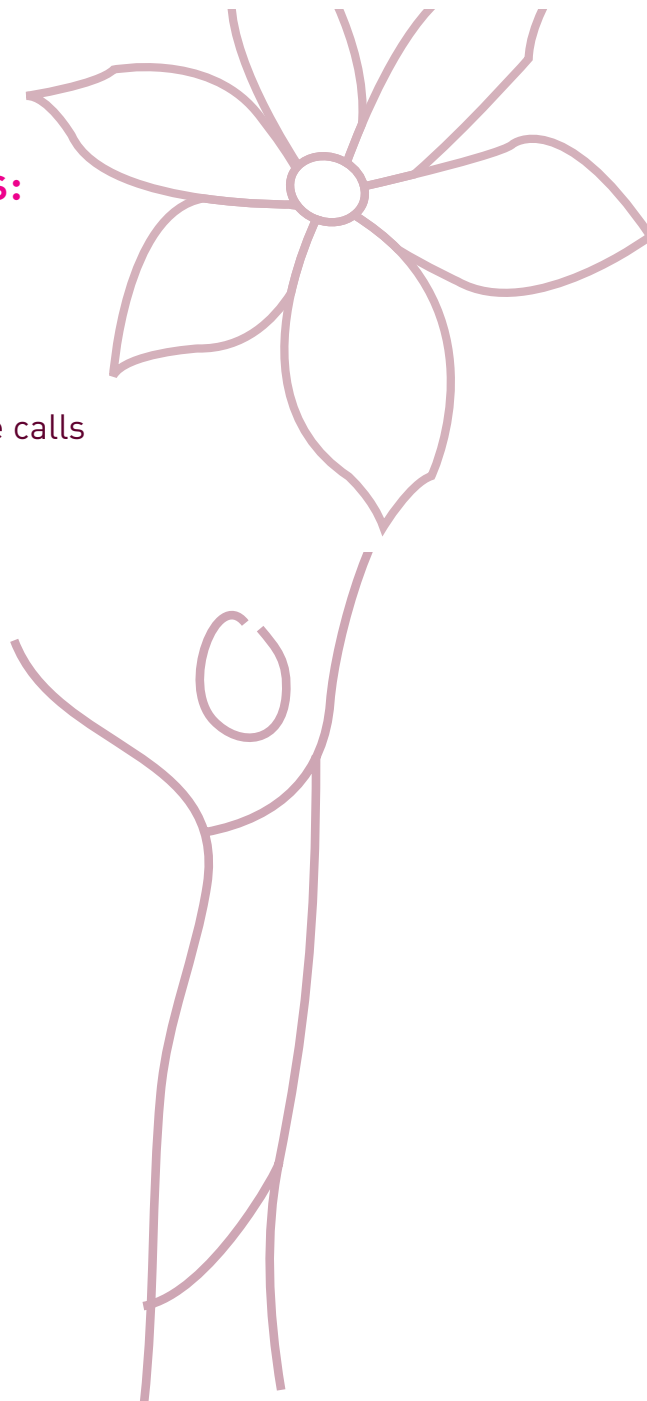
Insulted



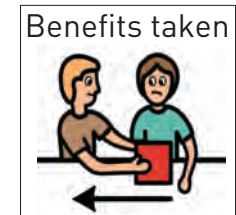
Punched



Bitten



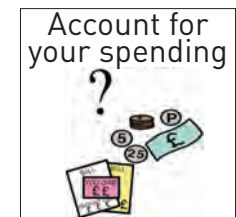
Having benefits taken from you



Kept away from family and friends



Having to explain how you spend your money

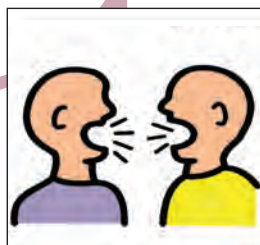


Forced to watch pornography.



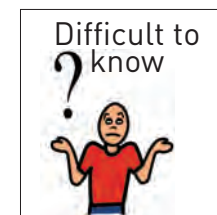
Being kept without money





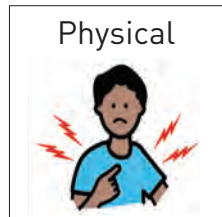
## Is domestic abuse happening to you?

Sometimes it's difficult to know...

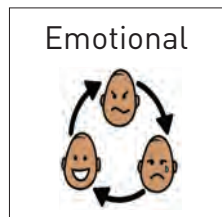


- Does your loved one shout or threaten you and your children?
- Does your loved one scare you?
- Does your loved one stop you seeing your friends and family?
- Does your loved one always check where you have been, how much you spend, who you speak to?
- Is your loved one checking your phone or tracking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

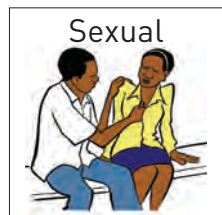
## Domestic abuse can be:



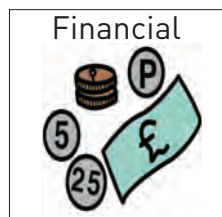
Physical  
(hurting your body)



Emotional  
(hurting your feelings)



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



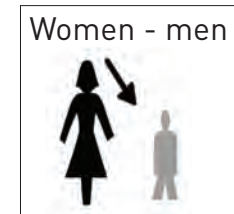
Financial  
(taking your money or  
forcing you to spend it in a  
particular way)

## Domestic abuse can happen within all types of relationships:

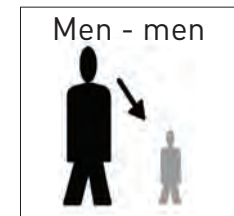
Men abusing women



Women abusing men



Men abusing men (gay  
relationships)



Women abusing women  
(lesbian relationships)

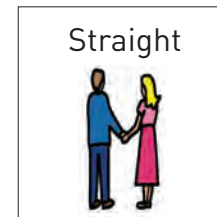
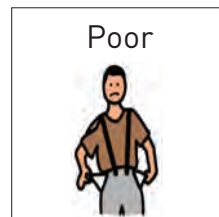


Parent abuse - older  
children abusing parents

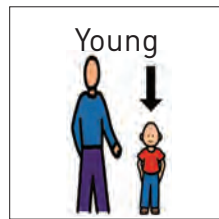
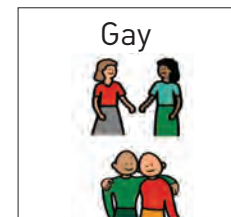
## Domestic abuse can happen to all different types of people:



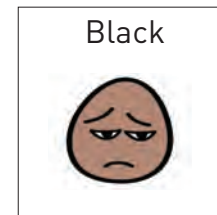
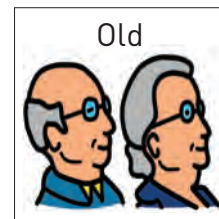
Rich or poor



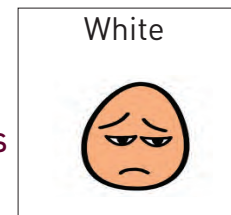
Straight or gay



Young or old



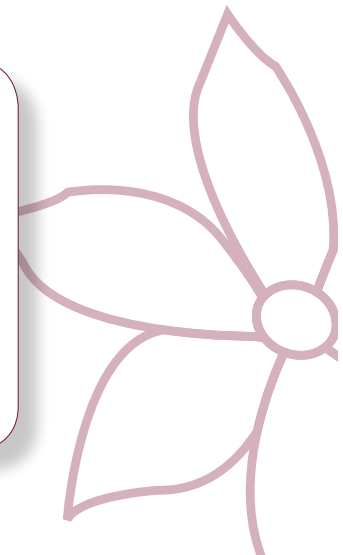
Black, Asian and  
Minority Ethnic  
(BAME) Communities



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.

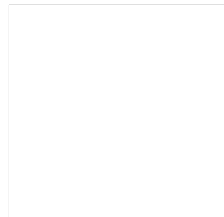
- Do you have a phone?
- Would a neighbour phone for you?
- Could you ask someone to phone for you if they hear anything?
- Do your children know how to phone 999?
- Do support agencies have your phone number so that they can reach you?

Safety plan





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



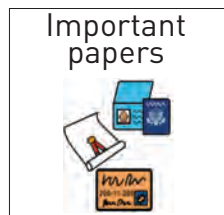
1. A safe place to stay



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)

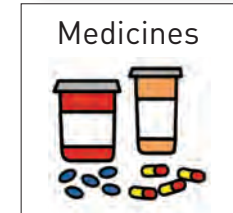


4. Important papers (Child Benefit book, passports, birth certificates, bank books, injunction/legal documentation)

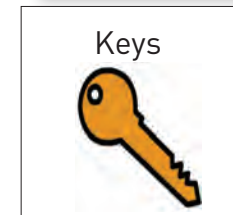
5. Phone numbers of friends, family, emergency social services and support helplines



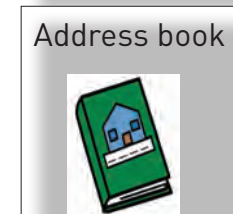
6. Any medicines



7. Keys



8. Address Book



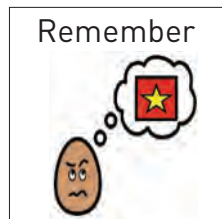
9. Yours and your children's sentimental items



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...



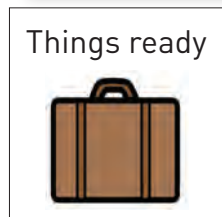
Tell someone what is  
happening



Get someone to write down  
or photograph anywhere  
you are hurt



Create a safety plan in advance



Have your things ready

**Greater  
Manchester  
Police**

## Useful contacts

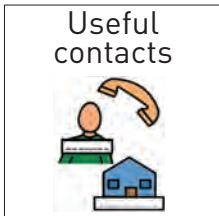
**Greater Manchester Police**  
**Tel: 999 in an emergency**  
**101 for non emergency**

**Social  
Services**



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

**Useful  
contacts**



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

**Youth  
Offending  
Service**

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

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Braille



Audio tape



Large print

Aa Bb Cc  
Dd Ee Ff  
1 2 3  
4 5 6

Disc



Email



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

✂-----

**0808 200 0247**

**0161 636 7525**

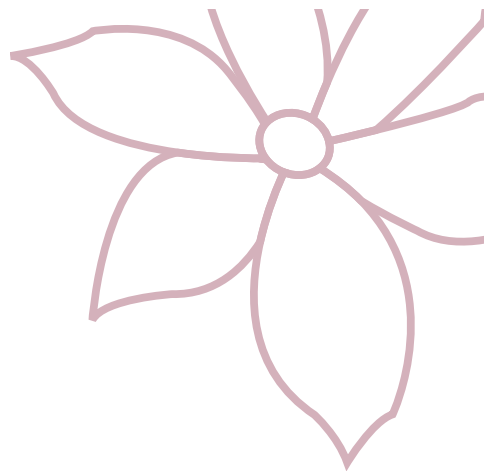
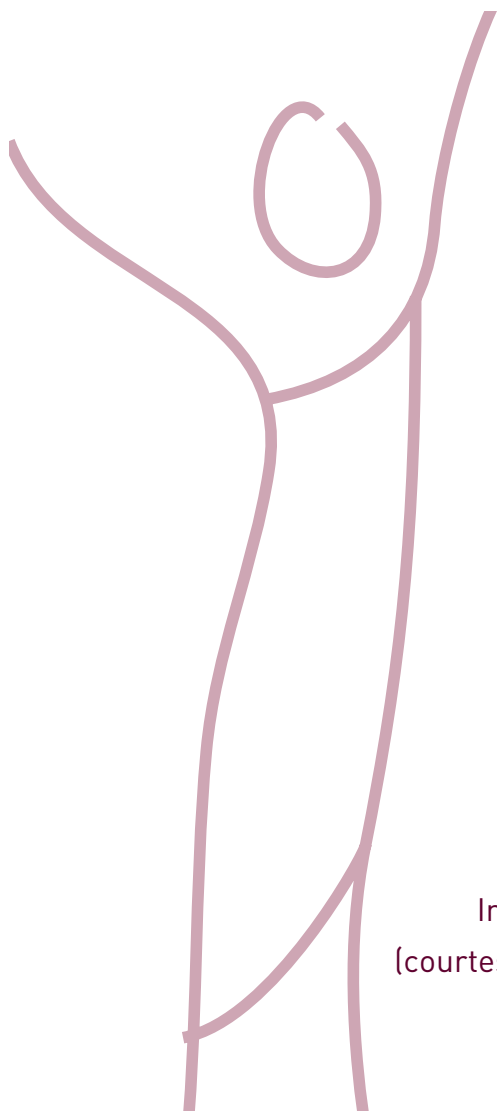
✂-----

Tear off



**RESPECT: 0808 802 4040**

**Stockport County Court and Family Court 0161 477 2020**



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

[www.stockport.gov.uk](http://www.stockport.gov.uk)

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**TLC: Talk, Listen, Change: 0161 872 1100**