

**26% say
that a
friend,**

or someone they
knew, had been
a victim of gender
based violence

**56% of
young
adults**

have experienced
controlling behaviours
from a partner



1 IN 4 WOMEN AND 1 IN 9 MEN

**WILL EXPERIENCE SOME FORM OF
DOMESTIC VIOLENCE
IN THEIR LIFETIME**





WHAT IS DOMESTIC ABUSE?

This is any type of controlling, bullying, threatening or violent behaviour between people in a relationship

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DOMESTIC ABUSE



It can seriously harm children and young people and witnessing domestic abuse is child abuse.



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IT IMPORTANT TO REMEMBER DOMESTIC ABUSE:

- Can happen inside and outside the home
- Can happen over the phone, on the internet and on social networking sites
- Can happen in any relationship and can continue even after the relationship has ended
- Both men and women can be abused or abusers



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WHAT ARE THE DIFFERENT TYPE OF DOMESTIC ABUSE?

- kicking, hitting, punching or cutting
- rape (including in a relationship)
- controlling someone's finances by withholding money or stopping someone earning
- controlling behaviour, like telling someone where they can go and what they can wear
- not letting someone leave the house
- reading emails, text messages or letters
- threatening to kill someone or harm them
- threatening to another family member or pet.



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WHAT IMPACT CAN DOMESTIC ABUSE HAVE?

Living in a home where domestic abuse happens can have a serious impact on a child or young person's mental and physical wellbeing, as well as their behaviour. And this can last into adulthood.



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WHERE DO YOU SEEK SUPPORT?

Report abuse

Call us on [0808 800 5000](tel:08088005000), email help@nspcc.org.uk or fill in our [online form](#).



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Coronavirus (COVID-19), lockdown and domestic abuse

We know, for some children and families, home might not be a safe place and staying there will be extremely challenging. Some may already be experiencing domestic abuse or worried an adult's behaviour is changing and escalating.

If you and your family are in immediate danger call [999](tel:999). If you're unable to talk press 55 after dialling. **It is okay to leave your home during lockdown if you're experiencing abuse.** The police can also remove the person harming you from your home.

Worried about a child?

If you're worried about a child, even if you're unsure, contact our helpline to speak to one of our counsellors. Call us on [0808 800 5000](tel:08088005000), email help@nspcc.org.uk or fill in our [online form](#).

https://forms.nspcc.org.uk/content/nspcc---report-abuse-form/?_ga=2.256624523.1083264446.1588324626-1118517237.1588324626



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WHERE DO YOU SEEK SUPPORT?

For parents:

- If you're an adult experiencing domestic abuse, there are organisations that can help.
- [Relate](#)
[0300 003 0396](#)
You can talk to Relate about your relationship, including issues around domestic abuse.
- [National Domestic Violence Helpline](#)
[0808 2000 247](#)
A 24 hour free helpline run in partnership between Women's Aid and Refuge.
- [Men's Advice Line](#)
[0808 801 0327](#)
Advice and support for men experiencing domestic violence and abuse.
- [National LGBT+ Domestic Abuse Helpline](#)
[0800 999 5428](#)
Emotional and practical support for LGBT+ people experiencing domestic abuse.
- We're here to support you, no matter your worry. Call us on [0808 800 5000](#), email help@nspcc.org.uk



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WHERE DO YOU SEEK SUPPORT?

For children and young people:

- Our (NSPCC) Domestic Abuse, Reovering Together (DART™) is a therapeutic service for mothers and children who have experienced domestic abuse.
- Find out more about all [our services for children](#), including how to get in touch with ones in your area.
- [The Hide Out](#), created by Women's Aid, is a space to help children and young people understand abuse. It also helps them learn how to take positive action.



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