

# Domestic Abuse

## What is it?



A guide to help you spot the signs of domestic abuse and how to deal with it.



Working together for a safer Buckinghamshire

Abuse means being cruel, nasty or hurting a person. This can happen to lots of people in relationships. This could be your girlfriend/boyfriend, ex-partner or a family member. This is called domestic abuse.

## Domestic abuse can include lots of different things:



1. It can happen if you are a man or a woman.



2. It can be physical abuse (by using hands, like hitting or pushing).



3. It can be sexual abuse, like being touched when you don't want to be touched.



4. It can be someone taking your money from you and not giving it back.



5. It can be calling you horrible names you don't like.



6. It can be sending you nasty messages or someone making nasty phone calls.

## Also remember:



1. If you have children they might be upset by what is going on.



2. Your children might also be hurt (if you have any).



3. Your pet might also be hurt.

## What can I do?



1. If you tell someone, you can get help to make it stop. Remember, telling someone does not mean you have to do anything. You don't have to report the person to the police.



2. If you report domestic abuse to the police, you might be able to take your abuser to court and they may go to prison.



3. If you are in danger at home, you might be able to stay somewhere else where you will be safe with your children.

**CALL  
101**

4. You have the right to ask the police if your abuser is a risk to you through the Domestic Violence Disclosure Scheme (DVDS).

The scheme, which is known as Clare's Law, also allows you to tell the police if you think a friend or family member is being abused.

## Who can help you?



- 1.** If domestic abuse is happening to you, or someone you know, you should get help or speak to someone.

**CALL  
999**

- 2.** Always call the police (telephone 999) for help if you or your children are being hurt or are in danger.



- 3.** If you have a social worker, care manager, support worker or community nurse, you can ask them for help.



- 4.** Friends or family might be able to help you.



- 5.** Your doctor or a nurse could help too.



# Is domestic abuse happening to you?

**Sometimes it is difficult to know.  
Think about these things:**

Does your partner or family member:

- shout at or threaten you?
- scare you?
- stop you seeing your friends and family?
- check where you have been?
- check how much you spend?
- check who you speak to?
- ask you to keep secrets?

**National Domestic Abuse Helpline**

**0808 2000 247**

**Call free 24 hours a day**

For more information and other ways to get help  
visit the link below or scan the QR code.

**[reducingtherisk.org.uk/buckinghamshire](https://reducingtherisk.org.uk/buckinghamshire)**

