



DOMESTIC ABUSE CAN AFFECT US ALL

TRAPPED
drained
SAD depressed
stressed **WORRIED**
helpless
ALONE frustrated
anxious **isolated** **AFRAID**

Domestic abuse can involve many different acts and behaviours - all of which may harm, frighten or punish a victim.

The statistics below will make you think!



A quarter (**25 per cent**) of girls and **18 per cent** of boys in a recent study reported having experienced some form of physical violence from an intimate partner.

Additionally one in three girls (**31 per cent**) and **16 per cent** of boys reported some form of sexual abuse within their relationships.

A survey carried out in England and Wales identified that **6.6 per cent** of boys and **12.6 per cent** of girls aged 16 to 19 had experienced domestic abuse in the past year.

42 per cent of women and **32 per cent** of men aged between 20 to 24 have suffered domestic abuse within the last year.

Signs of domestic abuse

Noticing the warning signs of domestic abuse is the first step to ending it. **No one should live in fear.**

Physical abuse

- Black eyes
- Bruises on the arms
- Busted lips
- Red or purple marks on the neck
- Sprained wrists

Emotional abuse

- Agitation, anxiety or constant apprehension
- Changes in sleep habits (sleeping too much or not enough)
- Developing a drug or alcohol problem
- Being extremely apologetic or meek
- Loss of interest in daily activities

If you suspect you or somebody else is in an abusive relationship, help is available.



If you need support

- If you are in danger call the police on **999** or **101**
- Speak to an adult that you trust

Helplines

Childline - help and support for children and young people: **0800 1111**

Refuge's National Domestic Abuse Helpline - free 24 hour support for victims and anyone worried about friends/loved ones: **0808 2000 247**

Halton Domestic Abuse Service - if you or someone you know is suffering from domestic violence and abuse, call or text: **0300 111 1247**

Victim Support - free confidential 24/7 support line and live chat for victims of crime: **0808 16 89 111**

Men's Advice Line - confidential helpline for male victims of domestic abuse: **0808 801 0327**

Crimestoppers - anonymously report suspicions of domestic abuse. Call free: **0800 555 111**

Helpful websites

Remedi - Empowering people, changing lives: www.remediuk.org

Got Your Back - here to help anyone under 18 that has been a victim of crime: www.gyb.org.uk

What happens behind closed doors doesn't have to stay there:

www.openthedoorcheshire.org.uk

Rapman: Promise #domesticabuse (music video):

www.youtube.com/watch?v=tmgCJaboVC4