WHAT IS DOMESTIC ABUSE?

Domestic abuse is complex. It can go unidentified by agencies, families, friends, colleagues and even victims themselves. It can affect anyone, regardless of age, social background, gender, religion, sexual orientation or ethnicity.

Domestic abuse does not only occur between couples. It can also involve wider family members, including parental abuse by an adolescent or grown child. It can exist between older siblings, or the wider extended family.

LINCOLNSHIRE DOMESTIC ABUSE SPECIALIST SERVICE

Support for men, women and children suffering or fleeing from domestic abuse.

01522 510041
info@ldass.org.uk
www.ldass.org.uk

SOLDAS
SOUTH LINCOLNSHIRE DOMESTIC ABUSE SERVICE
Boston Women's Aid | Charity Number 519445

Support for victims of domestic abuse in Spalding, Boston, Holbeach and surrounding areas.

01205 311272
admin@bostonwa.co.uk
www.bostonwomensaid.org.uk

Respect

Offering support to those who cause harm, holding them accountable whilst aiming to keep survivors safe.

0808 8024040
www.respect.uk.net

Visit www.domesticabuselincolnshire.com for current services available in Lincolnshire.

NATIONAL HELPLINE NUMBERS:

National Domestic Abuse Helpline **0808 2000 247**
Refuge **0870 5995 443**
Mankind Initiative **01823 334244**
Men's Advice Line **08088010327**
Childline **0800 1111**
Galop **0800 999 5428**
Forced Marriage Unit **020 7008 0151**
National Stalking Helpline **0808 802 0300**

In an emergency call 999 or for a non emergency 101

LINCOLNSHIRE DOMESTIC ABUSE PARTNERSHIP

DOMESTIC ABUSE

WHAT YOU NEED TO KNOW

TYPES OF DOMESTIC ABUSE

DOMESTIC ABUSE CAN INVOLVE MANY DIFFERENT ACTS OR BEHAVIOURS AND ALL ABUSE IS UNDERPINNED BY A NEED FOR POWER AND CONTROL

PSYCHOLOGICAL/EMOTIONAL ABUSE CAN INCLUDE:

Love bombing, which is where you are showered with gifts, compliments and attention; this can quickly be changed by the abuser. If the relationship starts to feel overwhelming, intrusive and uncomfortable, or you are made to feel that you owe the abuser something, this could be a warning signal for an abusive relationship.

Gaslighting is when you see, feel and hear things which make you feel sad, scared or unhappy and the abuser then denies this and makes you feel that you are crazy, causing you to second guess yourself and your own reality.

SEXUAL ABUSE CAN INCLUDE:

Coerced into having sex, rape, being forced into sex work, ignoring your religious beliefs about sex, refusing you to practice safe sex, sexual insults, deliberately sharing sexually transmitted infections, preventing you from breastfeeding, being forced to be filmed or photographed naked and the threat to then share this, all of which are forms of control, using strangulation and calling it 'rough sex'.

PHYSICAL ABUSE CAN INCLUDE:

Shaking, smacking, punching, kicking, grabbing, biting, starving someone, tying them up, stabbing, non-fatal strangulation which can include restricting breathing, suffocation, loss of consciousness, loss of bladder/bowel movements and lead to memory loss, throwing things at you and using objects as weapons (including household items). Female genital mutilation, forced marriage, 'honour based abuse'.

ECONOMIC ABUSE CAN INCLUDE:

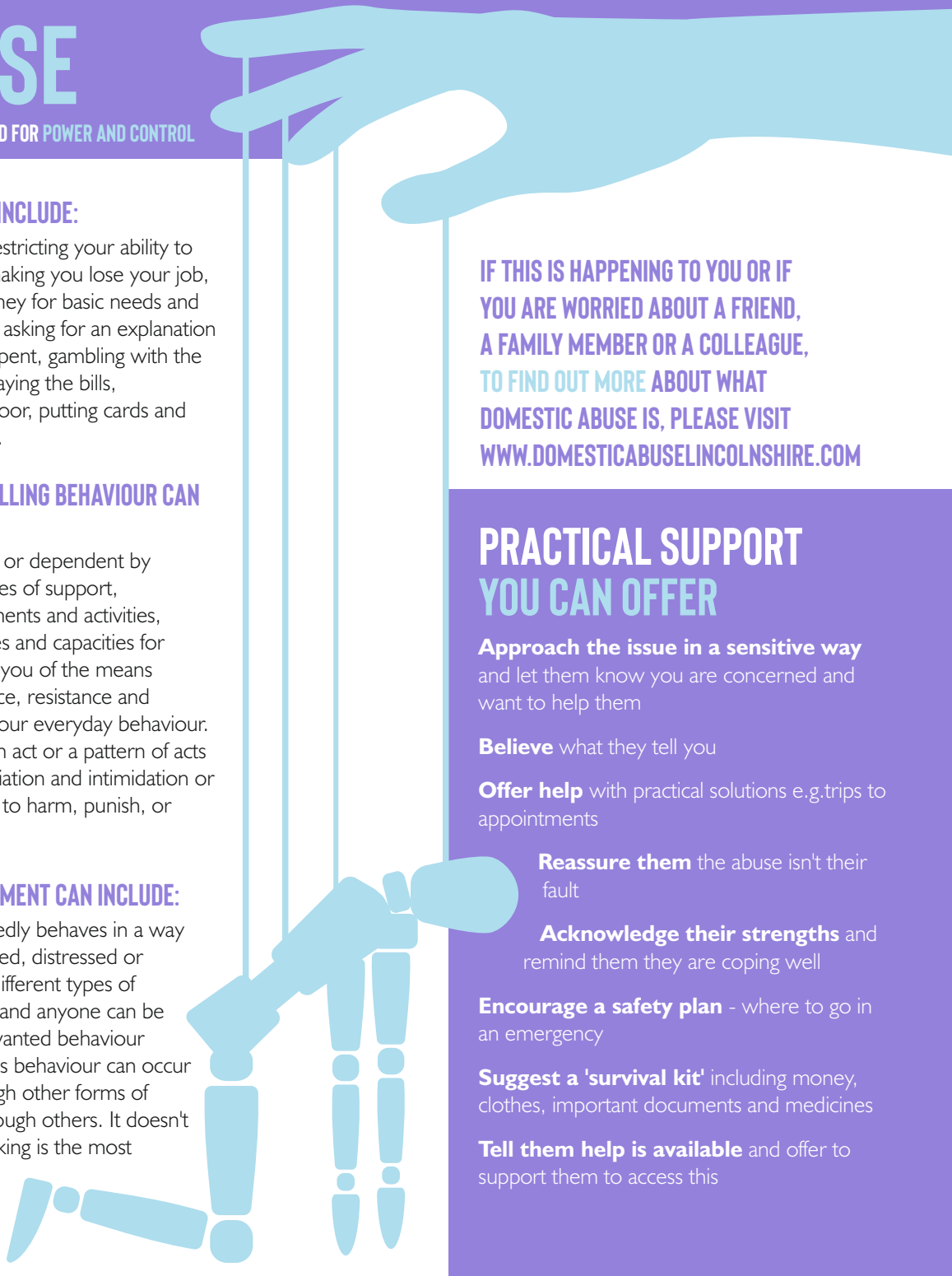
Not letting you work, restricting your ability to find work or to study, making you lose your job, refusing to give you money for basic needs and making you beg for this, asking for an explanation of how every penny is spent, gambling with the money for bills or not paying the bills, bailiffs/debtors at your door, putting cards and loans in your sole name.

COERCIVE AND CONTROLLING BEHAVIOUR CAN INCLUDE:

Making you subordinate or dependent by isolating you from sources of support, monitoring your movements and activities, exploiting your resources and capacities for personal gain, depriving you of the means needed for independence, resistance and escape, and regulating your everyday behaviour. Coercive behaviour is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten.

STALKING AND HARASSMENT CAN INCLUDE:

When someone repeatedly behaves in a way that makes you feel scared, distressed or threatened. There are different types of stalking and harassment and anyone can be a victim. It is always unwanted behaviour that puts you in fear. This behaviour can occur online, in person, through other forms of communication and through others. It doesn't have to be physical. Stalking is the most common form of abuse leading up to murder.



IF THIS IS HAPPENING TO YOU OR IF YOU ARE WORRIED ABOUT A FRIEND, A FAMILY MEMBER OR A COLLEAGUE, TO FIND OUT MORE ABOUT WHAT DOMESTIC ABUSE IS, PLEASE VISIT WWW.DOMESTICABUSELINCOLNSHIRE.COM

PRACTICAL SUPPORT YOU CAN OFFER

Approach the issue in a sensitive way and let them know you are concerned and want to help them

Believe what they tell you

Offer help with practical solutions e.g.trips to appointments

Reassure them the abuse isn't their fault

Acknowledge their strengths and remind them they are coping well

Encourage a safety plan - where to go in an emergency

Suggest a 'survival kit' including money, clothes, important documents and medicines

Tell them help is available and offer to support them to access this