

Domestic Abuse



We can help you.



Stop abuse!



Speak up!



Get help!

Read this booklet with someone who can support you.



It tells you:

- What domestic abuse is
- What are the different types of abuse
- Who you can tell
- What to do

Domestic abuse is when you are hurt, bullied or frightened by:



- Your husband
- Your wife
- Your boyfriend
- Your girlfriend
- An ex-partner (someone who used to be your partner).



They are not allowed to do this.

It is wrong.

Domestic abuse is not your fault.



You are not alone.

There are people who can help.

If domestic abuse is happening to you, tell someone.



If you are in danger call Police on **999**.

If it is not an emergency call Police on **101** or the Adult Protection Phone Line on **01383 602200**.



People who use British Sign Language or who have a hearing loss should text the SMS Emergency number.



To register for this service send the word 'register' as a text to 999.

If it is not an emergency text:

- Police Scotland SMS 24 hour
- Fife Council SMS: 07781 480 185



Both these services need you to register.

The Police SMS number will be sent to you when you have registered.

Get both registration forms at:
www.fife.gov.uk/adultprotection.

Domestic abuse is when your partner or ex-partner does any of these things to you:



Physical harm means:

- When they hit or hurt you or your child (if you have one)
- They hold you so you cannot move.
- They lock you in.



Emotional harm means:

- They bully you or say things that scare you
- They make you feel sad or upset



- They make you feel stupid and that you can do nothing right.

Sexual harm means:



- They make you do sexual things you do not like or understand.



- They touch your body, your private parts or kiss you when you say no or do not want them to.



Financial harm means:

- They take your money and things that are yours.



- They tell you how to spend your money or check how much you spend.

Domestic Abuse can also be:



- They don't like you speaking to your friends or other people



- They always want to know where you have been or where you are going



- They always want to know who you speak to.



- They stop you seeing your family or friends

Domestic Abuse can happen to anyone.



You could be

- young or old
- a woman or a man

If domestic abuse happens to you it can make you feel:



- scared

- sad



- confused

- angry

- lonely



- unloved

You are not alone.

We can help.

If it is an emergency call 999.



Tell:

- the Police



- A doctor or nurse



- your social worker



- a friend



- or your advocacy worker

Get help.



- Get checked by a doctor
- Get someone to help write down what has happened



- Get someone to take a photo if you have been hurt

Be prepared.



Have things ready if you are scared and need to leave your home quickly.

Pack a bag with things you need like:



- Any medication you need
- Clothes for you and your child



- Something for your child like a favourite toy.

What you can do.

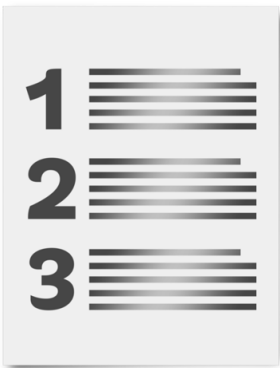
Be prepared.



- Keep money in a secret place for buses or taxis.



- Keep a phone fully charged and with money on it.



- Have a list of phone numbers of friends, social workers and emergency numbers that can help.

Have a safe place to go.



- Have somewhere to go if you are in danger
- It could be a friend or family member's house.

Remember:



- Your partner or ex-partner is not allowed to hurt you.



- Tell someone and get help.



- Be prepared and have things ready.



- You can call the helpline numbers on the back of this booklet.

Domestic abuse is not your fault.

Domestic Abuse is difficult to talk about. Telling someone is important. Who can help?

Fife Women's Aid (women and children)	0808 802 5555
National Domestic Abuse Helpline (open 24 hours for women and men)	0800 027 1234
Child Protection	03451 33 15 03
Police Scotland non-emergencies	101

In an emergency call 999

www.fife.gov.uk/adultprotection

This booklet is adapted from a document by the Safer Highland Support Team. With thanks to IncludeMe Stewardship Group, People First (Fife), Real Life Options and SAMH for their advice and support.



Alternative Formats

Information about Fife Council can be made available in large print, braille, audio CD/tape and Gaelic on request by calling **03451 55 55 00**



British Sign Language

please text (SMS) 07781 480 185



BT Text Direct:

18001 01592 55 11 91

Language lines

Arabic	خط هاتف اللغة العربية: 03451 55 55 77
Bengali	বাংলায় আলাপ করার জন্য টেলিফোন লাইন: 03451 55 55 99
Cantonese	中文語言熱線電話: 03451 55 55 88
Polish	Polskojęzyczna linia telefoniczna: 03451 55 55 44
Urdu	اُردو زبان کے لیے ٹیلیفون نمبر 03451 55 55 66