surrey safeguarding ADULTS BOARD

SURREY COUNTY COUNCIL

Keeping you safe from abuse

Domestic Abuse

This booklet has information about domestic abuse

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You can find Easy Read documents on keeping safe from abuse on the Surrey Safeguarding Adults Board website. www.surreysab.org.uk/leaflets-resources

You can read this booklet alone or with someone to support you.

Acknowledgements

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What is Domestic Abuse?

Domestic abuse is when you are abused by:

- a family member

- someone you are in a relationship with

- someone you have been in a relationship with

For example, it could be your boyfriend, girlfriend or parents.

It doesn't matter if the abuse has happened once or lots of times. It is still domestic abuse.

Examples of Domestic Abuse

Physical abuse like hitting or pushing you, punching you or pulling your hair.

Sexual abuse like making you have sex or touch their private parts when you don't want to.

Emotional abuse like calling you mean names and making you feel sad or putting you down.

Financial abuse like taking your money or things without your permission.

Checking your social media without your permission.

Coercive and Controlling Behaviour

Another type of domestic abuse is coercive and controlling behaviour. This is when an abuser makes you do as you are told.

This can be done by:

Threatening to hurt you.

Shouting at you and bullying you.

Making you afraid.

Making you feel bad about yourself.

Making you confused about what is real and not real.

How domestic abuse makes you feel

You might be in an abusive relationship if the person that you are with makes you feel:

Not important.

Like you can't go to work or college.

Blamed for things you haven't done.

Upset and scared.

More about how domestic abuse makes you feel

Like you can't make choices about who you can see, such as your family or friends.

Like you can't make choices about what you can wear.

Like you can't make choices about where you can go.

Important points

Domestic abuse can affect anybody:

It can affect people in different types of relationships like family, friends or lovers.

Being a victim of domestic abuse is not your fault.

Domestic abuse is a crime.

There are lots of services that can help you.

Who to tell

If you aren't sure or are too nervous to call anyone, **tell someone you trust.**

In an emergency
Dial 999 for the police.
If you can't speak and are calling on a mobile, press 55 to have you call transferred to the police.

SURREY COUNTY COUNCIL

Contact Surrey County Council

You can ask for this information in an alternative format or language.

Telephone: 0300 200 1005

Email:
asc.infoandadvice@surreycc.gov.uk

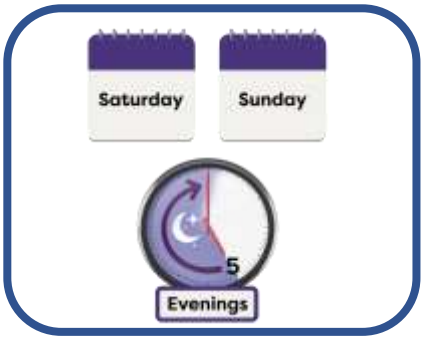
Contact us

Textphone (via Relay UK): 18001 0300 200 1005

Text (SMS): 07527 182 861 (for deaf or hard of hearing community)

British Sign Language:
www.surreycc.gov.uk/bsl

Reporting abuse online:
www.surreycc.gov.uk/adultatrisk



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