

Domestic Abuse is wrong and must be stopped



If you are scared to talk to the police, tell a friend, relative, support worker or other trusted person.

They can help you talk to the police.



Never keep domestic abuse a secret, trusted people will help you. It is not your fault.



You can tell the police, or ask someone safe to help you tell the police.

If someone has hurt you or you are scared you are going to be hurt call 999.



If you need some support call;



National Domestic Abuse Free
24 hour Helpline 0808 2000 247



The Women's Centre Cornwall
Helpline on 01208 77099



Cornwall Adult Social Care
0300 1234 131



Domestic Abuse

Is when;

Your close partner, family member or carer

hurts or threatens you.

They might hurt you, bully you, threaten or control you

Your home should be your safe place



You should be able to relax and feel happy at home



People should not make you feel scared at home or anywhere

Domestic Abuse is when people do things like...



Physical

Pushing you, Kicking you, Hitting you
Hair pulling, pinching you, scratching you.



Verbal / Emotional

Shouting at you, picking on you,
saying nasty things to you, treating
you like a child, ignoring you,
breaking or using your things, not
letting you spend time with your
friends or family or go out.



Financial

Stealing your money or things,
making you buy something you don't
want to buy or understand what you
were buying, using your money to
buy things for themselves, getting a
loan in your name, or selling your
things without your knowledge or
permission.



Sexual

Doing sexual things to you that you
don't like or don't want to do.



Pets

May harm or threaten to harm your
pets to upset you and make you
scared.

Domestic Abuse is when someone close to you treats you badly, they could be...



Your husband, wife, boyfriend or girlfriend, partner or ex-partner.



Someone who does not live in your home but visits your house.



Your brother, sister, mother, father, friend, or other family member.



They could be a man or a woman.