

Prompt Sheet for DASH Risk Assessment



We are going to write things down so we know the best way we can help you.



It isn't anything to worry about.
We go through these questions with everyone.



We won't rush you - we'll go at your pace.



Would you like us to call someone to give you a bit more support?



Q1

Are you hurting anywhere because of what happened?

Do you have any cuts / bruises / burns?

Has anything like this happened before?



Q2

Are you very scared?

Q3

What are you scared of?

Are you scared of being hurt again? What do you think they might do?

Who do you think they might hurt?

What are their names?



Q4

Do you feel cut off from your family and friends?

Have they made it hard for you to spend time with them?

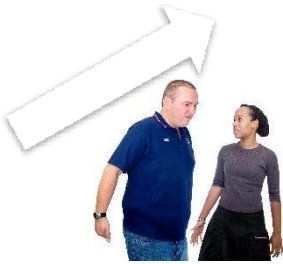
- stopped you seeing or talking to them?
- made it hard for you to see your doctor or anyone else?

	Q5 How are you feeling? Do you sometimes feel you don't want to live anymore? Do you care what happens to you? Have you thought about killing yourself?
	Q6 Have you tried to leave in the last year?
	Q7 Do you argue about seeing the children?
 	Q8 Do they hassle you? - follow you? - text or call you all the time? - use social media to make you feel bad? Do you think they are doing it to confuse you? Do you think they are doing it to scare you?



Q9

Are you expecting a baby? Have you recently had a baby?



Q10

Is the abuse happening more than it used to?



Q11

When it happens is it getting worse?

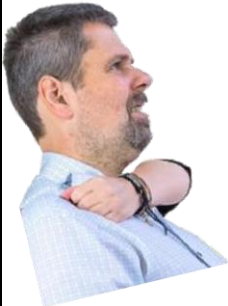


Q12

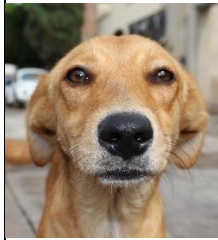
Do they get very jealous?

- try and control you?
- tell you what you can wear?
- tell you where you can go?
- tell you who you can see?
- say you bring shame on the family?

Are there other things they do to stop you living your life the way you want?

	What kinds of things do they do / say?
	Q13 Have they ever used something to hit or hurt you?
	Q14 Have they ever said they would kill you or someone else and you thought they would?
	Q15 Have they ever tried to stop you breathing? - put their hands around your throat? - covered your nose and mouth? - held your head under water / pushed you into water

	Q16 Do they ever say they will do bad things to you sexually? Do they make you watch porn? Do they say they will force you to do things? Do they ever hurt your private parts? Do they do that to anyone else? Do they touch you in ways you don't want? Do they make you have sex? Do they do that to anyone else? Who else do they hurt like that?
	Q17 Are you scared of anyone else? Why are you scared of them? Have they said or done something to make you afraid? Who are they?
	Q18 Have they hurt anyone apart from you? Do you know them? Have they hurt children? Someone they used to go out with? Older people in the family?



Q19

Have they ever hurt a pet or an animal?



Q20

Are there money problems or worries? Do you rely on them for money?

Have they recently lost their job? Do they take your card or money?



Q21

Have they had mental health problems in the last year?

Have they used drugs? Do they get drunk?



Q22

Have they ever said they would kill themselves?

Have they ever tried?

	Q23 Have they ever broken bail? Or rules about: - Coming near you / the children? - Contact with you / the children? - Threatening or scaring you / the children? - Trying to make you marry someone? - Anything else?
	Q24 Have they been in trouble with the police? Was it for: - Domestic abuse? - Sexual abuse? - Another attack? - Something else?
	This Easy Read factsheet was made using photosymbols.

Co-designed by the DIVAS and the Women's Centre Cornwall, 2023.