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You don't need to live in fear
of domestic violence



If you are being threatened or physically or sexually assaulted by someone you live with, that is domestic violence. Domestic violence is controlling and aggressive behaviour and includes all kinds of physical, sexual and emotional abuse within all kinds of intimate relationships. Domestic violence is often used to maintain power and control over another person. >>

domestic

Anyone can experience domestic violence – it can happen in all kinds of relationships and for any reason. It is rarely a one-off event. Physical and sexual abuse tends to get more severe and happen more often over time, sometimes only ending when one person actually kills the other.

This chain of events needs to be broken and a range of organisations are working to do this – some examples are mentioned in this leaflet. But individuals also have an important part to play. For people experiencing violence, the support of a trusted friend can be invaluable. Breaking the chain is a job for everyone, and we all have a vital role to play in supporting victims and helping law-enforcement agencies and other agencies to stamp out violent and controlling behaviour.

It is important to remember that domestic violence is a crime and those that commit such crimes must answer for their behaviour. We all have the right to live without fear of violence and abuse.

>> Domestic violence is much more common than most people realise. Even if you are not experiencing it yourself, you may well know someone who is. This leaflet may help you to help them.

violence

Who can I talk to? If you or someone you know are experiencing or have experienced domestic violence, there are a range of organisations that can help. Some useful addresses and telephone numbers are provided on this card, but there are many others: libraries, local authorities and Citizens Advice Bureaux are good sources of further information.

Remove this card and keep it with you for quick reference.