

Spotting the Signs of Domestic Abuse



So called 'Honour Based Abuse' can look like...

- Being told you are bringing shame on your culture or family

Coercive Control can look like...

- Using various tactics to control someone's daily activities and routines (for example, what they do, say, spend, where they go or who they communicate with), or their ability to leave a relationship
- Controlling their immigration status by destroying documents, not allowing them to seek immigration advice, or threatening to have them deported

Coercive control is the basis for most other forms of abuse.

Physical Abuse can look like...

- Hitting, biting, kicking, hair pulling, burning, strangling, or any other forms of intimidation or violence

Modern Slavery and Exploitation can look like...

- Being forced or pressured to carry out services or labour

Economic Abuse can look like...

- Controlling or withholding someone's access to money
- Withholding or preventing access to essential items such as food or hygiene products
- Not allowing someone to work or claim benefits
- Dictating how much someone spends or on what
- Taking control of someone else's personal finances and assets

Sexual Abuse can look like...

- Using force, threats or intimidation to make someone perform sexual acts
- Having sex with someone when they don't want it
- Forcing someone to carry out sexual acts with others
- Making unwanted sexual or degrading comments
- Reproductive control including not allowing contraception to be used, pressuring someone to become pregnant or forcing abortion
- Any other degrading treatment related to your sexuality, sharing or threatening to share sexual images of someone

Psychological or Emotional Abuse can look like...

- Insults, accusations or threats
- Gaslighting or blackmail
- Blaming someone for things going wrong, or making them feel like a burden or a failure
- Manipulating, hurting, confusing or frightening someone, or influencing their thoughts and actions
- Destroying someone's belongings
- Forcing them to marry against their will

If you or someone you know is experiencing domestic abuse...



Call the Beacon Domestic Abuse Support Hub
(DASH) Run by Hertfordshire Beacon

0300 002 0008 (Monday-Friday, 09:00-17:00)

The Domestic Abuse Support Hub is for anyone who is or has been subjected to domestic abuse in Hertfordshire. It will connect you to the support you need in your local area.

When you call the number above, a member of the Hertfordshire Beacon team will talk with you about your situation and needs, and refer you directly into the best service.