



WHAT IS DOMESTIC ABUSE? AM I IN AN ABUSIVE RELATIONSHIP?

Domestic abuse is abusive behaviour from a spouse, partner or family member.

Abuse is used to make the other person fear the abuser and do what they want. It usually begins with small things but gets much worse...

Safer Places is an independent charity which provides a comprehensive range of services to men, women and children affected by domestic and sexual abuse who live in Essex, Southend unitary area, north and east Hertfordshire.

The people who use our services are at the heart of our organisation and we aim to work closely with them to enable them to overcome the impact of their experience and to build a brighter and safe future.

Domestic abuse and social isolation rob people of their confidence, self-esteem and their hope for the future. We work with the survivors of domestic abuse, to help them recover, to empower them, to rebuild their lives and to go on and achieve for themselves things they might once have thought of as impossible.



www.saferplaces.co.uk
© 03301 025811



SaferPlaces
Domestic Abuse Support Services

Safer Places, PO Box 2489, Harlow Essex CM18 6NS
Charity Number: 1018832
Company registration number 02789572



DO YOU FEEL TRAPPED OR FRIGHTENED? - We can help



ADVICE AND HELP FOR YOUNG PEOPLE



Abuse is not normal or acceptable. A caring relationship should make you feel loved, respected, safe and free to be yourself. An abusive relationship can make you feel scared, controlled and intimidated. If you think you are suffering from domestic abuse then you probably are.

There are different forms of abuse:

- Physical
- Psychological/emotional
- Financial
- Sexual
- Coercive Control

Domestic abuse does not only happen between male and female partners, it can happen to anyone in an intimate or family type relationship.

How can we help?

Safer Places offers a range of different services to support you and guide you through an abusive relationship:

- Emotional support, counselling and specialist programmes
- Drop-ins and one to one support
- Practical support, advice and signposting
- Safety planning
- Support within the community
- Safe accommodation if you need to leave your home
- Free legal advice
- Opportunities for training, employment support and volunteering

Relationship Checklist

Answer the following questions honestly to work out if your partner treats you with the respect you deserve.

	Yes	No
Is your partner trusting and understanding?	<input type="checkbox"/>	<input type="checkbox"/>
Does your partner admit when they are wrong?	<input type="checkbox"/>	<input type="checkbox"/>
Does your partner encourage you to be independent?	<input type="checkbox"/>	<input type="checkbox"/>
Is your partner happy for you to spend time/go out with your friends and family?	<input type="checkbox"/>	<input type="checkbox"/>
Does your partner accept you and make you feel comfortable with who you are?	<input type="checkbox"/>	<input type="checkbox"/>
Does your partner accept you saying no to sex?	<input type="checkbox"/>	<input type="checkbox"/>
Is your partner willing to compromise?	<input type="checkbox"/>	<input type="checkbox"/>
Does your partner respect your wishes if you want to end the relationship?	<input type="checkbox"/>	<input type="checkbox"/>
Does your partner take responsibility for their own wellbeing and happiness?	<input type="checkbox"/>	<input type="checkbox"/>
Do you agree with this statement: My partner doesn't monitor my calls, texts, emails.	<input type="checkbox"/>	<input type="checkbox"/>
Do you agree with this statement: My partner doesn't check up on my Facebook or other social media accounts.	<input type="checkbox"/>	<input type="checkbox"/>
Do you agree with this statement: My partner would never physically hurt me.	<input type="checkbox"/>	<input type="checkbox"/>
Do you agree with this statement: My partner is happy for us to spend time apart without constantly phoning/texting me.	<input type="checkbox"/>	<input type="checkbox"/>
Do you agree with this statement: My partner doesn't call me names or put me down.	<input type="checkbox"/>	<input type="checkbox"/>
Do you agree with this statement: My partner doesn't pressure me to send sexual texts or images of myself.	<input type="checkbox"/>	<input type="checkbox"/>

If you answered no to any of these questions you could be in an abusive relationship and may want to speak to someone.

If you or someone you know is in an abusive relationship please contact our 24-hour line for support and advice

03301 025811

or email us on

info@saferplaces.co.uk



USEFUL NUMBERS

- Childline 0800 1111 (Under 18)
- National Helpline for Domestic Violence 0808 2000 247 (Over 18)
- Samaritans 0845 790 9090
- Respect 0207 549 0578
- Broken Rainbow (LGBT) 0300 999 5428



USEFUL WEBSITES

- www.chidline.org.uk
- www.respect.uk.net
- www.thisisabuse.direct.gov.uk
- www.thehideout.org.uk
- www.rapecrisis.org.uk
- www.brokenrainbow.org.uk

www.saferplaces.co.uk

