

QUESTION - WHAT DOES DOMESTIC VIOLENCE MEAN?

ANSWER - DOMESTIC VIOLENCE IS WHEN AN ADULT BULLIES AND HURTS HIS OR HER PARTNER AND CREATES FEAR AND HARM WITHIN THE FAMILY.

FOR EXAMPLE:

- Physical violence (e.g. punching, kicking, slapping, burning)
- Emotional violence (e.g. name calling, put downs, mind games)
- Sexual violence (e.g. rape, unwelcome touching and use of pornography)
- Threats (e.g. to hurt or kill their partner, the children or a pet)
- Throwing things, slamming doors, punching walls, blocking exits
- Encouraging the children to be abusive to the other parent or carer
- Blaming his partner or the children for his violence
- Being violent to the other parent in front of the children
- Hitting the children if they try to protect the other parent
- Hurting a pet to punish the other parent or the children
- Controlling how money is spent



DOMESTIC
VIOLENCE
IS A
CRIME

It is called 'domestic' violence because it is happening within the family. The abusive partner uses violence and abuse on purpose to get their way and act as the boss. They might think it is ok, but it's not ok.

Between April 2002 and April 2003 the Women's Aid Advice Centre in Nottingham referred 1,429 women and 1,680 children to refuge or other emergency accommodation.



Checklist
Is domestic
violence
happening
in your
home?



- Has one parent acted in ways that makes the other feel nervous, scared or threatened?
- Has one parent ever threatened to hurt the other or the children?
- Is one parent constantly using put downs and name calling to get at the other?
- Has one parent physically hurt the other by, for example, hitting, kicking, pushing or throwing things?
- Is one parent trying to get back into the house when they have been told to stay away?

Note: the term 'partner' includes girlfriend, boyfriend, husband, wife.

If any of these things is going on for you then it would be good for you to talk to someone about it.

Nottinghamshire Women's Aid 24hr
Freephone Helpline: 0808 800 340 - this service has instant access to interpreters for more than 100 languages. The text Freephone for deaf, hard of hearing and speech impairment is: 0808 800 341

Make a list of people you could talk to and of organisations, especially those near where you live, that can help.

If you feel immediately frightened for yourself or other family members call the police on: 999