

What is domestic abuse?

Domestic abuse is more than just physical harm.

Domestic abuse can also be psychological, emotional, verbal, financial or sexual.

Domestic abuse involves a pattern of controlling or coercive behaviour designed to dominate a partner or ex-partner.

The only person responsible for domestic abuse is the abuser.

We can help!

01324 632903

forthvalleyservices@barnardos.org.uk

<https://equallysafefalkirk.co.uk>

**You, or someone you know
may be experiencing domestic abuse
if you, or they are regularly:**

- Followed, or checked up on when leaving home
- Put down or belittled
- Pressured to do something they don't want to
- Prevented from having access to money
- Prevented from having access to medication or support
- Threatened using the children or family members
- Threatened using suicide / self-harm
- Interrupted during phone calls or visits with family and friends
- Intimidated or shouted at
- Subjected to kicking, punching, hitting, pushing etc.
- Blamed for a partner / ex-partner's behaviour
- Forced to perform sexual acts you / they don't want to
- Monitored through social media, emails, texts, or letters

**The abuser is always responsible and should
be held accountable.**

There is no excuse!

**Acknowledging abusive behaviours is the first
step to preventing and making it stop.**

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