

Equally Safe Falkirk

Working together to help families to heal from domestic abuse and improve family functioning

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.

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 suicide/ self-harm
Interrupted during phone calls or visits with family and friends
Intimidated or shouted at
Subjected to kicking, punching, hitting or pushing etc.
Blamed for a partner/ ex-partner's behaviour
Forced to perform sexual acts that 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.

Contact us for more information and help.