

Are you victim of domestic and sexual abuse?

What is domestic violence?

Domestic Violence/ Abuse is threatening behaviour, violence or abuse between people who have an existing intimate or family relationship or who have had such a relationship in the past. It can happen in all kinds of relationships regardless of race, religion, culture, ability, gender or sexuality. This includes 'honour based violence', female genital mutilation and forced marriage.

Types of domestic abuse:

Physical abuse: pushing, slapping, punching, kicking, biting, burning, choking, pulling hair, assaulting with a weapon, in extreme cases – murder

Emotional/ Psychological abuse: being verbally abused or made to look stupid in front of other people, not being allowed to see family or friends, jealousy, humiliation, treating you like a servant, use the threat of losing the children to blackmail you, threats of suicide

Financial abuse: controlling all the family money, keeping you short of money, being forced to account for all you're spending

4. *Sexual abuse:* rape, sexual assault, being forced to watch or take part in pornography and indecent phone calls.

What causes domestic abuse?

Domestic Abuse is caused by the desire of one person to have power or control over another. It can get worse over time. It

is NOT caused by Alcohol, Drugs, Gambling obsession, Unemployment, Family separation, Stress or Ill-health, although these factors can trigger incidents of Domestic Abuse. Research shows that abusers choose to be abusive and that CONTROL is a key element in Domestic Abuse.

Have a safety plan:

If you still live with your partner or family member who is abusing you:

- Tell someone about your situation – a friend, relative colleague or neighbour; someone who can give help and support.
- Try to seek professional advice.
- Talk to specially trained police(call 0845 045 4545 and ask for the Domestic Abuse Unit) or Victim Support (call 08 08 16 89 111) or Rushmoor Nepali Domestic Abuse Support Service(call 01252 333618 – Aldershot CAB)

Teach your children to call 999 in an emergency and what they need to say (their full name, address and telephone number)

Identify a safe exit and use it if you feel an abusive situation is about to arise.

If you cannot leave home, try to avoid risk areas such as the kitchen or garage where there may be knives or weapons

Teach your children that it is not safe for them to intervene directly.

Useful numbers:

Police emergency: 999

Police non-emergency: 101

Rushmoor Borough Council Offices: 0125298339

Aldershot referral admin line: 01252 333718

24 hour National Domestic Abuse Helpline: 0808 2000 247

Victims Support: 08 08 16 89 111

Nepali DA information line: 01252 398939

Army welfare service: 01252 349900

Ssafa: 01252 347656

Relate: 01252 324679

Men's advice line: 0808 801 0327

Please contact us:

If you require support on domestic or sexual abuse then you can talk to our domestic abuse caseworker and Independent Domestic Abuse Worker (Aliza Gurung) at Aldershot Citizens Advice from 9.30 – 3.00. Or you can call on 01252333618.