

# WHAT IS DOMESTIC ABUSE

Domestic abuse is complex. It can go unidentified by agencies, families and friends, and even victims themselves. It can affect anyone, regardless of age, social background, gender, religion, sexual orientation or ethnicity.

Domestic abuse does not only occur between couples. It can also involve wider family members, including parental abuse by an adolescent or grown child. It can exist between older siblings, or the wider extended family

**FOR REFUGE OR SUPPORT  
THROUGHOUT LINCOLNSHIRE,  
PLEASE CONTACT:**

#### **END DOMESTIC ABUSE NOW (EDAN) LINCOLNSHIRE**

A countywide domestic abuse service that operates in all districts in Lincolnshire providing support to individuals and families.

**01522 510041 / [info@edanlincs.org.uk](mailto:info@edanlincs.org.uk) / [www.edanlincs.org.uk](http://www.edanlincs.org.uk)**

#### **SOUTH LINCOLNSHIRE DOMESTIC ABUSE SERVICE (SOLDAS)**

Provides emergency accommodation based services in South Lincolnshire.

**01205 311272 / [admin@bostonwa.co.uk](mailto:admin@bostonwa.co.uk)**

#### **EAST LINDSEY DOMESTIC ABUSE SERVICE (ELDAS)**

Provides emergency accommodation based services in East Lindsey.

**01507 609830 / [FSEastlindsey@ncha.org.uk](mailto:FSEastlindsey@ncha.org.uk)**

For more information on help available visit **[www.domesticabuselincolnshire.com](http://www.domesticabuselincolnshire.com)**

ALWAYS CALL **999** IN AN EMERGENCY

#### **NATIONAL HELPLINE NUMBERS:**

National Domestic Abuse Helpline **0808 2000 247**

Refuge **0870 5995 443**

Mankind Initiative **01823 334244**

Men's Advice Line **08088010327**

Childline **0800 1111**

Galop **0800 999 5428**

Forced Marriage Unit **020 7008 0151**

National Stalking Helpline **0808 802 0300**

**Lincolnshire**  
COUNTY COUNCIL  
*Working for a better future*

# DOMESTIC ABUSE

**WHAT  
YOU  
NEED  
TO  
KNOW**



# TYPES OF DOMESTIC ABUSE

Domestic abuse can involve many different acts and behaviours – all which may harm, frighten or punish a victim.

## 1. PSYCHOLOGICAL / EMOTIONAL ABUSE CAN INCLUDE:

Monitors your movements and activities, intimidation, insulting, isolating you from friends and family, criticising you, denying the abuse is happening, treating you as inferior, threatening to harm the children or take them away, being forced into a marriage.

Being constantly sworn at, undermining your confidence, making racist remarks at you, making you feel unattractive, calling you stupid or useless, eroding your independence, repeatedly putting you down, calling you names, telling you you're worthless, makes threats to harm or kill you and/or threatening suicide if you say you're going to leave.

## 2. SEXUAL ABUSE CAN INCLUDE:

Forced sex, rape, being forced into prostitution, ignoring your religious beliefs about sex, refusing you to practice safe sex, sexual insults, deliberately sharing sexually transmitted infections, preventing you from breastfeeding, being forced to be filmed or photographed naked and the threat to then share this, all of which are forms of control.



## 3. PHYSICAL ABUSE CAN INCLUDE:

Shaking, smacking, punching, kicking, grabbing and biting, starving, tying up, stabbing, suffocation, throwing things at you and using objects as weapons for example household objects like the remote control or the coffee mug. Female genital mutilation, 'honour based violence'.

## 4. FINANCIAL ABUSE CAN LOOK LIKE:

Not letting you work, restricting your ability to find work or to study, refusing to give you money for basic needs, asking for an explanation of how every penny is spent, making you beg for money for basic needs, gambling with the money for bills or not paying the bills for example.

## 5. COERCIVE BEHAVIOUR AND CONTROL CAN LOOK LIKE:

Making you subordinate or dependent by isolating you from sources of support, exploiting your resources and capacities for personal gain, depriving you of the means needed for independence, resistance and escape, and regulating your everyday behaviour.

Coercive behaviour is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten.

## PRACTICAL SUPPORT YOU CAN OFFER:

Approach the issue in a sensitive way and let them know you are concerned and want to help them.

- Believe what they tell you
- Help them with practical solutions e.g. babysitting or trips to appointments
- Reassure them the abuse isn't their fault
- Acknowledge their strengths and remind them they are coping well
- Encourage a safety plan, so where to go in an emergency
- Suggest a 'survival kit' including money, clothes, important documents and medicines
- Tell them help is available

For more advice and support, visit [www.domesticabuselincolnshire.com](http://www.domesticabuselincolnshire.com)

If this is happening to you or if you are worried about a friend, a family member or a colleague, please visit [www.domesticabuselincolnshire.gov.uk](http://www.domesticabuselincolnshire.gov.uk) for help and advice.

