

Emotional (Psychological) Abuse

- Interfering with your Internet use (Facebook, Twitter, e-mails, the sites you go to, your online shopping)
- Making negative comments on your Facebook updates or tweets
- Using Facebook, txt messages, etc. to check up on you
- Constantly asking you to send him pictures (Instagram) so he knows where and who you are with.
- Not allowing you to get an education
- Taking away your choices
- Making light of the abuse or pretending the abuse never happened
- Abusing or threatening to harm your pet
- Making you frightened e.g. by smashing things or destroying your belongings
- Stalking you – physically and online
- Making you believe that their hurtful behaviour means “they love you”

These examples are not exhaustive. Someone living with domestic abuse can experience it in any or in several of these forms together.

Helpline Numbers

These organisations are willing to help you and they will believe you:

Police (Domestic Abuse Unit) 101

In an emergency phone: 999

Right To Ask Disclosure Scheme for Domestic Abuse (Scotland) 101

www.scotland.police.uk/righttoask

Women’s Aid

Dumfriesshire & Stewartry

01387 263052 / 07710 152772 (24hr)

Wigtownshire

01776 703104 (24hr)

South West Rape Crisis and Sexual Abuse Centre

01387 253113 or 01776 889331

(9am to 9pm)

Social Work Services

030 33 33 3001

National Domestic Abuse Helpline

0800 027 1234 (24hr)

www.dumgal.gov.uk/davawp

DOMESTIC ABUSE
AND
VIOLENCE AGAINST WOMEN
PARTNERSHIP

Everyone

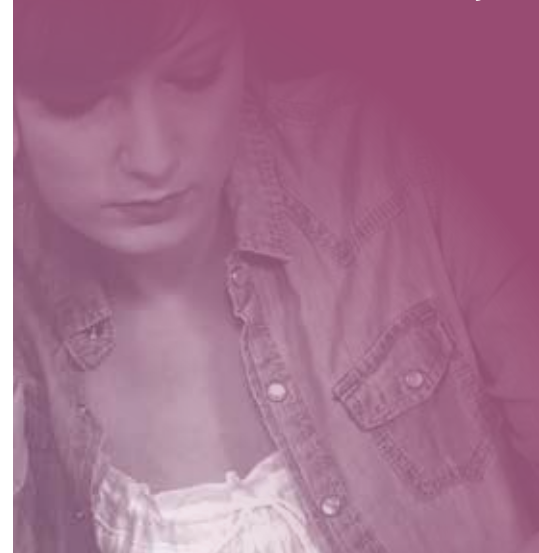
has the right to be
free and safe

and to be treated with

respect

in their

relationship



DOMESTIC ABUSE is very common

Research tells us that 1 in 5 (more than 500,000) women in Scotland will experience some form of abuse in their lifetime.

Domestic abuse happens in heterosexual (straight), LGBT, teenage, adult and senior relationships; and it can take many different forms:

Physical Abuse

- Any form of harm to your body: Pushing/kicking/punching/slapping/ burning/pulling your hair/etc.

Financial Abuse

- Taking control of finances
- Taking loans in your name
- Stopping you from getting or keeping a job
- Taking money from you
- Not giving you money or giving you an allowance
- Not allowing you to have a bank account or to keep savings
- Making you pay his bills or cancel his debts or loans

Sexual Abuse

- Demanding/expecting sex i.e. putting pressure on you to have sex when you might not want it
- Sex against your will (rape)
- Making you have sex with other people
- Making you engage in types of sex you are not comfortable with
- Making you watch or re-enact pornography
- 'Sexting' you when you don't want it or making you 'sext' him
- Refusing to use or not allowing you to use contraception
- Sabotaging contraception
- Making you have an abortion or not allowing you to have one
- Using 'revenge porn' against you

Emotional (Psychological) Abuse

This type of abuse is the most difficult for people to spot; examples include:

- Putting you down (face-to-face or on-line)
- Calling you names (face-to-face or on-line)
- Jealous behaviour
- Using threats (face-to-face or on-line)
- Sending you negative, insulting or threatening emails, Facebook messages, or tweets.
- Not allowing you to go out/socialise
- Not allowing you to do things you like or making you change your behaviour or look
- Using your children and/or child contact to abuse you
- Threatening to take the children away or stopping you see them
- Not allowing you to see / talk to family or friends (or making it uncomfortable when you do)
- Showing rage