

If you are experiencing abuse or know someone who is, there are a number of local and national organisations that are willing to help and that will believe you:

IN AN EMERGENCY, CONTACT THE POLICE ON 999

ChildLine **0800 11 11**

Women's Aid Young People's Workers

Dumfriesshire and Stewartry **01387 263 052**
Wigtownshire **01776 703 104** (24hr)

South West Rape Crisis and Sexual Abuse Centre (You have to be 13 or over to access this service)

01387 253 113 (9am to 9pm)
01776 889 331 (9am to 9pm)

If you think you are experiencing any form of abuse, you can also talk to your teacher.

Respect Phonenumber

For those worried about their abusive behaviour
0808 802 4040
(free from landlines and most mobiles) Monday to
Friday 10am - 1pm and 2pm - 5pm



Useful Websites:

www.safehubscotland.org/your-own-relationship

thisisabuse.direct.gov.uk

www.scottishwomensaid.org.uk/advice-information/young-people

www.lgbtdomesticabuse.org.uk

www.childline.org.uk

www.voiceagainstviolence.org.uk

A telephone translation service is available from each of the agencies listed in this leaflet. If you have difficulties with English you will be put on hold whilst you are connected to an interpreter.

The help described in this leaflet is available to you regardless of your age, nationality, disability, race, gender, religion and belief or sexuality, and whether or not you are married or have children.

DOMESTIC ABUSE AND VIOLENCE AGAINST WOMEN PARTNERSHIP

With thanks to the young people who gave us feedback on this leaflet

www.dumgal.gov.uk/davawp



**YOU'RE USELESS
YOU'RE PATHETIC
YOU CAN'T DO ANYTHING RIGHT
WHO WERE YOU TALKING TO
I'VE TOLD YOU I DON'T WANT
YOU TO WEAR THAT HAIRSTYLE
IT'S YOUR FAULT
...I DON'T WANT YOU TO WEAR THAT
MINISKIRT... YOU'RE NOT SINGLE ANYMORE...
LOOK WHAT YOU'VE MADE ME DO TO YOU
I DON'T WANT YOU TO TAKE THE JOB
...I'LL TELL EVERYONE...
I'M SORRY... YOU KNOW I LOVE YOU
...PLEASE FORGIVE ME...**

emotional abuse...

...no excuse!

Dumfries &

Galloway

Together is
Better

Domestic abuse is much more common than we think.

Domestic Abuse happens in teen relationships. A recent survey, which involved more than 1,000 people showed that ¾ of girls and ½ of boys reported suffering emotional abuse.

What is emotional abuse?

Emotional abuse is one form of domestic abuse. It is also known as psychological or mental abuse.

It can include:

- putting you down
- making you feel bad about yourself
- calling you names
- making you think you're crazy
- making you feel guilty
- blaming things that are going wrong or blaming you for the abuse
- embarrassing you
- humiliating you
- not speaking to you
- avoiding you
- interfering with your phone or computer use, checking your mobile phone or Facebook
- stopping you seeing your friends or family

Other forms of abuse include:

Physical abuse: any form of harm to your body

Sexual abuse: making you have any type of sex (rape)

Some people use Emotional Abuse and other controlling behaviour to make their partner/ girlfriend/boyfriend do what they want. **As a result, the abused person loses their freedom.**

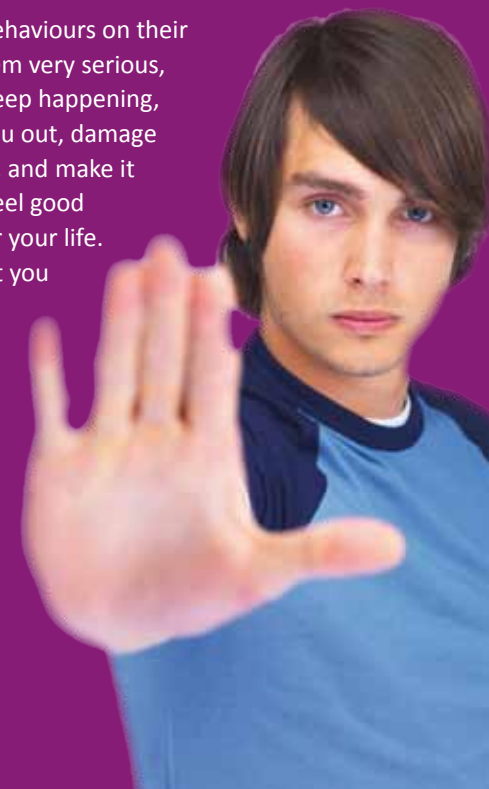
These abusive behaviours can include:

- **Emotional, physical and/or sexual abuse** (as described above).
- **Intimidation:** making you feel afraid by using looks, gestures, destroying things, abusing pets, yelling at you.
- **Cutting your social links:** checking on who you are friends with, who you talk to on the phone or online (Facebook etc.), stopping you from going out or preventing people from visiting you, isolating you.
- **Denying the abuse:** making light of it, saying it didn't happen, making up a funny story from an episode of abuse. They may say it is your fault because your behaviour makes them abuse you.
- **Using financial abuse:** taking money from you, making you buy things for them; not allowing you to earn or keep money.
- **Using threats:** threatening to leave you, to harm you or kill you or kill themselves, threatening to harm your family, friends or pets if you don't do what you are told.

Other behaviour:

- being jealous
- asking you to lie to cover what they have done to you
- sending you abusive text messages
- checking up on you all the time
- not allowing you to go to school or college
- taking charge of your clothes or looks
- taking things from you
- not allowing you to have time for yourself
- telling lies about you
- threatening to spread rumours about you if you don't do what they say
- making you believe that they do what they do because they love you

Some of these behaviours on their own may not seem very serious, but when they keep happening, they can wear you out, damage your self esteem, and make it hard for you to feel good about yourself or your life. You may feel that you have no control over your life or over part of your life because you have to live the way the abuser wants you to.



No one should suffer domestic abuse in this or any other form.

The only person responsible for the abuse is the abuser.