



EasyRead guide to domestic abuse



What is Domestic Abuse?

Domestic abuse is when your partner (or a family member) hurts you or makes you feel scared in your own home

There are different types of domestic abuse

- Physical
- Emotional
- Sexual
- Financial
- Controlling behaviour



Physical abuse is when someone:

- Hits or hurts you



Emotional abuse is when someone:

- Threatens or frightens you and makes you feel scared
- Picks on you, teases you or makes you feel stupid in front of other people



Sexual abuse is when someone:

- Forces you to do something sexual that you do not want to do



Financial abuse is when someone:

- Steals your money or your belongings
- Makes you buy something you do not want
- Uses your money to pay for their things
- Will not let you choose how to spend your money
- Makes you give them your money or your belongings



Controlling behaviour is when someone:

- Does not let you go where you want to
- Does not let you have your phone
- Opens your emails, texts or post without your permission



Domestic abuse can affect anybody.

It can affect people in different types of relationships



You might be in an abusive relationship if the person that you are with makes you feel:

- Not important
- Blamed for arguments
- Isolated from your family and friends
- Stopped from going to work or college
- Blamed for things you have not done
- Stopped from making choices about who you can see
- Stopped from making choices about what you can wear
- Stopped from making choices about where you can go
- Stopped from making choices about what you can think



Choice





Some of the things that might happen in an abusive relationship are when you:

- Feel threatened or afraid
- Have your belongings destroyed
- Have your emails, texts or letters read without your permission
- Are slapped, hit or punched
- Are pushed or shoved
- Are bitten or kicked
- Are burnt
- Are touched in a way you do not want to be touched without your agreement
- Are made to do sexual things
- Are pressured to have unsafe sex
- Are pressured to have sex when you do not want to
- If your male partner forces you to have sex when you do not want to, this is called rape
- If your female partner forces you to have sex when you do not want to, this is called sexual assault



How to report Domestic Abuse



In an emergency you can call 999. This is a free phone number

An emergency is when you feel that your life is in danger



You should not be scared to call 999 if you need the police

The police will help and protect you



If you are not in immediate danger, you can call 101 or you can report a crime on our website

lancashire.police.uk/reportcrime



If you cannot speak in an emergency and are calling 999 from a mobile phone

When you call 999 the person on the phone will ask which emergency service is required



Listen to the questions you are asked



Make Yourself Heard

In danger, need the police, but can't speak?

- 1 Dial 999
- 2 Listen to the questions from the 999 operator
- 3 Respond by coughing or tapping the handset if you can
- 4 If prompted, press **55**
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.

See our guide for more information.



If you cannot say police because you are in danger, you can cough or tap the handset

You might be asked to press 55. If you do this, it lets the person on the phone know that you are in danger and cannot speak

If you press 55, you will be put through to the police

If you do not press 55, the person on the phone will hang up



If you cannot speak in an emergency and are calling 999 from a landline

When you call 999 the person on the phone will ask which emergency service is required

Listen to the questions you are asked



If the person on the phone can only hear background noise and cannot decide if this is an emergency, they will put you through to the police

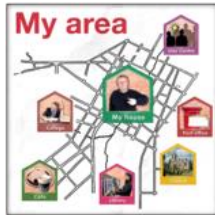


If you are deaf or cannot verbally communicate

You can register with the emergencySMS service

To register you need to text the word **register** to 999

You will get a text which will tell you what to do next



If you need the police in an emergency but you do not know where you are

The what3words app or website will give you a 3 word code

You can use this website to find a code that can give your exact location

You can give this code to the person on the phone

This will let the person on the phone know exactly where you are so that the police can get to you as quickly as possible



Supporting a friend or neighbour if they are being abused

If you are worried a friend is being abused, tell them you have noticed something is wrong.

Neighbours and community members can be a help to those living with domestic abuse.

If someone reaches out to you there is advice in this leaflet about how to respond.

They might not be ready to talk but try to find a quiet time and place when they are ready to talk.



If someone tells you that they are a being abused, you should:

- Listen to them, give them time to talk and believe them
- Do not force them to tell you what is happening

Tell them that:

- You understand how hard it is to talk to



- somebody about abuse
- You understand that they are in a frightening and difficult situation
 - Nobody should be threatened or beaten



How to support them

- Encourage them to talk about their feelings
- Ask if they have been physically harmed
- Ask them what they would like to happen
- Help them to report the abuse
- Look for information about organisations that can help



If you think you are in an abusive relationship and need help and support

It is important to know that there is help and support available



Lancashire Police say that there is no excuse for abuse

On social media you might see this written as
#noexcuseforabuse or #NoExcuseForAbuse



To find out more information about domestic abuse help and support in Lancashire you can visit:

www.noexcuseforabuse.co.uk

Call:

- If you live in or near **BLACKBURN**, you can call **01254 260465**
- If you live in or near **BLACKPOOL**, call **01253 596699**
- If you live in **LANCASHIRE** (which is anywhere other than Blackburn or Blackpool) call **0300 323 0085**