



**BETTER DAYS**  
INSPIRATIONAL

## WHAT IS DOMESTIC ABUSE ?

The Government's definition of domestic violence and abuse states:

Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender, race or sexuality.

This can encompass but is not limited to the following types of abuse:

- Psychological
- Physical
- Sexual
- Financial
- Emotional

This definition, includes so called 'honour' based violence, female genital mutilation (FGM) and forced marriage.

Domestic Abuse in itself is not a classified crime, however many factors of domestic abuse are crimes – for example, harassment, assault, criminal damage, attempted murder, rape and false imprisonment.

Being assaulted, sexually abused, threatened or harassed by a partner or family member is just a crime as abuse from a stranger and often more dangerous.

**1 in 4 women will be a victim of Domestic Abuse in their lifetime.**

**Men can also be victims of Domestic Abuse.**

## QUOTES

“ I felt I was reading my own story. It was totally my story. The positive aspects to make life better are really strong”

“ I am sure this booklet will help others...and I really hope that no woman goes through these abuses in her life ever !!!!!

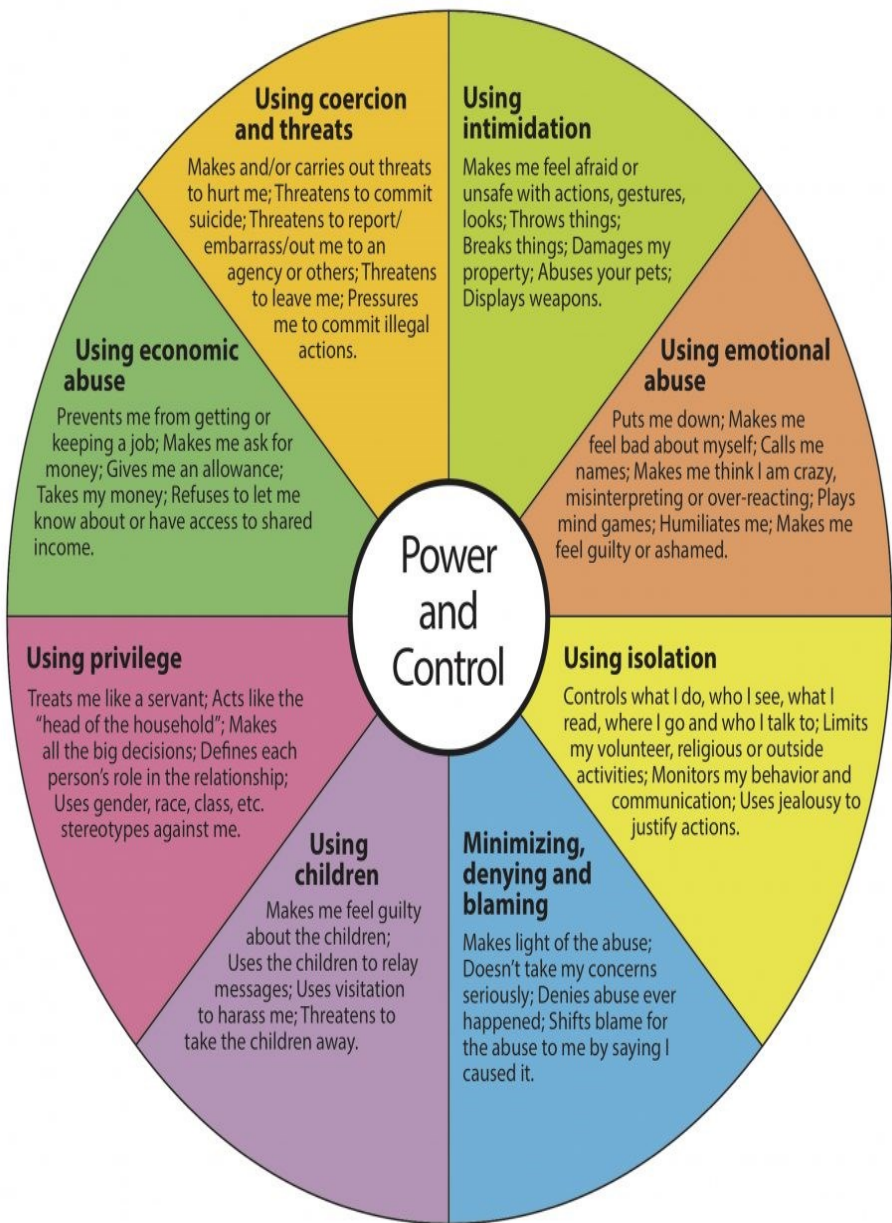
“ It is not our fault what has happened to us....but we are responsible how we deal with it. Amazing booklet. “

“ This is a amazing booklet”

“ Very good book and I can relate all my experience is to it “.

“ It's a great booklet, very clear format will definitely speak to those who are living with this sort of awful abuse. I often use to qualify what I went through and say 'but he never hit me'. It's important to recognise the impact of the emotional/psychological abuse “.

“ its our experience “ .



## The Power and Control Wheel

Developed by the Domestic Abuse Intervention Project in Duluth, Minnesota, illustrates the tactics an abuser uses on their victim. Constantly surrounded by threats and/or actual physical and sexual abuse, the victim is subjected to the various tactics listed in the spokes as the abuser attempts to exert complete power and control. *(Adapted by Jen Snider to be gender neutral and with slight modifications not included in the original.)*

## Cycle of Abuse

### Tension building

- minor incidents of physical/emotional abuse
- victim feels growing tension
- victim tries to control situation to avoid violence
- 'walking on egg shells' victim cannot control abuser
- longest phase

Minimizing the abuse or  
acting as if it did not happen.

Denial keeps the cycle going.

Denial

Perpetrators, victims, and  
society at large minimize  
abuse in relationships.

### Honeymoon Phase

- abuser sorry and apologetic
- abuser makes promises
- 'hearts and flowers'
- idealized and romantic
- this phase often disappears  
with time

### Explosion

The actual abuse is:

- physical
- sexual
- emotional
- verbal
- financial

# *Types of Abuse*

## **Physical Abuse**

Intentional physical bodily harm of some form kind including:

- Striking, punching, slapping, pushing.
- Kicking, tripping, burning.
- Strangling, drowning, biting.
- Sleep deprivation.
- Damaging to property or belongings.
- Withholding food or medication.

## **Sexual Abuse**

- ◆ Forcing the victim to participate in unwanted, unsafe or degrading sex.
- ◆ Demand of sex and saying is in their right. It is not !
- ◆ Forced/blackmailed to sleep with others.
- ◆ Taking unwanted sexual pictures.

## **Psychological Abuse**

- **Destructive criticism.**
- **Verbal abuse, humiliation.**
- **Not letting you go out alone or following you when you do so.**
- **Monitoring your communication with others.**
- **Putting you down and lying to you or about you to others.**
- **Isolating you from friends and family.**
- **Making threats to kill, harm or destroy.**
- **Making threats that they will harm you or themselves if you decide to leave.**
- **Stalking, harassment.**

## **Financial Abuse**

- **Controlling your money, taking bank cards away.**
- **Putting debts into your name.**
- **Preventing you from working or studying.**
- **Spending only your money.**
- **Withholding child maintenance payments.**
- **Leaving you without basic items.**
- **Stealing from you.**



## *Are you in an abusive relationship ?*

Sometimes it can be hard to tell if you are in an abusive relationship.

Sometimes if you think you may be in an abusive relationship, you do not want to admit it, but it is important that you gather the strength and courage to answer the questions below honestly and seek help if the outcome desires it.

<b>Are you fearful of your partner ?</b>	<b>YES</b>	<b>NO</b>
Do you find yourself trying to avoid certain topics which you know will provoke a negative reaction ?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel like you can not do anything right ?	<input type="checkbox"/>	<input type="checkbox"/>
Does your partner control what you do, where you can go, who you can see or what you can wear ?	<input type="checkbox"/>	<input type="checkbox"/>
Do you think you sometimes deserve to be physically hurt ?	<input type="checkbox"/>	<input type="checkbox"/>
Have you lost the love you once had for your partner ?	<input type="checkbox"/>	<input type="checkbox"/>
Do you imagine ways to get away from your relationship ?	<input type="checkbox"/>	<input type="checkbox"/>
Are you fearful of your partner ?	<input type="checkbox"/>	<input type="checkbox"/>



### **MAYBE SOMEONE YOU MAY KNOW?**

- Are they often absent from work or education without warning ?
- Do they have low self-esteem ?
- Have you noticed any changes in their personality?
- Do they have injuries which they try to make excuses for ?
- Do they have fear of confrontation ?
- Do they appear to be withdrawn ?
- Are they quick to take the blame ?
- Never has money on hand ?
- Overly worried about pleasing their partner ?
- Partner constantly checking on them or always by their side ?

### **IF YOU FEEL SOMEONE IS BEING ABUSE :**

- Do not confront the abuser.
- Let the victim know you are there for them.
- Talk specially what your concerns are.
- Support the person's decision.
- Offer help.
- Do not judge.



## *Follow Your Instincts...*

**He/she always tells me what I  
should wear!**

**He/she never lets me go out on  
my own or with my friends!**

**He/she pushes me around a lot  
and has hit me a few times too !**

*Not your excuses !*

**But maybe he/she just wants to help  
me look my best ...**

**But that is just because he/she  
likes spending time with me...**

**But then I probably do  
deserve it when he/she does...**

## HEALTHY RELATIONSHIP

**Everyone deserves to be in a healthy relationship !**

**Relationships should be equal, happy and loving.**

- ◆ Trust
- ◆ Not controlling
- ◆ Good communication
- ◆ Loving, caring
- ◆ Understanding
- ◆ Supportive
- ◆ Encourages growth
- ◆ Not afraid of conflict/opinions
- ◆ Accepts boundaries
- ◆ Honest
- ◆ Respectful
- ◆ Equal
- ◆ Mutual choices
- ◆ No pressure
- ◆ Listening and being non-judgement
- ◆ Accepting change
- ◆ Willing to compromise
- ◆ Admits mistakes, when they are in the wrong
- ◆ Appreciation, recognition, gratitude
- ◆ Compliment
- ◆ Sharing parental responsibility



**Recommend books to read.**

**'Why does it do' that By Lundy Bancroft**

**'Should I stay or should I go' By Lundy Bancroft**

**'Living with the dominator' By Pat Craven**

**'Dragon Slippers' by Rosalind B. Penfold**

**'The Refuge' by Jenny Smith**

**'Abused men' By Philip W Cook**



# Useful Numbers

◆ **Metropolitan Police 24/7**

In an immediate danger, always call 999/For non-emergencies, dial 101

◆ **National Domestic Abuse Helpline ran by Refuge**

Telephone: 0808 2000 247 (24 hours 7 Days of the week)

◆ **Women's Aid Live online service**

[www.chat.womensaid.org.uk](http://www.chat.womensaid.org.uk) ( Monday—Friday 10am-12pm)

◆ **Hestia** Bright sky app for anyone experiencing domestic abuse, or who is worried about someone else

Download from google play or APP store

Website : [www.bright-sky.org.uk](http://www.bright-sky.org.uk)

◆ **Sign Health ( Domestic abuse support for Deaf people )**

If you need immediate support, text **DEAF** to **85258** to discuss for free at anytime

Text 07966 976 749 Email: [info@signhealth.org.uk](mailto:info@signhealth.org.uk)

◆ **Rights of Women - Information on Legal rights**

London based family law line: 0207 608 1137 - [Rightsofwomen.org.uk](http://Rightsofwomen.org.uk)

(Monday/Thursday 10-12 and 2-  
Wednesday 2-4pm)



Bright Sky 4pm, Tuesday/

# Useful Numbers

- ◆ **OPOKA ( Helpline for polish women who experience domestic abuse in the UK)**

Telephone: 0300 365 1700 (Monday– Friday 9am-5pm)

- ◆ **Southall Black Sisters**

Telephone: 020 8571 9595 (Monday - Friday 9am-5pm)

- ◆ **Al-Aman - Supports Arabic speaking communities in London who are at risk of domestic abuse, honour-based violence, forced marriage and female genital mutilation.**

Telephone: 020 8563 2250 (Monday—Friday 9am-5pm)

- ◆ **Rape Crisis**

Telephone: 0808 802 9999 Everyday 12pm-2.30pm and 7pm-9.30 pm

Live chat helpline on [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

Monday & Tuesday : 2pm– 4.40pm and 6pm-9pm

Wednesday & Thursday : 12pm– 2.30pm & 6pm-9pm

Friday : 9am-11.30am

- ◆ **National Stalking Helpline—Provides advice & advocacy support**

Telephone: 0808 8020 300

Monday, Tuesday, Thursday & Friday:9.30am– 4pm

Wednesday : 1pm– 4pm

- ◆ **Galop– Support for the support LGBT community**

Telephone : 020 7042040 (Monday-Friday 10am-12:30 pm & 1.30pm-4pm)

- ◆ **Revenge Porn Helpline**

[Help@revengepornhelpline.org.uk](mailto:Help@revengepornhelpline.org.uk) (Monday—Friday 10am-4pm)

- ◆ **Hourglass– Support for older people who experienced or risk of abuse or any harm**

Telephone : 0808 808 8141 (Monday - Friday 9am—5pm)



Follow Your Heart...

Better Days Are Coming...



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