

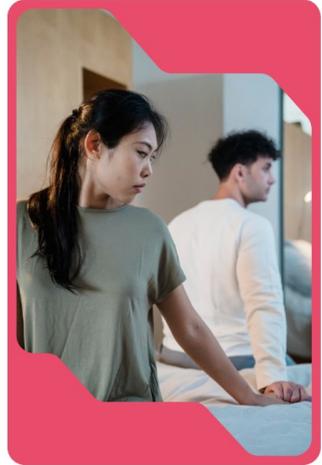
# DOMESTIC ABUSE



# Healthy relationships are ones in which you feel safe and happy.

Sometimes another person's behaviour in a relationship can make you feel unsafe and unhappy. Perhaps they make threats, or are violent. Perhaps they control your money, or perhaps they make you feel bad. They may talk you into doing things you don't want to do.

Sometimes this can continue after the relationship is over.



**This could be abuse.**

Anyone can experience abuse in a relationship. It doesn't make any difference where you come from, if you are male or female, young or old, in a same-sex, non-binary or opposite sex relationship, married, dating or have split up.

There are different kinds of abuse, but it is always about having power and control over you.

If you answer yes to any of the following questions, you might be in a relationship that makes you feel unhappy or unsafe due to abuse.

## Financial Abuse



Does your partner ever:

- Stop you accessing your money?
- Decide things about your money?
- Stop you having a bank account?
- Take out credit in your name without permission?
- Sell your things without permission?
- Stop you from working?





## Emotional Abuse

Does your partner ever:

- Call you names or put you down?
- Blame you for arguments when you know it's not your fault?
- Downplay their behaviour when they have upset you?
- Stop you seeing your family and friends?
- Make unreasonable demands for your attention?
- Accuse you of flirting or having affairs when you are not?
- Tell you what to wear, who to see, where to go and what to think?
- Monitor your social media profiles?
- Share photos or videos of you without your consent?
- Track your location without permission?
- Demand access to your phone?



# Sexual Abuse

Sexual abuse can happen to anyone.

Does your partner ever:

- Touch you in a way you don't want to be touched?
- Make unwanted sexual demands?
- Hurt you during sex?
- Pressure you to have unsafe sex - for example, not using a condom?
- Pressure you into doing something you are uncomfortable with?
- Film you, or take your picture without your permission?
- Share films or images of you without your permission?

**No one has the right to have sex with you, or touch you in a sexual way if you do not them to, even if that person is your partner.**



# Threats and Intimidation

Does your partner ever:

- Threaten to hurt or kill you?
- Threaten to report you to Police or Social Services?
- Destroy things that belong to you?
- Threaten to kill themselves?
- Threaten to hurt your children?
- Threaten to hurt your pets?
- Read your emails, texts or letters?
- Frighten you on purpose?
- Harass or follow you?
- Contact you when you have asked them to leave you alone?



## Physical Abuse

Does your partner ever:

- Physically hurt you?
- Slap, hit, push or shove you?
- Bite, kick, punch or burn you?
- Choke you or hold you down?
- Throw things at you?
- Stop you from leaving the house?





# What can you do?

Everyone has the right to feel safe and happy in their relationship. Here are some options if you don't:

To report a crime contact the Royal Falkland Islands Police (RFIP).

Tel: **28100**

Email: **reception@police.gov.fk**

To report confidentially please use the Confidential Line on **28111** or email **safe@police.gov.fk**

Tell a professional you trust.

If this leaflet has brought up any mental health concerns for you and you would like to talk to someone, then please contact the Emotional Wellbeing Service on **28082** or email

**EmotionalWellbeingService@kemh.gov.fk**



If you are worried about your behaviour in relationships then please contact Laura Aston, the Probation Officer on **27296 / 52610** or **probation.social@kemh.gov.fk**

The Citizen's Advice Bureau (CAB) is a free, independent, confidential advice and information service that can provide support on a number of matters. Their contact details are:

**55355** and **cab@horizon.co.fk**





We believe love  
shouldn't feel bad,  
and that everyone has  
a right to be safe  
and happy

*LoveRespect*