

# **DOMESTIC ABUSE** SUPPORT

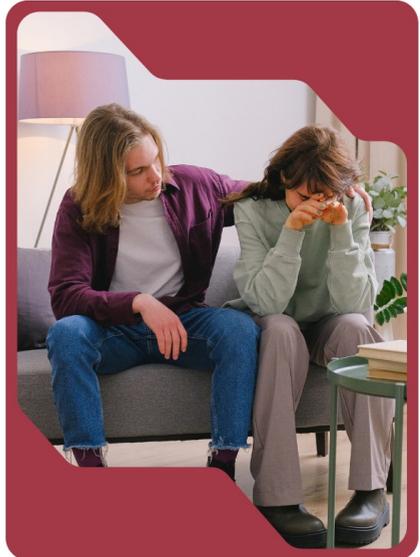




**It takes a lot of strength to talk about experiencing abuse within a relationship, especially when many people are not believed.**

It can be difficult to hear that someone is being abused, and to know what to do to support them.

This leaflet can help by explaining what abuse is, giving guidance on how to best support someone, and providing you with some avenues of support in the Falkland Islands.



## **What is Domestic 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. It's always about one person having power and control over someone else.



## **Physical Abuse**

...is hurting someone – hitting or punching them, pulling their hair or choking them. This is often the easiest kind of abuse to spot.

## **Emotional Abuse**

...is manipulating, hurting or scaring someone by shouting, calling them names, or making threats to hurt them.



## **Financial Abuse**



...is controlling access to money, e.g. stopping someone earning or spending their own money, or running up debts in their name.



## **Technological Abuse**

...is using smart devices or technology to control, monitor or watch someone.

## **Sexual Abuse**

...is forcing someone to have sexual contact, or not listening to what they want, or not giving them the chance to say no. This includes pressuring them to complete sexual acts that they are uncomfortable with.



## **Honour-based Abuse**

...is when a crime is committed to protect or defend the 'honour' of a family or community. Cultural practice is not an excuse for abuse.

## **Signs you might see is someone experiencing abuse are:**

- Visible injuries
- Change in behaviour
- Low mood or anxiety
- Becoming isolated from friends or family
- Avoiding phone calls or texts
- Substance misuse



# Tips to Show Support

If someone confides in you that they are experiencing domestic abuse, there are some things you can do to help:

## **Acknowledge their bravery**

– it can be very difficult to talk about abuse.

**Listen to them and believe them** – this may be all they are ready for.

**Go at their pace** – give them time and space to come to terms with the situation.



## **Let them make decisions** –

Abuse is often about control, so it is important to allow the person to take control of the situation and make their own decisions about what to do.

## **Recognise Barriers to them leaving the relationship**

– for example, housing, money or immigration status.

**Confidentiality** – it is important that you keep the person's information confidential. You should only tell someone if you have permission\*.



**Empower them, don't blame them** – it's not their fault, and it can be difficult to leave an abusive situation.

**Look after yourself** – It can be difficult to support someone and it is important that you have good support as well.

## Reporting Domestic Abuse

It is not your responsibility to report the abusive behaviour. However, if anyone is in immediate danger **call 999**.

If you are aware that there are children being exposed to domestic abuse, you may want to discuss this with Social Services on **27296** or **Referrals.social@kemh.gov.fk**.

\*  
**If you are a professional, you have a duty to report safeguarding concerns about children or vulnerable adults.**

**If you are unsure, you can speak to your Safeguarding Lead or Social Services.**



# Support



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

If you are in danger, call **999** and ask for the police

To report a crime contact the Royal Falkland Islands Police (RFIP) on **28100** or **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*