

What is Domestic Abuse?



Herts
Sunflower

Physical Abuse can look like...
Hitting, biting, kicking, hair pulling, burning, strangling or other forms of physical intimidation and violence.

Coercive Control can look like...
Using various tactics to control your daily activities and routines (for example, what you do, say, spend, where you go or who you communicate with), or your ability to leave a relationship. **Coercive control is the basis for most other forms of abuse.**

Psychological or Emotional Abuse can look like...
Verbal insults, accusations or threats, gaslighting, blaming you for things going wrong, or making you feel like a burden or a failure. Words are used to manipulate, hurt, weaken or frighten you, or distort, confuse or influence your thoughts and actions.

Economic Abuse can look like...
Controlling or withholding your access to money, dictating how much you spend or on what, or taking control of your personal finances and assets.

Sexual Abuse can look like...
Using force, threats or intimidation to make you perform sexual acts, having sex with you when you don't want it, forcing you to have sex with other people, or any other degrading treatment related to your sexuality.

If an individual is experiencing domestic abuse...

Follow appropriate organisational safeguarding procedures. Dial 999 in an emergency.

