

REMEMBER YOU CAN MAKE A DIFFERENCE

However you cannot make everything better straight away. Showing that you believe them and that you care and you are willing to listen, will be of great help.

WHO CAN HELP

If you want information advice, or just to talk to someone in a confidential setting, you can contact DVAP on the numbers below

DVAP Operational Team (01482) 396368

Confidential Helpline (01482) 396330

24 hour Domestic Violence helpline

0808 2000 247

Mankind Initiative (for male victims)

0870 794 4124

East Riding of Yorkshire Council will, on request, provide this document in Braille, audio or large print format. If English is not your first language and you would like a translation of this document into any other language, please telephone (01482) 393939.

Jesteśmy tutaj aby Państwu pomóc. Naszym celem jest udostępnienie każdemu naszym usług. Jeśli potrzebują Państwo pomocy tłumacza prosimy dzwonić pod ten numer 0121 377 2880.



INFORMATION FOR FRIENDS AND RELATIVES

For more copies of this leaflet contact any East Riding
Customer Service Centre

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WHAT IS DOMESTIC VIOLENCE & ABUSE

It is the abuse of power and covers a whole range of behaviour including: physical assault, mental and verbal abuse, sexual abuse, rape, threats, harassment, intimidation, deprivation and systematic criticism and humiliation

SIGNS YOUR FRIEND OR RELATIVE MAY BE IN TROUBLE

What would you do if your friend or relative was in an abusive relationship? You might not see obvious signs such as black eyes or broken bones

Here are some signs to look for:

- When your friend and her/his partner are together, their partner calls them names and puts them down in front of other people
- The partner acts extremely jealously when your friend talks to other people, even when it is completely innocent

- Your friend apologises for their partner's behaviour and makes excuses for them
- Your friend's partner is always checking up on them, calling or texting them, demanding to know where they have been and who with
- You've seen them lose their temper, maybe even break or hit things when they're angry
- Your friend seems worried about upsetting them or making them angry
- Your friend gives up things that used to be important to them, such as spending time with friends, or doing other activities, and is becoming isolated
- Your friend's appearance and behaviour has changed
- Your friend has injuries they cannot explain, or the explanations they give don't make sense

SUPPORT

LISTEN

BELIEVE

HOW YOU CAN HELP

LISTEN

Talk to your friend or relative in private, reassure them that you are there to listen and give support. They might not want to talk about everything that has happened. Don't pressure them into talking. Tell them you are there for them whenever they want to talk

BELIEVE

People are often afraid to tell because they fear that they won't be believed and that they may be blamed for the abuse. Abusers are very clever and often manipulate people into a position where they are able to abuse them. This can add to your friend or relative's feelings of guilt and self-blame and the belief that they may deserve the abuse. Reassure them that they are not to blame

SUPPORT

You may be tempted to step in and make decisions for them. Ask them what they want and how you can help. Respect the choices that they make even if you do not agree with them. It is crucial that they make their own decisions. Offer to obtain information for them if they want this.