

# Domestic Abuse



An EasyRead Guide

# Domestic Violence there's still time to change

If you need help to  
change your behaviour

National Helpline for men  
wanting to change:  
**0808 8024040**

FOR POLICE  
NON - EMERGENCIES

**101**

IN AN EMERGENCY  
ALWAYS CALL 999

Deaf or speech impaired  
- Telephone 07796 200 200  
- Text Relay 18001 101

Livechat  
[www.westyorkshire.  
police.uk/contactus](http://www.westyorkshire.police.uk/contactus)

Domestic Violence -  
it's time to speak out



[www.westyorkshire.police.uk/domesticviolence](http://www.westyorkshire.police.uk/domesticviolence)

# How much more can you take?

24hr National Domestic  
Violence Helpline:  
**0808 200 0247**

FOR POLICE  
NON - EMERGENCIES

**101**

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## Domestic Abuse can be lots of things:



Hurting you, or threatening to hurt you.



Shouting at you and bullying you.



Doing sexual things to you that you don't like or want.



Taking away your money or things you own.

One type of domestic abuse is **controlling behaviour**.  
This might be:



Stopping you from seeing your friends and family, or anyone who supports you.



Stopping you from being independent and making your own choices.



Stopping you from going out or talking to people outside your home.



Taking away your money or making you work for no pay.

Another type of domestic abuse is **coercive behaviour**.  
This is making you do what you're told by:



Hurting you, or  
threatening to hurt you.

Shouting at you and  
bullying you.



Making you afraid



Making you feel bad  
about yourself.



Domestic abuse isn't just what happens between 2 people who are in a relationship.



It can be your family - mother and father, brothers, sisters, sons, daughters, grandparents.



It can be your in-laws - the family of the person you are married to.



It doesn't matter if the person you are in a relationship with is the same sex as you.



Most often, domestic abuse is done by a man towards a woman. But men can be victims too.



And it doesn't matter how old you are, or what race you are. You can be rich or poor, disabled or not.



Domestic abuse is always wrong. It is never the fault of the person who is being abused.



The abuser is always to blame and should be stopped. There is no excuse for domestic abuse.

It is very important to protect children from the effects of domestic abuse.



Children can be badly affected by domestic abuse.



Even if they don't see or hear the abuse happening, it can still affect their lives.



They might not do so well at school, or they might have health problems.



They are more likely to get involved with drugs, or crime.



# The Domestic Violence Disclosure Scheme ( DVDS, or Clare's Law )



This is a new law that lets you find out about someone you are in a relationship with.



You can ask the police if the person has a criminal record or if they might be dangerous.

You can ask the police if you think that you, or someone you know, might be at risk.



For more information about the DVDS, look at the West Yorkshire Police website, or ask at your local police station.

# What to do if you are a victim of Domestic Abuse



Tell the police.  
They have specially trained officers who will help you.

They will never judge you and will do what they can to keep you safe.

You can get more information from the website  
[www.westyorkshire.police.uk/domesticviolence](http://www.westyorkshire.police.uk/domesticviolence)



If you don't want to speak to the police, there are details of other helplines and charities who can help listed on the website.



There is also help for people who have been violent or abusive, and who want to change. It's never too late to look for help.

# How to contact the police



If you think you are in danger, ring 999 and ask for the police.



You can contact 999 by text message, but you need to register first. To register, text 'register' to 999.



You can use our LiveChat facility:  
[www.westyorkshire.police.uk/contactus](http://www.westyorkshire.police.uk/contactus)



If it's not an emergency, you can call the police at any time on 101.

You can get more information from the website  
[www.westyorkshire.police.uk/domesticviolence](http://www.westyorkshire.police.uk/domesticviolence)

There are other agencies you can contact for help and advice. These include:

**The National Domestic Violence Helpline**

Telephone: 0808 2000 247

Email: [helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)

**Galop - National LGBT Domestic Abuse Helpline**

Telephone 0800 999 5428

Email: [help@galop.org.uk](mailto:help@galop.org.uk)

**Stalking Helpline**

Telephone: 0808 802 0300

Email: [advice@stalkinghelpline.org](mailto:advice@stalkinghelpline.org)

**Respect - national helpline for men wanting to change**

Telephone: 0808 802 4040

Email: [info@respectonline.org.uk](mailto:info@respectonline.org.uk)

**Staying Put (Bradford)**

Telephone: 01274 667104

Email: [enquiries@stayingput.uk.net](mailto:enquiries@stayingput.uk.net)