



# Domestic Abuse or Violence



A guide for people with learning disabilities



Updated 7 June 2019



**Domestic abuse is when a partner, or someone else in the family, hurts a person or makes them scared.**



Being abused happens to lots of people, both women and men, in relationships.

This is called domestic abuse or domestic violence. It includes lots of different things:

**It can be physical violence:**



- Hitting



- Kicking



- Pushing



- Grabbing

## It can be sexual abuse:



- Your partner having sex with you when you don't want to



- Touching your body in a private place when you don't want them to



- Taking photos of you with no clothes on, when you don't want them to

**It can be verbal insults or emotional abuse:**



- Calling you names



- Telling you that you are always wrong



- Making nasty text messages or phone calls to you or about you



- Keeping you away from your friends and family

**It can be other things:**



- Making you scared



- Your partner taking money from you



- Your partner stopping you getting a job



- Hurting your pet

**If any of these things happen to you, it is best to get help.**



Always call the Police if you are being hurt or in danger.



If you have a social worker, care manager or community nurse you can ask them for help.



Friends or family might be able to help you.



Your doctor or a nurse could help too



**If you tell someone you can get help to make it stop**



You can get help from services who know about domestic abuse and how to keep you safe.



The Police may be able to take your partner to court and they could be punished. You can get support to help this.



You don't have to put up with abuse



Getting help to stop the abuse can give you your freedom back.

### **Organisations which can help you:**



In an emergency always call 999



You can also call the Police on 101



**You can speak to a specialist professional for advice:**





In Bournemouth, call the Domestic Abuse Helpline: 01202 547755

In Poole contact  
01202 710777

In the rest of Dorset call  
0800 032 5204

24-hour National Domestic Violence  
Freephone Helpline

**0808 2000 247**

**There is a national helpline,  
which you can call at any  
time: 0808 2000247**