



Domestic Abuse Factsheet

What is Domestic Abuse (DA)

Domestic Abuse is any type of controlling, bullying, threatening or violent behaviour. It isn't just physical violence; domestic abuse includes emotional, physical, sexual, financial and psychological abuse. DA can seriously harm children and young people. Witnessing DA is Child Abuse and teenagers can also suffer DA in their own relationships. DA can happen in any relationship and it affects young people too. They may not realise that what is happening is abuse. Even if they do, they might not tell anyone about it because they are scared of what will happen, or are ashamed of what people think.

Signs, Symptoms & Effects:

Children who witness Domestic Abuse may:

- Become anxious or depressed
- Have difficulty sleeping
- Have nightmares or flashbacks
- Complain of physical symptoms such as tummy aches
- Start to wet their bed
- Have temper tantrums
- Behave as though they are much younger than they are
- Have problems with school
- Become aggressive or they may internalise their distress and withdraw from other people
- Have a lowered sense of self-worth
- Begin to play truant or start to use alcohol or drugs, self-harm by taking overdoses or cutting themselves

Children & Young People

Many young people experience DA in their own relationships. If a boyfriend or girlfriend hurts or makes them feel scared or if they make them do things they do not want to do then this is DA. It is not okay and it should not be accepted. If abuse is suspected this quiz may help, if there is any doubt the best option is always to talk, in confidence, to a trained professional:

www.lwa.org.uk/understanding-abuse/am-i-being-abused.htm

Help and Advice



BWA provides advice, support and refuge services to victims of DA and provides information and education on the subject. BWA works with children and young people impacted by DA. Helpline 0118 950 4003 or <https://www.berkshirewomensaid.org.uk/>



ChildLine is the free helpline and online service for children and young people in the UK. Children and young people can call 0800 1111 or visit



Samaritans: talk to them at any time, in your own way, off the record, about whatever's getting to you. They can help you explore your options & understand your problems. Call 0118 926 6333 (local call charges apply) or National Number: 116 123 (this number is free to call)



<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

women's aid
until women & children are safe

National 24 hour DA helpline and women's aid:
<https://www.womensaid.org.uk/>