

what can I do?

BRING THE SUBJECT UP

If you get an opportunity to have a private talk with your friend bring up the subject. Ask them if they're OK.

OFFER SUPPORT, NOT INSTRUCTIONS

Remember, they are already experiencing control from their abuser, be careful not to do the same. Let them know you are there for them whatever they choose to do.

LISTEN TO THEM

It has taken a lot for your friend to talk to you about what is happening. They might not tell you every thing at once, listen and respect their choices.

DON'T JUDGE THEM

No one fully knows what your friend is going through except your friend.

DO NOT CONFRONT THE ABUSER

This could make things a lot worse for your friend, and they may not trust you in the future.

TELL SOMEONE

If you are worried that your friend is in danger tell someone. This could be a parent, teacher, social worker, the police or any other adult you trust.

HELP THEM ACCESS SUPPORT

where can my friend get support?

There are lots of options. Offer to help your friend access support if they would like it.

Anyone can call Gloucestershire Domestic Abuse Support Service (GDASS) for information or advice (details below). Whether you want to know how to talk to your friend about their relationship, or if you are going through abuse yourself, call us, Monday to Friday 9am-5pm.

OTHER PROFESSIONALS

If your friend attends school or college they can speak to a teacher. If they attend a youth club or social group, they may be able to speak to someone there.

POLICE

In an emergency dial 999. For incidents not classed as emergencies dial 101.

Supporting victims
of domestic abuse

Gloucestershire
Domestic Abuse
Support Service

Free and Confidential Service
0845 602 9035
support@gdass.org.uk
www.gdass.org.uk



SPLITZ
Support Service

WORKING IN PARTNERSHIP WITH:



ISSUED: MARCH 2015

DOES YOUR FRIEND NEED HELP?

Supporting your friends through domestic abuse



Rae

RELATIONSHIPS
ABUSE
EDUCATION



what is DOMESTIC ABUSE?

Any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family members – regardless of gender or sexuality. This can include but is not limited to the following types of abuse:

PSYCHOLOGICAL makes you angry, isolates you, makes you feel like it is your fault;

PHYSICAL violence, spitting, aggressive behaviour;

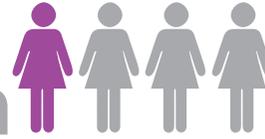
SEXUAL rape, unwanted touching, puts you down, sharing intimate images on social media;

FINANCIAL restricts your spending or earnings, takes your money, forces you to steal; or

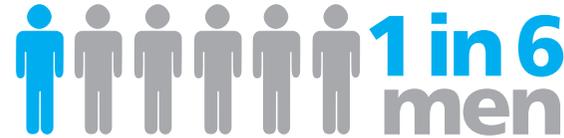
EMOTIONAL makes you feel bad, verbal abuse, name calling, negative use of social media, spreads rumours.

who does it happen to?

1 in 4
women



1 in 6
men



ALL RELIGIONS & CULTURES

It happens to people who identify as straight, lesbian, gay, bisexual or transgender. Your sexuality does not make you more or less likely to experience domestic abuse.



Domestic abuse could happen to anyone, at any time. Perpetrators can be anyone – partners, ex-partners or family members.

how do I know if my friend is going through abuse?

Your friend may not tell you that they are being abused. Here are some signs to look out for:

THE PERPETRATOR

- > Talks over them
- > Pretends to be the victim
- > Tries to keep them away from you
- > Puts your friend down
- > Puts you down
- > Makes up rumours
- > Acts like they are better than everyone else
- > Jokes with their friends about the victim

THE VICTIM

- > Makes excuses for their behaviour
- > Doesn't talk as much when their partner is around
- > Changes their appearance (wears long sleeves, cuts their hair)
- > Appears lonely, or sad

Your friend may not be spending as much time with you as they did before. This is not necessarily their fault. They may not have a choice.