

# RELATIONSHIPS SHOULDN'T HURT

Domestic abuse comes in many forms and can be committed by a partner, ex-partner or family member.

## IS THIS FAMILIAR?

I'M BEING TOLD WHAT TO WEAR

I'M BEING STOPPED FROM SEEING MY FRIENDS

I'M ISOLATED

I DON'T HAVE CONTROL OF MY OWN MONEY

WHEN I'M PHYSICALLY HURT, I'M TOLD I'M TO BLAME

I'M BEING STALKED ON SOCIAL MEDIA

I'M UNDER THEIR CONTROL

THEY THREATEN TO 'OUT' ME TO MY FAMILY

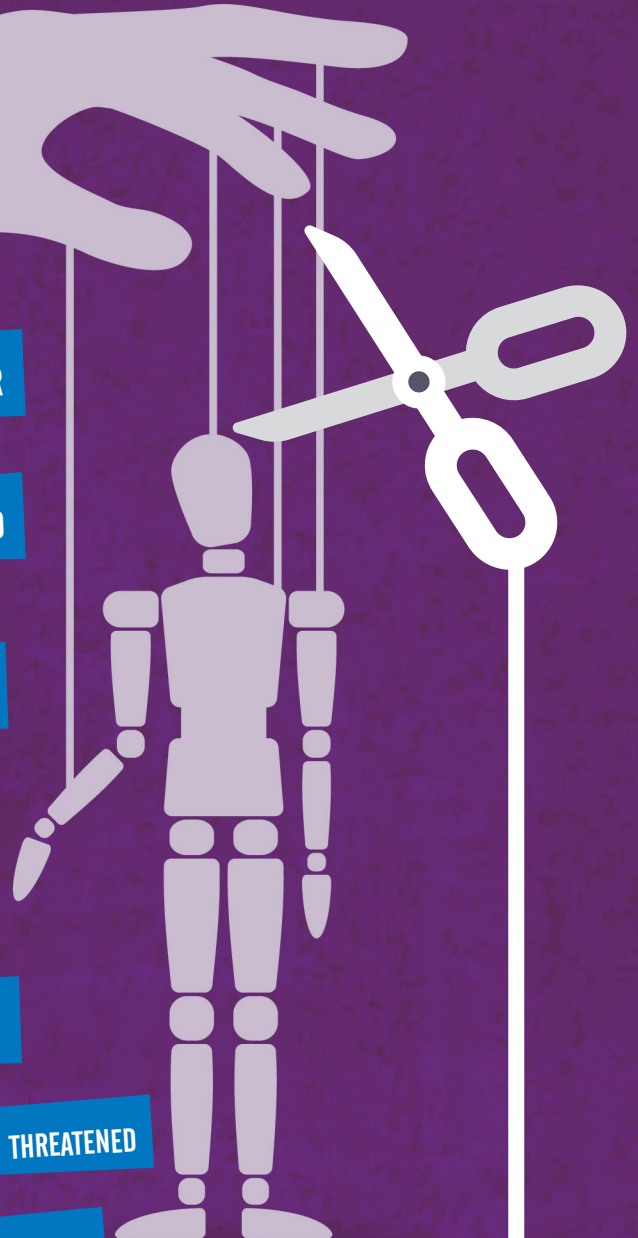
I'M OLDER AND FEEL I'M BEING EXPLOITED BY MY FAMILY

I'M SUBJECT TO EMOTIONAL BLACKMAIL

MY CHILDREN ARE THREATENED

INTIMATE CONTACT IS NEVER MY CHOICE

I FEEL SCARED WHEN I'M AT HOME.



## YOU ARE NOT ON YOUR OWN

### Help is at hand...

If you identify with what you've read, or know somebody who you think needs help, contact the Domestic Violence 24hr Helpline **0808 2000 247**.

Or find out more information about local support services at The Bedfordshire Domestic Abuse Partnership website at **[bedsdv.org.uk](https://bedsdv.org.uk)**

If you feel immediate danger call 999 and you can speak in confidence.

We are committed to supporting staff who are experiencing domestic abuse.

We have developed guidance for both managers and staff which is available on Box – simply search 'Domestic Abuse Toolkit'.

**Central  
Bedfordshire**