

Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



Domestic Abuse:

What is domestic abuse?

Domestic abuse is a term used when someone is experiencing abuse and controlling behaviours within close relationships. This can include a abuse from a boyfriend/girlfriend or between family members.

Domestic abuse can be:

- **Emotional:** Being told who you can speak to, what you can wear and putting you down or making you feel small.
- **Sexual:** making you do sexual thing that you don't want to or make you feel uncomfortable.
- **Physical:** Hurting you by using violence such as hitting, kicking, punching, or pushing.
- **Online:** Threatening to post, or posting, personal images or information online, such as social media accounts.
- **Financial:** Taking or keeping money from you, including stopping you going to or finding work
- **Snooping:** Going through your phone, social media accounts or other personal documents (e.g., letters).
- **Witnessing:** being exposed to domestic abuse at home us also seen as abuse, even if it is not directed at you.

If you are experiencing domestic abuse, it is important to know that it is **not your fault**, you **have the right to live a life free of harm, control, and fear**. Abuse is always the fault of the abuser

What should I do is I am, or someone I know, is being abused?

Talk to **somebody you trust**, so that they are aware of your situation and can provide somewhere to go if needed.

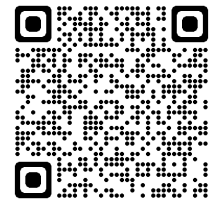
Remember you are not alone and there are people who can help you, such as an eye to eye counsellor or a teacher

We understand that talking about what is going on can be scary, you may worry that you will get into trouble or make the situation worse, and this is understandable. But you will not get into trouble, and talking to the right people will help keep you safe.

If you feel that you, or someone else, is **danger** it is important that you **call 999**.

Other ways to keep yourself safe:

- Make a safety plan, check out '[A teens guide for safety planning](#)'
- Keep a contact number of someone you can call if you need to
- Find a safe place, if at home this could be your bedroom.
- If possible, try not to be alone with your abuser
- If you leave home/ or have runaway it is important you call the police so they can help you.
- Get support, such as speaking with an eye to eye counsellor.



www.eyetoeye.wales

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

Email: info@eyetoeye.wales

NSPCC

0808 800 5000

Email: help@NSPCC.org.uk

www.NSPCC.org.uk

Childline

0800 1111

www.childline.org.uk (online chat)

The Hide Out

www.thehideout.org.uk

Helpful Resources

[Rural Media Charity: Can you see](#)

[me \(YouTube video\)](#)

[Childline: Domestic Abuse](#)

[Children Society: Abuse in teenage relationships](#)



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