

Today



Everyday

Live fear free

Domestic abuse is a big deal - but it's not always about bruises and black eyes.

Physical and sexual violence, financial or emotional control: they're all types of abuse, and all signs of an unhealthy relationship.

Healthy

Privacy
Interests
Honesty
Compromise
space
Respect
Friendship
Support
Encouragement

Control

Unhealthy

Abuse
Anxiety
Isolation
Jealousy
Angry
Manipulative
Lies
Trapped
Mistrust

A survey found that 75% of girls and 50% of boys have experienced some form of emotional abuse from their partner*



*Based on study of young people between 13-17



have experienced domestic abuse since the age of 16



Find out what consent and control really means. Check out our new videos made with help from University of South Wales students at www.gov.wales/livefearfree

www.gov.wales/livefearfree
0808 8010 800



Llywodraeth Cymru
Welsh Government

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did you know...in Wales, more teenagers have reported being forced into having sex than any other area across the UK?

“Not tonight, you see them all the time”

Emotional abuse or control

Putting you down. Stopping you from seeing friends. Controlling your money, or what you wear. Stalking.

Remember...

The abuser might often use guilt, or try and make you feel sorry for them, to get their own way, but that's just how they want you to feel so that they're in control.

“I promise, it'll never happen again”

Physical abuse

Hitting. Punching. Biting. Pushing. Scratching. Pulling hair. Blocking your way.

Remember...

- Abusers are often apologetic afterwards
- No matter what they say, it will happen again
- There's never an excuse to use violence

“You know you want it”

Sexual violence

Making you do things you're not comfortable with. Taking sexually explicit photos or videos when you don't want to. Forcing you to have sex.

Remember

- Consent to one act is not a 'free pass' to other acts
- Consent can't be presumed or forced
- NO means NO

I recognise some of these...am I a victim of domestic abuse?

If you are concerned there is someone you can talk to. Call the Live Fear Free Helpline 0808 8010 800 or www.gov.wales/livefearfree

Do I behave in this way?

If you think you are behaving in this way there are people you can talk to. You will not be judged and will get help to change your behaviour. Call the Respect Helpline on 0808 802 4040 or email info@respectphoneline.org.uk

Worried about a friend?

If you or someone you know is experiencing any of the issues raised in this leaflet there is help, advice and support available. Call the Live Fear Free Helpline 0808 8010 800 or www.gov.wales/livefearfree

For free, confidential help and support call the Live Fear Free Helpline 24 hours a day, 7 days a week on:

0808 8010 800