



# What is domestic abuse?

**Domestic abuse is any type of abusive behaviour between people who are, or were, intimate partners or family members.**

It can happen to anyone no matter their age, background, gender, religion, sexuality or ethnicity.

When people think of domestic abuse, they often think it's only about physical abuse. But it also includes any attempt by one person to control their partner, ex-partner or family member.

**VRU**

South Yorkshire  
Violence Reduction Unit

# Types of domestic abuse

Domestic abuse can start with threats or verbal abuse and lead to physical violence. The risk of physical injury is really serious, but the emotional and psychological effects of domestic abuse are also very important.

## There are many different types of domestic abuse:

- Economic and financial abuse - not allowing victims to spend money or making them account for every bit of money, getting them into financial trouble, limiting their access to earn or get money
- Physical abuse - causing physical harm and/or threatening the victim with weapons, violence towards family members or pets.
- Mental and psychological abuse - intimidation, insults, harassment, belittling, turning others against the victim, manipulating their anxieties or beliefs.
- Coercive control - isolating the victim from friends and family, monitoring them, controlling their time, money and everyday life.
- Emotional abuse - insults, threatening harm to themselves or others, attacking the victim's self esteem, ignoring them, twisting and denying the truth.
- Sexual abuse - forcing sexual acts, hurting the victim during sexual acts, lying about contraception, unwanted sexual contact, using sexually degrading language.
- Digital and online abuse - stalking, publishing false or malicious information, trolling, revenge porn, monitoring the victim through smart devices, checking their messages and social media.
- Forced marriage - pressure to marry against their will, threats of physical or sexual violence, making someone feel they are bringing 'shame' on their family for not marrying someone they have chosen.
- Female Genital Mutilation (FGM) - partial or total removal of the external female genitalia, or other injury to the female genital organs for non-medical reasons.
- Honour-based abuse - domestic abuse that is often done with some approval and/or co-operation from family and/or community members.

# How to spot the signs



## A relationship could be abusive if this is happening:

- Jealousy and possessiveness
- Manipulative behaviour
- Being told what to wear, where to go, who to see
- Limiting contact with family, friends and work colleagues
- Constantly being put down, degraded or humiliated
- Financial control and manipulation
- Pressure or force to have a sexual relationship
- Monitoring or tracking movements, messages or social media
- Anger and intimidation used to gain control
- Threat or use of violence
- Destroying property or personal items





# How to get support

If you, or someone you know is in an abusive relationship and you don't know what to do, please contact us. We will listen and we can help.

Doncaster Domestic Abuse Hub - **01302 737 080**

IDAS Barnsley - **03000 110 110**

IDAS Sheffield - **0808 808 2241**

Rotherham Rise - **0330 202 0571**

Galop (The LGBT+ anti-violence charity) - **0800 999 5428**

National 24-hour Domestic Abuse Helpline - **0808 2000 247**

If there is immediate danger, please call **999**.

Call **101** to report an incident of domestic abuse that has already happened.

