

DOMESTIC ABUSE

Domestic abuse describes any violence or abuse that is used by someone to control or obtain power over their partner. It can include physical, sexual, psychological, verbal, emotional and financial abuse. If you alter your behaviour because you are frightened of how your partner will react, you are being abused.

Cambs police respond on average to 38 incidents of DV every day. 80% of those have children present.

CONTROLLING AND COERCIVE BEHAVIOUR

Controlling behaviour : A range of acts designed to make a person dependant by isolating them from sources of support, depriving them of the means they need for independence and regulating their everyday behaviour.

Coercive behaviour: An act or a pattern of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish or frighten their victim.

This can include rape, 'honour based' violence, Female Genital Mutilation (FGM) and forced marriage.

AM I A VICTIM OF DOMESTIC VIOLENCE?

- Does your partner use anger to intimidate you to comply with their commands?
- Is your partner excessively jealous?
- Is your partner stopping you from seeing your family and friends?
- Is your partner telling you what to wear, how to behave and what to say?
- Does your partner control your money?
- Does your partner monitor your movements?

If you have said 'yes' to any of these questions, you are in a domestic abuse relationship.