



Domestic Abuse

How to recognise the signs
and what help is available

Hinckley & Bosworth Borough Council
Domestic Abuse Outreach Service

 01455 238141 or 07966202181

Hinckley & Bosworth
Borough Council



What is domestic abuse?

Domestic abuse is an incident or pattern of incidents of controlling, coercive, threatening, degrading and/or violent behaviour, including sexual violence, in most cases by a partner or ex-partner, but can also be by a family member or carer.

Domestic abuse is to assert power and control over the victim.

Individuals may not be aware that they are experiencing domestic abuse, they might blame themselves, fear the consequences of leaving the relationship, not know where they can seek help, or fear that they will experience stigma and shame if they do try to seek help.

Domestic abuse involves and/or includes:

- Physical or sexual abuse
- Violent or threatening behaviour
- Controlling or coercive behaviour
- Economic abuse
- Psychological and emotional abuse

Domestic abuse also includes forced marriage, female genital mutilation (FGM), so-called 'honour'-based abuse or violence (HBA/HBV), non-fatal strangulation, stalking and harassment.

Children are no longer 'invisible victims' in domestic abuse. Children are victims if they see or hear, or experience the effects of the abuse.

Examples of domestic abuse:

Physical abuse:

Includes anything done to another person physically. Some examples can be hitting, punching, kicking, biting, burning, stabbing, strangling, choking, spitting and smashing objects.

Sexual abuse:

Includes rape and/or sexual assault, this could be making someone have sex against their will or in ways that makes them feel uncomfortable or humiliated.

Violent or threatening behaviour:

Includes being intimidated, threats to find a person if they were to leave, cause harm, hurt, and/or kill that person or others (including children, family, friends, or pets etc).

Controlling or coercive behaviour:

Includes a person being made to do things that they would not normally choose to do, stopped from doing things or interacting with others, being monitored (time, money, what they wear, who they talk to etc).

Economic abuse:

Behaviour that has an adverse effect on a person's ability to acquire, use or maintain money or other property, or obtain goods or services.

Psychological or emotional abuse:

Includes threats to report untrue facts to agencies or services, constant criticism, put down publicly, feel humiliated, verbal abuse, name calling, love-bombing (an attempt to influence a person by demonstrations of attention and affection) or gaslighting (manipulating someone into their own perception of reality).

Stalking & Harassment:

This can include a person being followed, unexplained incidences, constantly contacted (via calls, text, social media or using other people to make contact), turning up at places where the individual is, repeat patterns of behaviour which makes an individual feel scared, distressed or threatened.



If you or someone you know is a survivor of domestic abuse, do not feel alone, help is available.

Hinckley & Bosworth Borough Council's Domestic Abuse Outreach Service offers free 1-1 confidential advice, emotional and practical support, signposting to relevant services and therapeutic groups.



Domestic Abuse Outreach Service
01455 238141 (Mon-Fri)
OR text/call **07966202181**



DomesticAbuseOutreachService
@hinckley-bosworth.gov.uk



[hinckley-bosworth.gov.uk/
domesticabuse](https://hinckley-bosworth.gov.uk/domesticabuse)



For emergencies call **999**,
non-urgent calls via **101**.

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