

What can I do if I decide to leave my partner?

Make sure you have the following:

- Birth certificates and so on for yourself and your children
- Money and benefits books
- Phone numbers for friends and so on
- A place to go where your partner (or ex-partner) won't find you, and a way of getting to that place
- Clothes for yourself and your children
- Your children's favourite toys

What can I do if I decide to stay?

- Have a safety plan
- Make sure your children are safe
- Speak to your neighbours - they can call the police
- Tell the police (and ask them to record that you have told them)
- Involve support agencies
- Remember, the abuse is not your fault

Working Together
to end Domestic Abuse - There's no excuse
Domestic Abuse

We aim to tackle all forms of violence against women. These include:

- **domestic abuse;**
- **rape and sexual assault;**
- **stalking and harassment;**
- **sexual abuse in childhood;**
- **commercial sexual exploitation;**
- **"honour" crimes;**
- **forced marriage; and**
- **genital mutilation.**

Violence against women is widespread and affects women of any age, class, race, religion, sexuality or ability.

Women are most at risk from men they know.

When asked, significant numbers of women describe patterns of abusive behaviour and repeat victimisation, rather than separate assaults.

Women experience violence at different points in their lives and significant numbers of women experience more than one type of violence.



Violence against
Women Partnership

Contact information:

AVAWP Co-ordinator
St Margaret's House
Orchard Loan
Orchardbank Business Park
Forfar
DD8 1WS

Phone: 01307 474833
Email: avawp@angus.gov.uk
Website: www.avawp.org.uk



Violence against
Women Partnership



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Domestic Abuse

Scottish Domestic Abuse 24 hour helpline

0800 027 1234

Domestic abuse

Domestic abuse is the physical, mental, sexual, emotional or financial abuse of a person by someone they are or have been in a relationship with. All of the following are domestic abuse.

- Physical violence
- Open infidelity (obviously being unfaithful)
- Emotional torment
- Constant belittling (putting someone down)
- Verbal abuse
- Rudeness to family and friends
- Financial control
- Unwanted sexual behaviour
- Enforced pregnancy
- Isolation
- Taking it out on the children

Some facts on domestic abuse

Most people who commit domestic abuse are men.

One in five women will experience some form of domestic abuse in their lifetime.

In 90% of cases children are in the same room or nearby during an attack on their mother.



Violence against
Women Partnership

What you need to know about domestic abuse

- You and your children have a **right to be safe**.
- **Anyone** can experience domestic abuse.
- Domestic abuse is **never** your fault. **The person abusing you is responsible.**
- If you are being **threatened or physically assaulted** by someone you are or have been in a relationship with, that is domestic abuse.
- You do **not** have to put up with abuse.
- You do have options and there are organisations that can **help** you.
- You and your children can **recover** from the effects of domestic abuse and move on with your lives.
- You **can** make that phone call and ask for help.

Scottish Domestic Abuse
24 hour helpline
0800 027 1234

Domestic abuse -
if it's happening,
don't ignore it

For support and information call:

Tayside Police

(Domestic Abuse Officer)
01241 435742 (9am to 5pm, Monday to Friday)
0300 111 2222 (24 hours)
In an emergency dial 999

Barnardo's Domestic Abuse Initiative

01241 435747

Angus Women's Aid: Respect and Equality (AWARE)

01241 439457

Angus Council Social Work Department

01307 473751 (9am to 5pm, Monday to Friday)
01382 307964 (out of hours)

Victim Support Angus 01241 870096

Women's Rape and Sexual Abuse Centre

01382 201291

Angus Council Housing 08452 777 778

Angus Council ACCESSLine 08452 777 778

Local health visitor -----

Benefits Agency -----

Family doctor -----