

WHERE TO GET MORE HELP

If you're experiencing domestic abuse, you can get free emotional and practical support from these local organisations - by telephone, face to face, at their offices or online:

The First Step (Knowsley)
The Old Schoolhouse, Huyton L36 0UX
0151 548 3333
enquiries@thefirststep.org.uk
www.thefirststep.org.uk

Sefton Women's and Children's Aid
(Sefton - women and children)
166 Knowsley Road, Bootle L20 4NR
0151 922 8606
07779 745594 (Text service)
www.swaca.com

The Independent Domestic Violence Advisors
(Sefton - also supports men)
0151 934 5142/IDVA
idva.team@sefton.gov.uk

To find out more, including the myths about controlling behaviour and how to support someone you're worried about, visit: www.escapethecontrol.co.uk

You can also get lots of information about domestic abuse as well as national 24 hour helplines that you, or someone you're worried about can call, here:

Refuge www.refuge.org.uk
Women's Aid www.womensaid.org.uk
Men's Aid www.mensaid.co.uk
Respect www.respect.uk.net

WHAT TO DO IF YOU'RE WORRIED ABOUT SOMEONE

It's not always clear to work out if controlling behaviour is happening. It often builds up slowly to the point where you think 'that's just what they're like.'

If you recognise some of these signs and are worried about a friend or family member, here are some of the things you could do...

Find a way to check out the situation

Can you see the person, so you can watch and listen for any things that might help you decide? Are you comfortable with what you see or hear? Or does something seem not quite right?

Confide in a trusted friend

Talk to a friend about it. Make sure this is someone who can keep your confidence. You may decide to help the person you're worried about together.

Or, if this is happening to you, your friend could find out information for you so you don't have to hide anything at home.

Contact domestic abuse services

There is lots of information about all forms of domestic abuse on the national websites on our back page. Most of these also have helplines

which can be anonymous; you don't have to give your details unless you want to.

If you are experiencing domestic abuse, local services will offer you the help, information and support you need to keep you and your children safe. It's the first step forward. All support is confidential and aims to support you to end the abuse.

Talk to someone you're worried about and give them information

Think carefully about how to approach it. What if you're wrong? What if they react badly? Consider them and their situation. There are no hard and fast rules on how to do this. Visit www.escapethecontrol.co.uk for some tips.

Be sensitive but don't jump in

Controlling behaviour can result in very tangled emotions, especially if the person is subject to threats about what will happen if they leave and they have been living in this distressing environment for some time.

It is the choice of the person experiencing domestic abuse whether or when they want to take action. Your support could encourage them to get help when they're ready.

If someone is in danger, act quickly to get help

Remember, if you or someone you know is in immediate danger or harm, always call 999.



DOMESTIC ABUSE

SPOT THE SIGNS

ESCAPE THE CONTROL

www.escapethecontrol.co.uk

Sefton Council 


Knowsley Council

SPOT THE SIGNS OF CONTROLLING BEHAVIOUR

Controlling behaviour happens in many ways. Things like someone stopping you from doing the things you like or cutting you off from friends and family. It can be very confusing because it develops slowly and when you think someone loves you, it can be hard to understand.

Controlling behaviour is also known as 'coercive control' and is a type of domestic abuse. Domestic abuse can be physical or emotional. It can happen to anyone, young or old, in relationships or within families.

Domestic abuse is a crime.

There are many signs that you, or someone you know, might be experiencing controlling behaviour.

HERE'S HOW TO SPOT THEM:

1. Always criticising

Nothing is ever right no matter what. You are 'put down' constantly. This is not acceptable.

2. Choosing your food

Not being allowed to eat what you want. Calling you fat or controlling how much you eat. Their control gives them power over you.

3. Picking your clothes

Questioning your wardrobe choices, telling you to cover up or to take your make up off. It's all about extreme jealousy and 'owning' you.

4. Looking through your phone

Reading your texts, checking your calls, wanting to know who you've been talking to. You are only allowed to have a relationship with them. You can't be shared.

5. Controlling money

You may have no access to any money, even your own, because they 'sort the money'. Cash and cards are taken away, they want you to be completely reliant on them.

6. Extreme threats

Something as subtle as a look or gesture which threatens you, even when you're with other people. It is all about keeping you in your place.

7. Extreme jealousy

If you're always under suspicion, or they accuse you of lying. They never believe you. They control with threats of what will happen if...

8. Exaggerated love

They 'can't live without you' or might suggest harming themselves. They manipulate you to keep you exactly where you are.

9. Stopping your interests

No more hobbies, nothing that might compete for your attention to control you.

10. Isolated from family and friends

Slowly stopping people from calling or visiting the house, or you're not allowed to go out. Controlling behaviour can mean you're completely isolated from friends and family.

If you think you are experiencing controlling behaviour, you can get help in a way that's right for you and the situation you're in.

REMEMBER...

IT'S NOT YOUR FAULT.

YOU ARE NOT ALONE.

YOU HAVE THE RIGHT

TO LIVE FREE FROM FEAR.