GETTING SUPPORT

Abuse is difficult to talk about. Telling someone can be an important step towards support, protection and recovery. You can get support or information whether the abuse was recent or in the past.

If you are concerned about yourself, a friend or family member, talk to someone who understands.

Who can help?

Domestic Abuse

Fife Women's Aid (women & children)	0808 802 5555
National Domestic Abuse and Forced Marriage	
Helpline (for women and men)	0800 027 1234
Family Protection Unit (for women and men)	
Domestic Abuse Investigation Unit/Child Protect	ion 101

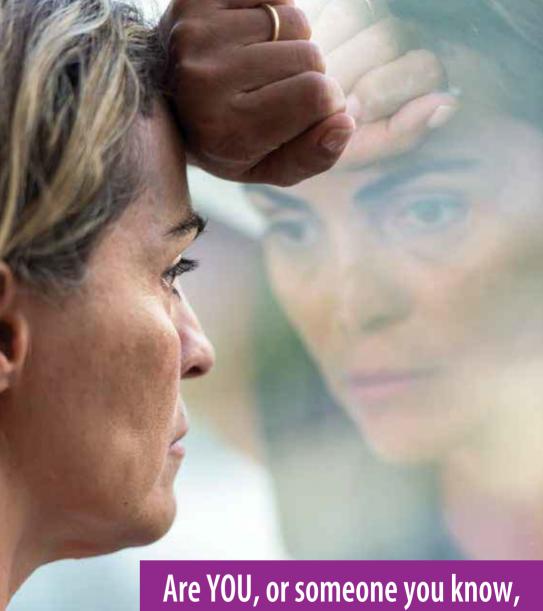
Rape and Sexual Assault

Fife Rape and Sexual Assault Centre	01592 642336
Kingdom Abuse Survivors Project	01592 644217
Safe Space	01383 739084
Rape Crisis Helpline	0808 801 0302

In an emergency call 999







Are YOU, or someone you know, affected by domestic abuse or sexual violence?





What is **DOMESTIC ABUSE?**

Domestic abuse can happen in **any** partner relationship. You don't have to be living with someone to suffer abuse.

It is usually women who experience domestic abuse, but men are abused too.

Children are often present and witness the abuse.

Domestic abuse is a pattern of threatening behaviour. It does not have to include **physical violence**. It can be **psychological**, **emotional**, or **sexual abuse**.

It can also include other types of **controlling behaviour such as:**

Frightening you

Keeping you short of moneyHurting youDemanding
sex from youThreatening to hurt your children

What is **SEXUAL ABUSE?**

Rape and sexual abuse can happen anywhere and to anyone. People often ask **'why me?'** but there is no real answer to that question. It happens to women, men and children.

There are many different kinds of sexual violence. Sexual violence is what happens when someone does NOT agree to a sexual act.

Some examples of this might be:

Inappropriate touching/comments Sexual harassment at work or school Rape Sexual assault Being made to look at Pornography

Other Abusive Behaviours include:

Stalking and harrassment Female genital mutilation Forced Marriage

No matter what - you don't deserve to be abused. It can happen to anyone.

