

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 Protection 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



www.fife.gov.uk/domesticabuse

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**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 money

Hurting you **Demanding sex from you**

Threatening 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 harassment

Female genital mutilation

Forced Marriage



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