

Are you in an Abusive relationship?

Has your partner or family member tried to keep you from seeing your friends or family?

Yes No

Has your partner or family member prevented you or made it hard for you to work or study?

Yes No

Does your partner or family member constantly check up on you or follow you?

Yes No

Does your partner or family member accuse you of flirting or having affairs with others?

Yes No

Does your partner or family member constantly belittle, humiliate, criticise or insult you?

Yes No

Are you afraid of your partner or family member?

Yes No

Have you ever changed your behaviour because you are afraid of what your partner or family member might say to you?

Yes No

Has your partner or family member destroyed any of your belongings deliberately?

Yes No

Has your partner or family member ever hurt or threatened you or your children?

Yes No

Has your partner or family member ever kept you short of money so you are unable to buy necessary items?

Yes No

Has your partner or family member made you take out loans or falsify documents?

Yes No

Has your partner or family member ever forced you to do something you really do not want to do?

Yes No

Has your partner or family member ever tried to prevent you taking necessary medication, or prevented you seeking medical help when you needed it?

Yes No

Has your partner or family member tried to control you by telling you that you could be deported because of your immigration status?

Yes No

Has your partner or family member ever threatened to take your children away, or said they would refuse to let you take them with you if you leave?

Yes No

Has your partner or family member ever forced or harassed you to have sex, or have sex with someone else.

Yes No

Has your partner or family member every forced you to participate in sexual activities?

Yes No

Has your partner or family member ever prevented you leaving the house?

Yes No

Does your partner or family member blame you for the way they are treating you?

Yes No

If you answered yes to one or more of these questions it indicates that you may be experiencing domestic abuse.

To talk to a specialist domestic abuse worker about what you are experiencing and to get support advice or more information contact Pennine Domestic Violence Group 24 hr confidential Freephone number **0800 052 7222**.

If you are at immediate risk of harm, contact the police 999.