

→ Domestic Abuse

?

'Is it affecting you?'

?



What is domestic abuse?



Usually dad, step dad or boyfriend hurting mum or step mum. It is about one person wanting to have power over another person. Perhaps you and your brothers and sisters are being hurt as well. Sometimes it is a woman hurting a man.

There are many ways in which someone can be hurt.





Emotional abuse

This includes being made fun of or made to feel small or being told that it's your fault, threats to hurt or kill you, a member of the family or pets, threats to send you away or kick you out.




Physical abuse

This includes being kicked, pushed, beaten or punched.



Sexual abuse

This includes being touched in a way you don't like, being forced to have sex, made to look at sexual pictures or videos or anything else that makes you feel uncomfortable.



What are the effects on you?

Whether you have seen it, heard it or been hurt, the domestic abuse **WILL** be having an effect on you.



You may be:

- Getting headaches
- Sad
- Not eating
- Nervous
- Comfort eating
- Frightened
- Wetting the bed
- Unable to concentrate at school
- Getting drunk or stoned
- Smoking

This is NOT your fault

How do you handle it?

'Nobody notices me, unless I cause trouble. I have bullied other children. Even though taking drugs, or drinking alcohol under the age of 18 is against the law. I have tried them to switch off. But it doesn't change what is happening at home.'

YOUR RIGHTS

- I have the right to be me
- I have the right to be safe from violence
- I have the right to be loved and cared for
- I have the right to be angry, but not to hurt other people
- I have the right to my own opinions, to express them and be taken seriously
- I have the right to change my mind
- I have the right to say NO
- I have the right to control my own life and to live in a free and non violent community

You have all of these rights, but your behaviour may affect other people's rights. This isn't very friendly and can be known as anti-social behaviour.

Does this sound familiar?



→ **Do you blame yourself for what's happening at home?**
I'm afraid to tell someone because I think it's my fault and I'll get into trouble or get hurt.

→ **Do you avoid going home?**
I often hang around town or get detentions at school to stay out of the way.

→ **How do you handle it?**
Nobody notices me, unless I cause trouble. I have bullied other children and even tried using alcohol and drugs to switch off. It doesn't change what is happening at home.

→ **What can you do?**
There are lots of different people who want to help you. You don't have to deal with this alone if you are feeling angry, guilty, frightened or upset.

Who can I talk to?



Rhyl and District Women's Aid: 01745 337104
Glyndwr Women's Aid: 01745 814494

The Wales Domestic Abuse Helpline
0808 8010 800

West Rhyl Young People's Project
01745 351293

NSPCC Cymru Helpline
0800 100 2524

Childline Wales Helpline
0800 1111

Police 999

Young Person's Substance Misuse Service: 01492 536079