

**Are you worried
about someone
who is being hurt or
treated badly at
home?**



Find out what you can do to help.



Easy read version



Being hurt or treated badly at home could mean lots of things:

If someone makes them do sexual things that they do not want to do or do not understand, it is wrong. This is called sexual abuse.



- This could be touching them, making them look at sex pictures, having sex with them when they don't want it, or making them touch them in a sexual way
- Saying things about sex that make them feel uncomfortable.
- Young people being used by adults or other young people for sex.
- Making them do sex things they don't want to and making money from it.



- Making them marry someone they don't want to.



- Cutting the private parts of girls or women.



- Hurting them for making their family look bad.



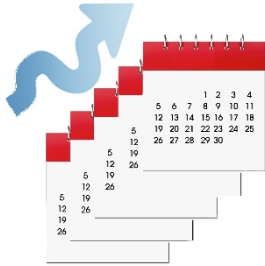
- Stalking.



- Controlling what they do and making them feel bad.



- Making them work and keeping all their pay.



This could have happened before.
Or maybe it's happening now.



How to help



- Keep yourself safe. Don't rush in and challenge the abuser.



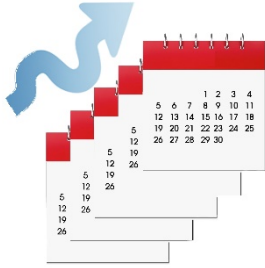
- But don't ignore it.



- Listen to the person who is being hurt. And believe them.



- Let them know that you are worried, and that you are there to help.



- Tell them you will support them.
Even if it happened a long time ago.



- Be understanding
Don't judge.



- Focus on the abuse and their safety.



- Help them to look at what they can do. Like finding what support is available.



- Tell them how well they are doing.



- Be patient.



- It's important that they don't feel you are telling them what to do.



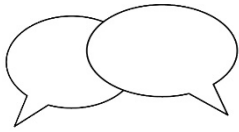
- Even if you don't agree with what they decide to do, be patient and don't give up on them.



- If you think you or someone you know is in immediate danger call 999.



***This can happen to anyone.
Remember, it is never their fault.
And they never have to deal with it on
their own.***



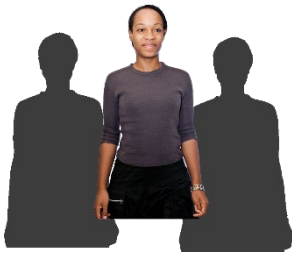
Things you can say:



- Hurting people is always wrong.



- It's about power and control, not sex.



- It's not your fault – 1 in 3 women will suffer.



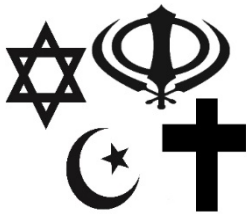
- It's the abuser's fault.



- It is never the victim's fault.



- Help is available – you're not on your own.



- Cutting women or girls, forcing them to marry or hurting them isn't about religion.



- There are special services to help with this.



- It's okay to seek support - it can help keep you safe.



Things you can ask:



- What can I do to help?



- How do you feel?



- How is it affecting you?



- How have you been coping?



- What are you afraid of if you leave?



- What are you afraid of if you stay?



- What do you do to protect yourself?



- What do you do to protect your children?



- Can I help you find support?



Practical things you can do to help: You could:



- Agree a code word or action they can use if they are in danger and need help



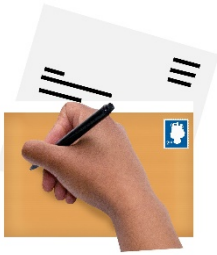
- Offer to keep copies of important things like passports and benefits books, so they can leave quickly



- Find out about local support



- Let them use your phone



- Let them use your address for letters



- Keep a set of keys and some money for them



- Get support for yourself - and don't give up on them



Remember:



- Things can quickly get worse if nothing changes
- Take action quickly
- The victim may need to get away quickly
- Other people might also be in danger
- Don't talk to the abuser – this could be dangerous for you and the victim



Where to get help:



Live Fear Free Helpline

0808 8010800

info@livefearfreehelpline.wales

livefearfree.gov.wales



Bawso 24hr Helpline

Specialist services for BME communities

0800 731 8147

bawso.org.uk





NSPCC FGM Helpline



0800 028 3550

fgmhelp@nspcc.org.uk



Forced Marriage Unit Helpline



020 7008 0151



modern
slavery
helpline

Modern Slavery Helpline

08000 121 700



0800 0121 700

modernslaveryhelpline.org

Respect

Respect Phoneline

Respect work with people who abuse, male victims and young people who are violent in relationships.



0808 802 4040

info@respectphoneline.org.uk

respectphoneline.org.uk



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**For more information go to
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