

DOES SOMEONE AT HOME SCARE OR UPSET YOU?

When someone in your home or family is being horrible to you or to someone else at home this is called Domestic Abuse. There are lots of different types

- Being hit, kicked, bitten, pushed, strangled, burned, having your hair pulled, being held so you can't move or held under water.
- Somebody saying they are going to hurt you, someone in your family or your pets.
- Being shouted at, being called nasty names, telling you you're stupid or naughty, encouraging you to be nasty to others.
- Locking you in your room, not letting you play out or play with friends.
- Touching you where you don't want to be touched. Making you do things that you know are wrong.
- Not letting you have a drink or food or go to the toilet when you need to.

It can all make you feel scared or upset. But remember

- What is happening is not your fault
- What is happening is wrong
- You can talk to us about it
- We won't tell anyone unless you want us to or you are in danger.



IT CAN HELP TO TALK ABOUT PROBLEMS

- But talking to people you know about what is happening might be difficult or embarrassing
- You may feel that they won't listen or understand or believe you.
- Sometimes it's easier to talk to someone you don't know.
- Everyone at our helpline is friendly
- We will listen to what **YOU** have to say
- We won't blame you or think that it is your fault

If you want to talk to someone who **WILL** listen ring us on:

0808 80 10 800

from 8.00 in the morning to 2.00 in the afternoon or 8.00 – 2.00 at night

If you are deaf or hard of hearing you can contact the helpline using a minicom textphone

If you need to talk to someone and our helpline is closed or busy, phone Childline for free on **0800 1111**



0808 80 10 800