



Make Your Mark Results 2020

DOMESTIC VIOLENCE

What is domestic abuse?

Domestic abuse is repetitive violent or aggressive behaviour within the home. It can affect both adults and children.

What are the signs that I'm being abused?

- You feel pressured to do certain things
- You get physically abused within your home (hitting, punching, slapping are examples)
- Your privacy is constantly being invaded
- You often experience behaviour from within your home that makes you uncomfortable, pressured, and alone
- Someone is making your feelings seem invalid, and is lying to you and gaslighting you on a regular basis

Types of abuse:

- Psychological abuse
- Economic abuse
- Sexual abuse
- Physical abuse
- Tech abuse

What are the signs that someone I know is being abused?

- They have random bruises and make excuses for them
- Their personality has noticeably changed
- They regularly skip school or social events
- They may wear long sleeved tops in sunny weather to hide injuries
- They may be more critical of themselves
- They become withdrawn, and have less individual opinions

Domestic Abuse Helplines:

0808 2000 247 - a free 24hr national helpline run by women's aid and refuge

0808 808 8141 - The Hourglass confidential helpline provides information and support to anyone concerned about harm or abuse of an older person

0800 999 5428 - National LGBT domestic abuse helpline

0800 1111 - Childline

Did you know?

Every 30 seconds the police receive a call for help regarding domestic abuse.

One in three women aged 16-59 will experience domestic abuse in their lifetime.

On average, 240 women call the National Domestic Abuse Helpline every single day!

Hi Sophia and Jennie, it's Shiona here! So I have sent this on to some people from the Council in the Children's teams just to see their feedback on the posters and hopefully they can help if there's anything we need to rephrase or add in! They are really keen to support the Youth Council with this campaign which is awesome! I'll feed back once we hear back. We might even get them along to a session - what do you think?

The poster has such great info and is in a really clear format - it's awesome what you have produced and a fantastic first campaign for the York Youth Council! Thank you for everyone's contributions to it!