

WE KEEP PEOPLE SAFE AND HELP REBUILD THEIR LIVES FREE FROM FEAR.



WHAT WE DO

DOMESTIC ABUSE

People often believe domestic abuse must only involve physical violence; however, it can incorporate a range of behaviours that can be just as frightening and isolating as physical harm. Domestic abuse can be present in any intimate or familial relationship. 1 in 3 women and 1 in 6 men will experience domestic abuse in their lifetime.



Domestic abuse falls under 4 main strands:

- **Physical Abuse** - Pushing, shoving, or restraining you as well as punching, kicking and strangulation.
- **Emotional/Coercive Abuse** - Belittling or humiliating behaviour, undermining your self-esteem, monitoring your movements, or controlling your freedom or ability to make decisions. Blaming you for any disagreements or violence (gas-lighting), threatening or manipulating behaviour.
- **Economic Abuse** - Controlling your access to money or ability to earn money.
- **Sexual Abuse** - Manipulating you or forcing you to do anything sexually you don't feel comfortable doing or have not given consent for.

SEXUAL VIOLENCE

When we hear the word 'violence', we think of a physical act of aggression, but sexual violence doesn't always include this. We use the term sexual violence to indicate the lasting effects that non-consensual acts can have on a survivor. Any type of sexual activity, including online, that is unwanted or without consent is classed as sexual violence. This act of abuse can happen to anyone, regardless of age, gender, sexual orientation, race, or background.



It is important to recognise that sexual violence does not have to involve physical contact and may involve non-contact incidents such as verbal sexual harassment, threats of sexual violence, grooming, unwanted sexual communications, and illicit images. FearFree is a service available to all, regardless of when the incident took place, or whether you decide to report to the Police. Our ISVAs can provide support to any victim of sexual violence, alongside advocacy through the Criminal Justice System.

STALKING

With the advancements of technology and social media, the likelihood of stalking is higher than ever before. Stalking is a repeated pattern of behaviour that causes a person to feel frightened, nervous or in danger. The behaviour can include unwanted contact by phone, social media or email, or unwanted visits to your workplace, home address or other places you regularly frequent. Stalking behaviour can be perpetrated by a stranger, someone you know or a previous partner.



Some key signs of stalking include:

- **Obtaining details before you provide them**
- **Monitoring you constantly**
- **Showing up, out of the blue**

CHILDREN AND YOUNG PEOPLE

FearFree are seeing more and more children and young people experiencing or witnessing domestic abuse and sexual violence, which can be very traumatic and damaging. FearFree provides support to children of all ages, in partnership with the non-abusing parent or carer, alongside other professionals. The service will improve safety and promote recovery. Support can be offered to children and young people who have witnessed domestic abuse, or those who are experiencing domestic abuse in an intimate relationship.

Child victims of sexual violence will be allocated a CHISVA (Children & Young People's Independent SV Advisor).

If you know a child that has experienced or witnessed domestic abuse or sexual violence, get in touch now.

NOT JUST FOR THE SHORT TERM, NOT JUST UNTIL THE NEXT TIME. BUT PERMANENTLY.

On average, 80% of perpetrators have experienced a form of abuse themselves. We run programmes for people who have behaved in a harmful way, helping them learn new strategies and techniques to stop it happening again. By supporting people to parent in a non-abusive way, we help break the cycle of abuse. We change lives, provide hope for the future, and give people the opportunity and skills to flourish in their future relationships. No matter the gender, race, sexual orientation, religion, or age, our services are inclusive and offer no bounds.

