

What is Domestic Abuse?

Domestic abuse is when an adult in your family or in your home is regularly making someone else feel scared, sad or unsafe.

This can look like:

- Physical harm (such as kicking or punching)
- Emotional harm (like name-calling and shouting)
- Making you or an adult feel scared or sad
- Controlling who the other adult can see or talk too



REMEMBER!

Domestic abuse is NOT OK!

Domestic abuse is NOT your fault!



Living in a home that has domestic violence means the child is not safe.

Domestic abuse usually happens between parents and can happen to **any** family.

If you are living in a house where domestic abuse is happening, you **can** get help.



Speak to an adult you can trust and they will help keep you safe.

