

No excuse for abuse

Am I

blaming you
shouting and
name calling
hair pulling
throwing things

kicking

checking up on
your movements

bullying by text

controlling you

telling friends and family lies about you

intimidating you

Telling you that you are stupid

forcing you to have sex

telling you that you're ugly

hurting your children

preventing you

from getting

or keeping a job

threatening to kill your pets

isolating you

checking your phone

being extremely jealous

humiliating you

calling you a failure

controlling you



**National Domestic Violence
Helpline** in association with
Women's Aid: 0808 2000 247
(24 hour freephone)

In an emergency ring 999

www.speakoutwiltshire.com



Wiltshire Council
Where everybody matters