



# DOMESTIC VIOLENCE

## IN BAME COMMUNITIES



**Higher rates of domestic violence among BAME groups compared to white communities (ONS 2019 study)**



1 in 4 women experience domestic abuse in their lifetime



**Highest rates amongst those of mixed ethnicity**



1 in 6 men experience domestic abuse in their lifetime

## WHAT IS DOMESTIC VIOLENCE

Domestic violence is a pattern of abusive behaviour used by one partner to maintain power and control over another in an intimate relationship. It usually occurs within the home and can include:



### Physical abuse

Hitting, shoving, biting, choking, harming or threatening with weapons



### Emotional abuse

Verbal assaults, humiliation, gaslighting, isolation



### Sexual abuse

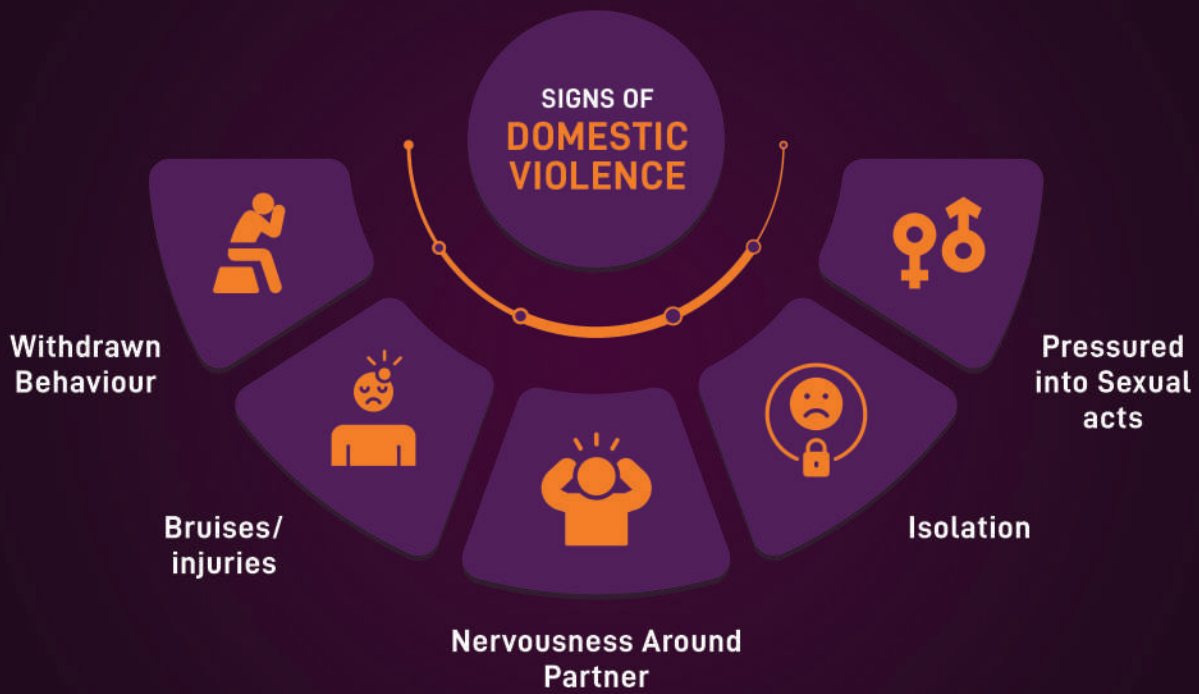
Unwanted sexual demands, sexual assault, marital rape



### Economic Abuse

Strict control over money, running up debts, withholding basic needs





### IMPACT ON VICTIMS



Mental and physical health effects



Depression & Anxiety



Child welfare effects

### WHAT FRIENDS & FAMILY CAN DO



LISTEN WITHOUT JUDGMENT



HELP THEM CONTACT SUPPORT GROUPS



SAFETY FIRST

### SUPPORT SERVICES



HELPLINES WITH NUMBERS



LOCAL BAME-FOCUSED SUPPORT GROUPS

### SAFETY PLANNING



EMERGENCY BAG



ESCAPE ROUTE



EMERGENCY FUNDS

### TAKE ACTION



CONTACT FOR LOCAL REPRESENTATIVE



SUPPORT GROUPS WORKING FOR CHANGE

Download our 2 packs:

Victims: [Bit.ly/LifeWithoutFearPack](https://bit.ly/LifeWithoutFearPack)

Perpetrators: [bit.ly/EndingDV](https://bit.ly/EndingDV)



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