

Domestic abuse is when one grown-up hurts or bullies another grown-up who is in their family or is their partner.

It can happen between family members, people who are married or between boyfriends and girlfriends. It can happen when people live together or in different houses.

Although domestic abuse happens between grown-ups, children are affected by it too because it can be very scary and stressful if someone in your family is being abused. Children can also be hurt or bullied themselves as part of domestic abuse.

Domestic abuse can be:

- 👉 Physical – for example, hitting, pushing, kicking
- 👉 Emotional – saying things to frighten the other person or make them feel bad.
- 👉 Sexual – making someone do sexual things that they don't want to
- 👉 Financial – such as taking away the other person's money, or not letting them get a job

Grown-ups use domestic abuse to control other people.

If someone in your family is abusive, remember it's not your fault.

If this is happening in your family, remember that you are not alone.

Domestic abuse happens in many families and there are people that can help you and your family.