

## Are you in an Abusive relationship?

**Has your partner or family member tried to keep you from seeing your friends or family?**

Yes No

**Has your partner or family member prevented you or made it hard for you to work or study?**

Yes No

**Does your partner or family member constantly check up on you or follow you?**

Yes No

**Does your partner or family member accuse you of flirting or having affairs with others?**

Yes No

**Does your partner or family member constantly belittle, humiliate, criticise or insult you?**

Yes No

**Are you afraid of your partner or family member?**

Yes No

**Have you ever changed your behaviour because you are afraid of what your partner or family member might say to you?**

Yes No

**Has your partner or family member destroyed any of your belongings deliberately?**

Yes No

**Has your partner or family member ever hurt or threatened you or your children?**

Yes No

**Has your partner or family member ever kept you short of money so you are unable to buy necessary items?**

Yes No

**Has your partner or family member made you take out loans or falsify documents?**

Yes No

**Has your partner or family member ever forced you to do something you really do not want to do?**

Yes No

**Has your partner or family member ever tried to prevent you taking necessary medication, or prevented you seeking medical help when you needed it?**

Yes No

**Has your partner or family member tried to control you by telling you that you could be deported because of your immigration status?**

Yes No

**Has your partner or family member ever threatened to take your children away, or said they would refuse to let you take them with you if you leave?**

Yes No

**Has your partner or family member ever forced or harassed you to have sex, or have sex with someone else.**

Yes No

**Has your partner or family member every forced you to participate in sexual activities?**

Yes No

**Has your partner or family member ever prevented you leaving the house?**

Yes No

**Does your partner or family member blame you for the way they are treating you?**

Yes No

**If you answered yes to one or more of these questions it indicates that you may be experiencing domestic abuse.**

To talk to a specialist domestic abuse worker about what you are experiencing and to get support advice or more information contact Pennine Domestic Abuse Partnership 24 hr confidential Freephone number **0800 052 7222**.

**If you are at immediate risk of harm, contact the police 999.**