

Getting Help

Being in a relationship with an abusive person means that there will be times when we are emotionally, physically and/or sexually unsafe because of their behaviours.

Sometimes we definitely know we feel unsafe. We might get **'the ick'** or feel our bodies respond in a way that tells us that the situation is not OK.

However, when our stress hormones are used to being out of balance due to repeated and ongoing threats, we may feel desensitised to danger and may not feel unsafe even in situations that other people would find terrifying.

When we are in an unsafe situation caused by an abusive person we can also find that it's really difficult to think straight or to make decisions because the Five Fs have taken over to try to protect us.

If we decide we want to end the relationship, this can be an unsafe time because the abusive person may increase their harmful behaviours to try to stop us.

Admitting we need help can be really difficult, but with courage, some of the people or organisations on this page may be able to support you in being safer.

Friends

Sometimes it's easiest to tell a friend when we are unsafe. They can be there for us, look out for us in an emergency and help us to tell an adult what's going on. We will often have friends who are good in different situations so it's worth thinking about all our friends and what their strengths are. We should also remember that friends under age 18 are legally children and will not have access to the resources that adults have.

Family and Caregivers

You might have members of your family or caregivers who you can speak openly with and seek support from. You might find that different family members are good in different situations. For example, some topics might be easier to discuss with a female family member or someone who can remain calm in difficult situations.

Trusted Adults

The trusted adults in our lives often have jobs or roles that mean they have been trained in safeguarding and that they are able to access resources and specialist support for us. It might be difficult to speak to some adults but we can choose who we speak to. We might worry about what they will tell others but we can always ask them who they will speak to, what they will tell them and why they think they need to pass that on.

Doctors, nurses and sexual health workers

In the UK, you are allowed to seek confidential medical support under the age of 18 without your parents being told as long as the medical practitioner feels that you have the capacity to understand what treatment you are consenting to. If there is a safeguarding concern, they will need to speak to other adults about you.

There are details of other helplines that young people can use on page 198.

Helplines

If there are no adults you know who you feel able to talk to, you can call confidential helplines instead. They may pass on information about you if there is a significant safeguarding concern.

Childline: 0800 11 11

The Police

In an emergency where there is risk to life, you can call the Police on 999. An operator will answer and ask you which emergency service you need. They will then ask you to describe what is happening and if anyone is hurt. They will want to know your name and address and, if they are sending out help, they will ask you to stay on the line with them until help arrives.

In a non-emergency you can contact the police on 101. Lots of police forces also let you report online via their websites.



Safety Plan

A safety plan is a way of thinking about unsafe situations when you are in a safe place, with safe people and when your stress hormones are balanced and you can think more clearly. Safety plans also let you think about what you would do if the things that worry you happened. Even if the logical and rational part of your brain tells you something isn't likely to happen, the emotional part of your brain will often say "but it could happen!" and you worry anyway. A safety plan lets you think about what you could do even in situations that might be realistically very, very unlikely to happen.

Use this space to write or draw how thinking about your safety makes you feel.

Use this space to draw a picture of what "safety" looks like to you.

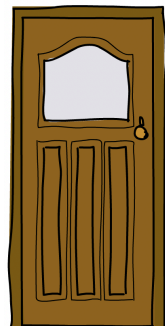
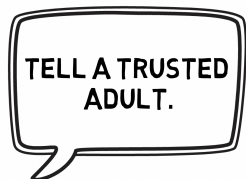
Use this space to write or draw how you could support your friends to be safe.

On pages 76 - 79, there's a safety plan for you to complete, if you would like to. Add your responses to each of the three tables. If you are not currently in a situation which is unsafe, complete the activity imagining it's for a friend who isn't in a safe situation.



Safety Plan

Part 1: Safety at home	What could happen?	Safe place to go to	Safe person to contact	Safe way to communicate with them
	The abusive person could turn up at my house.			
	The abusive person could break into my house when I am there.			
	The abusive person could turn up at my house with a group of their friends.			
	<i>Write your own idea here.</i>			



DON'T ANSWER THE DOOR.



AVOID ROOMS WHERE THERE ARE WEAPONS OR DANGEROUS SUBSTANCES.



PLAN A SAFE WAY OUT OF THE HOUSE.



GO TO A SAFE PLACE, LIKE THE HOME OF A FAMILY MEMBER OR NEIGHBOUR.

MAKE SURE YOUR PHONE IS CHARGED AND WORKING. CALL 999.



Safety Plan

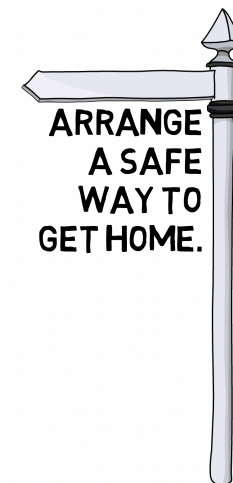
	What could happen?	Safe place to go to	Safe person to contact	Safe way to communicate with them
Part 2: Safety at school/college	The abusive person goes to my school/college.			
	The abusive person could turn up at my school/college.			
	The abusive person could get their friends to talk to me at school/college.			
	Write your own idea here.			



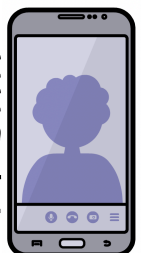
REMIND ADULTS THAT THEY HAVE TO FOLLOW THE GUIDANCE IN KEEPING CHILDREN SAFE IN EDUCATION



GO TO A SAFE PLACE IN THE BUILDING.

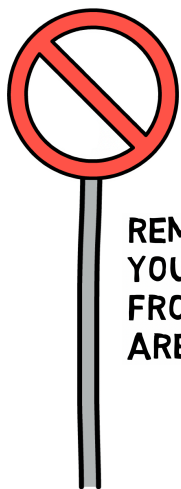


MAKE SURE YOUR PHONE IS CHARGED AND WORKING. CALL 999.



Safety Plan

Part 3: Safety in the community	What could happen?	Safe place to go to	Safe person to contact	Safe way to communicate with them
	I could see the abusive person when I'm out with my family or friends.			
	I could see the abusive person when I'm out alone.			
	The abusive person could come up to me when I am out alone.			
	Write your own idea here.			



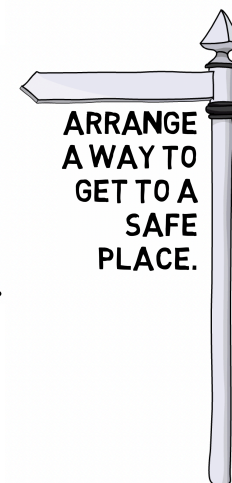
**REMOVE
YOURSELF
FROM THE
AREA.**



**TELL A TRUSTED
ADULT**



GO INTO A SHOP/BUILDING AND FIND AN ADULT.



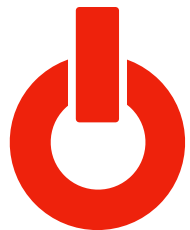
**ARRANGE
A WAY TO
GET TO A
SAFE
PLACE.**

**MAKE SURE
YOUR PHONE
IS CHARGED
AND WORKING.
CALL 999.**



Safety Plan

Part 4: Safety online	What could happen?	Safe place to go to online	Safe person to contact	Safe way to communicate with them
	The abusive person could openly try to be part of my online spaces.			
	The abusive person could secretly try to be part of my online spaces using fake accounts.			
	The abusive person could ask other people in my online space to spy on me.			
	<i>Write your own idea here.</i>			



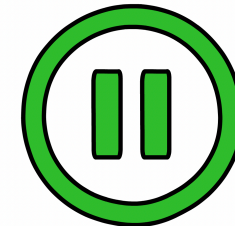
TEMPORARILY
LOG OFF



BLOCK AND
DELETE UNSAFE
CONTACTS



KEEP YOUR ACCOUNTS
LOCKED DOWN



PAUSE BEFORE
POSTING

