

# STAYING SAFE

## DURING SOCIAL DISTANCING

Lockdown and not being able to go out can make it a very difficult time for anyone experiencing **domestic abuse**. If you are worried that you or someone you know is experiencing abuse there are things you can do to keep safe.

**WHAT IS DOMESTIC ABUSE?** Domestic abuse is any type of controlling, bullying, threatening or violent behaviour between people in a romantic relationship or between close family members. It can be physical, emotional, sexual, financial or digital abuse (using social media or mobile phones). Domestic abuse is a repeated pattern of behaviour with a clear intention of trying to hurt or upset the person they are in a relationship with. It is always about one person trying to control the other person. Relationships shouldn't be scary.

## DOMESTIC ABUSE IS NOT ACCEPTABLE.

IT IS NOT YOUR FAULT AND THERE IS HELP AVAILABLE DURING LOCKDOWN.

### IF YOU'RE IN IMMEDIATE DANGER CALL 999

The police are responding to domestic abuse calls 24/7. Your call will be a priority.



### TALK TO SOMEONE YOU TRUST

Tell someone what's happening—friend, family member, teacher or neighbour. They can help you get the support you need.



### IN AN EMERGENCY

#### IF YOU NEED THE POLICE BUT CAN'T SPEAK

1. Dial 999
2. Cough or make a noise to let the operator know you are there, and that the call is genuine. They can alert the police on your behalf.
3. If transferred to the police and you still can't talk, **press 55** and they will continue to listen.

Memorise this process, and see [www.policeconduct.gov.uk](http://www.policeconduct.gov.uk) for more information.



### AVOID UNSAFE SITUATIONS

If someone at home is hurting or scaring you:

- Make sure you're not alone with that person
- Avoid them when they're angry, upset, or have been drinking
- Stay in your room or somewhere in the house that feels safe
- If something is happening, don't intervene—your priority is keeping yourself safe.



Download a personal safety app which can silently alert one of your contacts if you are in danger. Find out more at:

[hestia.org/brightsky](http://hestia.org/brightsky)

[hollieguard.com/](http://hollieguard.com/)

### MAKE A SAFETY PLAN

A safety plan can help you know what to do if you feel unsafe at home in an emergency. It's important to talk to someone you trust or a support service when you're making a safety plan.

It could include:

- Who to call (a trusted adult, the police)
- Where to go if you need to leave home, and how to get there safely
- What to take (charger, medication)



If you need to leave home to stay safe, it's important to talk to the police—**call 999 once you've left**. During lockdown, police have the power to take you home even if you don't want to go. Telling them that you have left because you feel unsafe will help them to support you.

# DIGITAL ABUSE IS STILL ABUSE

IF SOMEONE IS USING YOUR PHONE OR SOCIAL MEDIA TO HARASS, STALK OR CONTROL YOU, THIS IS ABUSE.

## REPORT IT

- Report abuse to the police by calling 101.
- Online abuse can be reported to CEOP. This isn't confidential, but they can help to stop the abuse.
- Social media sites have ways of reporting online abuse or bullying
- If you feel ok to, block the person so they can't contact you.



[www.ceop.police.uk](http://www.ceop.police.uk)

## KEEP PASSWORDS PRIVATE

Change passwords and usernames on accounts to keep them secure, and change them regularly.

Keep passwords private—you have a right to online privacy, and shouldn't feel pressured to share passwords with anyone.

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## CHECK YOUR SECURITY SETTINGS

Make sure only people you know can see your posts on social media and only accept friend requests from people you know.



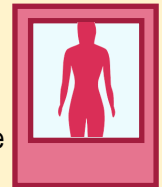
## BE AWARE OF LOCATION AND GPS

Check which apps on your phone use GPS or location sharing (Find My Phone, fitness apps, Snapchat etc). Turn GPS off when not in use so you can't be tracked.



## SEXTING

No one should pressure you to send or receive nude pictures, videos or sexual messages. It is against the law to send nude photos of yourself if you're under 18 and for anyone to save or share them, even if they are under 18 too.



If someone won't stop messaging you or asking you for nudes you can:

- Ask them to stop, and explain how it makes you feel; a respectful partner should understand.
- Block the person
- Report them to [CEOP](http://www.ceop.police.uk)

Download [ZIPIT](#) from Childline to help you deal with any pressure you experience about sexting.

## GET HELP.

EXPERIENCING ABUSE IS UPSETTING AND CONFUSING—IT'S IMPORTANT TO GET SUPPORT . THERE ARE SERVICES AVAILABLE TO HELP YOU

### CHILDLINE

0800 1111

[childline.org.uk](http://childline.org.uk)

Confidential helpline (9am-Midnight) and 1:1 online support.

### STREET GLOUCESTERSHIRE

01452 726570

Support for young people with experiences of abuse.

Ask an adult you trust to call us or visit

[www.gdass.com](http://www.gdass.com).

### NSPCC

[nspcc.org.uk](http://nspcc.org.uk)

Support and advice on abuse, and how to recover from it.

### TIC+

[ticplus.org.uk](http://ticplus.org.uk) @tic.plus

Counselling and support with mental health for young people.

### THINK YOU KNOW

[thinkuknow.co.uk](http://thinkuknow.co.uk)

Keeping safe online.

### THE HIDEOUT

[thehideout.org.uk](http://thehideout.org.uk)

Support with abuse

### THE MIX

[themix.org.uk](http://themix.org.uk)

@themixuk

Support with any challenge young people are facing.

### GALOP

[galop.org.uk](http://galop.org.uk)

Specialist LGBT+ anti-violence charity