

## Useful Numbers:

**National Domestic  
Violence Helpline  
0808 2000 247**

**Victim Support  
0845 30 30 900**

**Crimestoppers  
0800 555 111**

**Forced Marriage Unit  
0207 008 0151**

**ChildLine  
0800 1111**

## Getting help

### What to expect

You don't need to report abuse to the Police to get help from the support services listed here.

You can get help any time after the abuse has happened, whether it was yesterday, last week or several years ago, or if you are worried about abuse happening now or in the future.

All services are confidential and free.

If you decide not to ask for help now, you can contact services for help at any time in the future.

If you need a translator, they are professionally trained and keep all information confidential. However, if you are worried you may know the translator you can ask for their name before agreeing to talk to them.

## BAVA

Bristol Against  
Violence and Abuse

**BAVA** ending violence against women and girls  
and sexual and domestic violence against men.

[www.bava.org.uk](http://www.bava.org.uk)  
[bava@bristol.gov.uk](mailto:bava@bristol.gov.uk)  
[@bristolAVA](https://www.facebook.com/bristolAVA)  
Facebook: Bristol Against Violence and Abuse



**Ending violence  
against women and  
girls and sexual and  
domestic violence  
against men.**



# What is gender-based violence?

Gender based violence means that if you are female you are at an increased risk of the following

## **Domestic violence and abuse**

If you feel scared of your partner, it is likely that you are experiencing domestic violence and abuse.

## **Prostitution/Sex work**

You may have been forced or coerced to have sex for money by your boyfriend or a man who says he loves you. You may have experienced childhood abuse and find it difficult to cope with life. Drugs or alcohol may help you get through the night but you feel trapped in a cycle of sex work and addiction. Or perhaps you just feel that sex working is the only option you have.

## **Rape and Sexual Assault**

If your husband, partner or anyone has forced or coerced you into having sex or has forced sexual acts onto you.

## **Forced Marriage**

If you are feeling pressurised into getting married, or feel you can't say no to marriage.

## **Violence in the name of 'honour'**

If you are scared of violence or abuse from your family and/or community because you have gone against their 'wishes.'

## **Female Genital Mutilation (FGM)**

Female genital mutilation (FGM) includes procedures that intentionally alter or cause injury to the female genital organs for non-medical reasons. FGM has no health benefits for girls and women, can cause severe health problems and is illegal in the UK.

## **Forced Marriage**

If you are feeling pressurised into getting married, or feel you can't say no to marriage.

## **Human Trafficking**

If someone has forced or tricked you to do something you're not comfortable and has moved you away from friends and family.

## **Sexual Harassment**

If people make sexual comments about your appearance, touch you inappropriately or make sexist comments or jokes.

If you are suffering from abuse, or you know someone who is, use this leaflet to find help. You are not alone and there is lots of support available to you.

# If you are suffering from abuse, remember that

## It is not your fault

No one should accept that abuse is inevitable or that it is your fault. Abuse is always the fault of the perpetrator.

## You will be believed

If you decide to seek help, it is important to remember that you will be believed and taken seriously. Your wishes and needs will be respected.

## Help is available

You are not alone and there are a number of services that are able to help. You do not have to go directly to the Police. Use this leaflet to find an organisation that can help you.

# **BAVA**

Bristol Against  
Violence and Abuse

[www.bava.org.uk](http://www.bava.org.uk)

[bava@bristol.gov.uk](mailto:bava@bristol.gov.uk)

[@bristolAVA](https://www.facebook.com/bristolAVA)

Facebook: Bristol Against Violence and Abuse