

Dating abuse: What you Can Do

In my final year in high school I got involved in an abusive relationship. It started out with verbal remarks, but then it got progressively worse .. I realized one day that I had to get out and quick..my friends ... showed me I could and would go on.

Mandy's Story (DVRIC)

This resource has been put together to support young people who want to end all forms of violence and abuse. This resource might be helpful if you have a friend whose boyfriend, or ex-boyfriend, is scaring her and you would like to find out more about how you can help.

Dating abuse is when someone who you are having a relationship with, or have had a relationship with, makes you feel scared or they have hurt you. Dating abuse is mainly perpetrated by young men, and victims are mainly young women, however it can happen in same sex relationships and to young men too. Dating abuse is normally ongoing and can involve:

- **Threats:** Making threats to hurt her, threatening to commit suicide/leave, threatening to tell teachers/parents/friends about relationship- or behaviour, threatening to "out" them, threatening to forward explicit images or text messages
- **Intimidation:** Making them afraid, hurting them physically, destroying property, threatening or hurting pets or children,
- **Using Social Status/societal expectations:** Making all the decisions, saying it's "man's world" to control her, using music/tv to excuse name calling
- **Anger or Emotional Abuse:** Using instant messaging to harass her, putting her down all the time ,name calling, humiliating her, using guilt to control her

- **Peer pressure/community pressure:** Using religion as an excuse, spreading rumours or offensive graffiti, posting pictures online, making her do something she doesn't want to, using popularity against her, trying to turn her friends against her
- **Controlling behaviour:** Hacking into her e-accounts, taking away her phone, telling her what to wear, being jealous all the time, checking her text messages/emails without her permission
- **Isolation/Exclusion:** not allowing her to see her friends, her being worried if he finds out she has
- **Sexual Coercion:** Manipulating or making threats to get sex, refusing to use contraception, getting her drunk or drugged to have sex, uploading pornographic pictures, pressuring her to take pictures of herself, being made to watch pornography, told she "should" do something sexual she doesn't want to do, making her do something sexual with friends.
- **Minimising:** Making light of abuse, not taking responsibility

If you think a friend might be behaving like this and if you feel safe to, you might want to talk to your youth worker, teacher, community leader, parent or guardian about how you, or the adults around you, can challenge them.

Surveys have shown that 1 in 2 boys and 2 in 3 girls in Scotland DON'T think it's ok to use violence in relationships (Zero Tolerance 1998). Most young people are NOT abusive, and it is important that we all work together to say dating abuse is not ok.

If you have a friend who has told you that her boyfriend is abusive, or you have seen him behave in an abusive way, you can get advice on how to support her from Women's Aid, Childline or your local Rape Crisis Centre. If you feel able to, talk to a teacher, community leader or youth worker. It is important to tell her that **what is happening to her is wrong and that it is not her fault.**

What are the impacts of dating abuse?

young people who are involved in violent or controlling relationships are significantly more likely to feel suicidal and stressed than those who are not

Young Voice 2008

If you are concerned about a friend, you might notice that they're behaving differently. She might start acting in a way that seems:

- sexually inappropriate
- aggressive
- tearful or anxious
- depressed or suicidal
- quiet and withdrawn
- she might start missing lessons
- she might start shoplifting
- She may become homeless
- She may have physical injuries
- She may be tired and exhausted
- She might start drinking too much or taking drugs
- She may also start dressing more conservatively
- She might develop some issues with food

If you think a friend might be experiencing dating abuse, remind her that you are there for her, and while you might not agree with her choices, try to respect them. Remind yourself you must be a very special person for her to talk to you about what is happening to her. It can feel scary and overwhelming to hear a friend talk about traumatic experiences, **remember that you are not alone, and there are people out there who can help**

What you can do in your school or community group

Almost half the girls surveyed in an NSPCC and Sugar survey were made to feel guilty for saying no to sexual contact.

NSPCC/Sugar 2005

If you want to do something to **end dating abuse** talk to your teachers, youth workers or faith leaders about what you could do in your community. Below are some ideas of how you can raise awareness of dating abuse.

- Write to your local education authority to find out what they are doing in schools

- Host an event to raise awareness-a fashion show or a jumble sale that could also raise funds
- Think about what words are sexist and if you hear someone use sexist language, challenge them or ask them why they think that is ok
- Design posters and leaflets to put up in your youth group/school/college
- Ask to see your schools anti-bullying policy to see if it looks at dating abuse or sexual harassment.
- Join Scottish Women's Aid's facebook page and share your thoughts on dating abuse
- Write to your local paper to raise awareness on important dates, such as the 16 days of Activism Against Gender Based Violence from 25th November to 10th December, or International Women's Day on 8th March

You can be part of **changing attitudes, changing lives**

Useful Resources

Love is Not Abuse www.loveisnotabuse.com

AADV www.aadv.org/dating

That's not cool www.thatsnotcool.com

Women's Aid Federation England www.thehideout.org.uk

Teen Relationships <http://www.teenrelationships.org/abuse/>

Equality Rules! http://www.equalityrules.ca/index_owd.html?siteType=kids

Women's Aid groups you can contact:

Angus Women's Aid
15 James Street
Arbroath
DD11 1JP

Mon- Fri 9 am - 4.15pm. Drop in or by appointment.
(01241) 439457
01241 439437
01241 439437
info@anguswomensaid.co.uk
www.anguswomensaid.co.uk

Argyll & Bute Women's Aid
ADDRESS NOT PUBLIC

Office Mon - Fri 9am – 4pm (& often
outwith these hours)
0870 241 3548
01369 706175
argyllwomensaid@btconnect.com
(updated May 08)

**Caithness and Sutherland Women's
Aid**
P.O Box 6460
Wick
KW1 4WZ

Mon-Fri 9am-5pm
0845 408 0151
01955 605977
info@caswa.org.uk

Clackmannanshire Women's Aid
Greenfield Lodge
Parkway
ALLOA, FK10 2AF

Mon - Fri 9.30am - 4pm (Out of hours,
times changeable)
(01259) 721407
(01259) 222913
womensaid@clacks.fslife.co.uk
clacksnet.org.uk

Clydebank Women's Aid
ADDRESS NOT PUBLIC

Mon - Fri 10am - 4pm
(0141) 952 8118
Same as phone
(0141) 952 8130
clydebankwomensaid@hotmail.com
clydebankwomensaid.co.uk

Drumchapel Women's Aid
8 Essenside Avenue
GLASGOW
G15 6DX

Mon - Fri 9am – 5pm
(0141) 944 0201
Same as phone
drumwomen@btconnect.com

Dumbarton District
ADDRESS NOT PUBLIC

Mon to Wed 9am to 8:30pm, Thur and Fri
9am to 5pm.
(01389) 751036
(01389) 750550
ddwa.info@ddwa.org.uk

Dundee Women's Aid
61, Reform St.
DUNDEE
DD1 1SP

Mon - Fri 9am – 5pm, Tue 1pm-5pm
Public/Crisis Line (01382) 202525
Same as phone
Main Office:
dwa@dundeewomensaid.co.uk
www.dundeewomensaid.co.uk

Dunfermline Women's Aid
160 Appin Crescent
DUNFERMLINE
KY12 7TX

Mon - Fri, 9am - 5pm
(01383) 732289
(01383) 625718
staff@dunfermlinewomensaid.org.uk
www.dunfermlinewomensaid.co.uk

East Ayrshire Women's Aid
10 Croft Street
Kilmarnock
KA1 1JB

Mon - Thurs 10am – 4pm Fri 10am – 1pm
01563) 536001
(01563) 574917
office@eawak.demon.co.uk

Plus

30a Ayr Road
Cumnock
KA18 1DW

Mon - Thurs 10am – 4pm Fri 10am – 1pm
(01290) 423434
Same as phone
eawa.cumnock@btconnect.com

**East Dunbartonshire
Women's Aid**
2nd Floor, 4 Freeland Place
KIRKINTILLOCH,
G66 1ND

Mon - Fri 9am - 4.30pm
(0141) 776 0864
Same as phone
Edwomensaid@aol.com

East Fife Women's Aid
8 Ladywynd
Cupar
KY15 4DE

Mon-Fri 10am – 12.30pm & 1.30pm-
4.30pm
Drop-in : Mon- Fri 10am-12.30p.m.
Out of hours :Mon-Fri 7.00pm- 7.00am, Sat
& Sun 24 hours
Office (01334) 657460; Support (01334)
657537
(01334) 654190
support@efwa.org.uk
www.efwa.org.uk

East Kilbride Women's Aid
The Hut
Torrance Rd.
EAST KILBRIDE
G74 1AR

Mon - Thurs 10 -4pm, Fri 10am – 2pm
(01355) 249897
(01355) 579914
info@ekwa.org

East Lothian Women's Aid

69 Eskside West
Musselburgh
EAST LOTHIAN
EH21 6RA

Mon - Fri 10am - 3pm
(0131) 665 9552
(0131) 665 1455
eastlothian.womensaid@virgin.net

East Renfrewshire Women's Aid

LLOYDS TSB HOUSE
238A AYR ROAD
NEWTON MEARNNS
EAST RENFREWSHIRE
G77-6AA

Mon – Fri 9.30 – 15.30
OFFICE/DROP-IN
Tue – Barrhead Citizens Advice Bureau, by
appointment only
0141 644 4342
0141 644 0976
info@erwa.org.uk

Edinburgh Women's Aid

4 Cheyne Street, Stockbridge,
EDINBURGH
EH4 1JB

Drop-In Hours

Monday 10am-3pm
Tuesday Closed
Wednesday 10am-3pm
Thursday 2pm-7pm
Friday 10am-3pm
Saturday 10am-12.30pm

Phone Line Hours

Monday -10am-3pm
Tuesday 1pm-3pm
Wednesday 10am-3pm
Thursday 10am-7pm
Friday 10am-3pm
Saturday 9.30am-12.45pm

SUPPORT LINE 0131 315 8110
BUSINESS (0131) 315 8111
(0131) 343 2426
info@edinwomensaid.co.uk

Glasgow Women's Aid

4th Floor
30 Bell Street
GLASGOW, G1 1LG

Mon, Tue, Thur & Fri 9.30am – 5.00 pm
Wed 9.30am – 1.00pm
Mon, Tue, Thur & Fri 9.30am – 5.00 pm
Wed 9.30am – 1.00pm
(0141) 553 2022
(0141) 553 0592
admin@glasgowwomensaid.org.uk
www.glasgowwomensaid.org.uk

Glasgow East Women's Aid

753 WESTERHOUSE ROAD
EASTERHOUSE
GLASGOW
G34 9PB

Mon - Fri 10am - 1pm, Afternoons by
appointment
(0141) 773 3533 or 781 0230
(0141) 771 4711
collective@gewa.org.uk
www.gewa.org.uk

Grampian WA

6 Bon Accord Crescent Lane
ABERDEEN
AB11 6DF

9-1 & 1.30 – 4.30 Mon – Fri
(01224) 593 381
grampianwomenaid@aol.com

Hamilton & Clydesdale

115 Cadzow Street
HAMILTON
ML3 6HG

Mon-Thur 10am - 4pm
Fri 10am-2.00pm (On Call Mon-Thur 6-
8pm)
Legal Service Mon 2.00pm-4.00pm
PUBLIC (01698) 891498
(01698) 286849
info@hcwa.org.uk

Hemat Gryffe Women's Aid

Flat 0/1, 24 Willowbank Street
Glasgow
G3 6LZ

((0141) 353 0859 (Hours 9am – 5pm)
(0141) 564 1316
hemat.gryffe@ntlbusiness.com

Inverclyde Women's Aid

1st Floor
30 Nicolson Street
GREENOCK
PA15 1UL

Mon - Fri, 9.30am – 4.30pm
(01475) 781689
(01475) 787381
(01475) 888505
(01475) 888110
invwa@yahoo.co.uk

Inverness Women's Aid

2 Anderson Street
Inverness,
IV3 8DF

Mon - Fri 9am - 5pm
(01463) 220719
(01463) 234110
info@invernesswa.co.uk
www.invernesswa.co.uk

Kirkcaldy Women's Aid

15, Nicol St
KIRKCALDY
KY1 1NY

Kirkcaldy: Mon, Wed 9-4 Fri 9-3
Glenrothes: Tues, Thurs 9-4
(01592) 261008
(01592) 205760
kirkcaldywomensaid@hotmail.com

Lochaber Women's Aid

An Drochaid,
Claggan Road,
Fort William,
PH33 6PH

Mon - Friday 9am - 5pm

0800 619 2541

01397 705 734

01397 704 862

lwa@btconnect.com

Monklands Women's Aid

71-73 Fountain Business Centre
Ellis Street
Coatbridge
ML5 3AA

Mon - Thur 9.30am - 4pm & Fri 9.30am -
1.30pm

(01236) 432061

(01236) 433692

monkland.group@btconnect.com

www.monklandwomensaid.co.uk

Moray Women's Aid

Marleon House
57a Marleon Field
Silvercrest,
ELGIN, IV30 4GB

Mon-Fri 9am to 8am, Sat & Sun 4pm-8am

(01343) 548549 (Helpline), 01343 548550

(CYP)

Same as phone

admin@mwaelgin.co.uk

Motherwell District

97 Kylemore Crescent
Forgewood
MOTHERWELL, ML1 3XA

Mon - Fri 9-5

(01698) 321000 Helpline

(01698) 322020

info@mdwa.org.uk

North Ayrshire Women's Aid

1-5 Union Street
Saltcoats
KA21 5LL

Mon - Thur 9am - 4.00pm, Fri 9am - 1pm

(01294) 602424

(01294) 601415

admin@nawomensaid.co.uk

www.nawomensaid.demon.co.uk

PLUS

The Pearl Centre, Hamilton Street
SALTCOATS,

Mon, Wed & Thur 10am - 3pm; Fri 10am -
1pm

(01294) 466825 office and on call **01294**

602424

(01294) 463015

Perthshire Women's Aid

49 York Place
PERTH,
PH2 8EH

Mon - Fri 9.30am - 2.30pm

(01738) 639043

(01738) 580764

contactus@perthwomensaid.org.uk

www.perthwomensaid.contactbox.co.uk

Womens Aid Orkney

Anchor Building,
6 Bridge St
Kirkwall

Monday - Friday 10am - 4pm
Friday 10am - 4pm
Fax: (01856) 879454
Office 01856 872897
Help line 01856 877900 (answering m/c
contact for O.O.H.)
womensaidorkney@btconnect.com

Renfrewshire Women's Aid

(formerly Paisley & District)
Violet House
3 Violet Street,
PAISLEY,
PA1 1PA

Mon - Fri 9am - 4pm
(0141) 561 7030
(0141) 561 7029
info@renfrewshirewomensaid.co.uk

www.renfrewshirewomensaid.co.uk

Ross-shire Women's Aid

10 Ross Place
DINGWALL
IV15 9SY

Mon - Fri 10am - 5pm
Weekends 4pm-11pm
(01349) 863568
(01349) 869960
Outreach services available Highland-
wide. Caithness and Sutherland 077155
32983
Skye, Kyle of Lochalsh 077155 32979

Shakti Women's Aid

Norton Park
57 Albion Road
EDINBURGH, EH7 5QY

Mon - Fri 9am - 5pm
(0131) 475 2399
(0131) 475 2301
info@shaktiedinburgh.co.uk
www.shaktiedinburgh.co.uk

Shetland Women's Aid

St Olaf Street
Lerwick
SHETLAND, ZE1 0ES

Mon-Thur 9am - 5.00pm, Fri 9am-4pm
(01595) 692070
Same as phone
shetland_womens_aid@hotmail.com

South Ayrshire Women's Aid (*ex Kyle and Carrick*)
14 Green Street,
AYR,
KA8 8AD

Mon - Thurs 9am - 4.45pm, Fri 9am - 4pm
Mon 1-3 pm (drop-in and telephone)
Tuesday 10am-3pm (drop-in and telephone)
(01292) 266482
(01292) 618399
ayrwomensaid@yahoo.co.uk

Stirling Women's Aid
57, Barnton St
STIRLING,
FK8 1HH

Mon - Fri 9.30am - 4.30pm
(01786) 470897
(01786) 472674
womensaid@dsl.pipex.com

West Lothian Women's Aid
(*ex Livingston Women's Aid*)
92, Ivanhoe Rise
Dedridge
LIVINGSTON
EH54 6HZ

Mon – Wed 10 – 3.30 p.m
Thurs 10 to 3.30 p.m. & 5 p.m. to 10 p.m.
Friday 10 to 12 noon
(01506) 413721
(01506) 462533
wlwomensaid@msn.com

Western Isles Women's Aid
53a Bayhead
Stornoway
ISLE OF LEWIS
HS1 2DZ

Office: Mon - Fri 10am – 4.30pm
Drop In: As above except Wednesday
(closed)
(01851) 704750
(01851) 706958
wiwasty@hotmail.com
www.wiwasty.co.uk

Wigtownshire Women's Aid
22 Bellevilla Road
Stranraer
DG9 8ED

Mon - Fri 10am – 4.30pm (office)
NEWTON STEWART: Mon and Fri 10am-
1pm
(01776) 703104
01776 706763
wigwa@hotmail.co.uk

