



# Signs of domestic abuse



Domestic abuse is abuse or neglect which arises from within an intimate or family relationship. This type of abuse can include physical, psychological, sexual, and financial abuse, as well as 'honour-based' abuse such as forced marriage. It includes threatening behaviour, violence and coercive or controlling behaviour.

Coercive control is a core feature of domestic abuse. This is any behaviour designed to control an individual, and includes behaviours such as regulating behaviour, punishing or frightening someone, isolating them, exploiting their resources or money, or assaulting, threatening, humiliating or intimidating them.

## Signs of domestic abuse may include:

### **Psychological indicators**

- Being isolated from friends or family
- Low self-esteem
- Blaming themselves for things (including their abuse)
- Humiliation in front of others
- Person is not able to go out alone

### **Physical indicators:**

- Bruising
- Broken bones
- Burns
- Injuries to the body

### **Financial indicators**

- Limited access to money
- Damage to the home or other property

If you recognise any of these signs and are concerned an adult or child are the victim of abuse, then it's essential you act on your concerns. 'Speaking out' about abuse could save somebody's life. If you are worried that an adult or child may be at risk of abuse or harm, please contact:



**Adults**  
023 8083 3003

**Children**  
023 8083 3004

[southampton.gov.uk/speakout](https://southampton.gov.uk/speakout)

If there is an immediate threat to their safety, contact the police by calling 999.