

# Unsure whether your relationship is **Domestic Abuse** or **Relationship Conflict**?

Cambridgeshire  
and Peterborough

**Family  
Hubs**



You may find yourself with a gut feeling that something isn't right in your relationship, or you may wonder whether the behaviours you are experiencing from your partner or ex-partner are abusive. Domestic abuse and relationship conflict are very different (although can look similar). If you are affected by either it's important to get the appropriate advice and support.

## Questions to consider if you are worried you may be subjected to abuse by your partner or ex-partner

There are different kinds of domestic abuse, but it's usually about having power and control over the other person. If you answer yes to any of the below, you could be experiencing abuse from a partner or co-parent.

### Are you experiencing any of the below?:

#### Psychological:

- ☐ They frighten or scare you
- ☐ You are prevented from going about your everyday activities or they restrict where you go
- ☐ They threaten to hurt or kill you, your family or pets and you believe they would do this
- ☐ They destroy your possessions
- ☐ They access your emails, text messages or letters without your consent
- ☐ You are harassed or followed by them

#### Physical:

- ☐ They hit, slap or punch you
- ☐ They kick or bite you
- ☐ They push or shove you
- ☐ They drive dangerously to intentionally frighten you

#### Emotional:

- ☐ They belittle you, put you down, or tell you that you are always wrong
- ☐ They blame you for the arguments or for the abuse
- ☐ You are prevented from going to work or college
- ☐ They expect you to meet unreasonable demands for attention
- ☐ They accuse you of flirting or having affairs
- ☐ They are isolating you from your family and friends

#### Financial:

- ☐ They limit or control your access to money or assets
- ☐ You are being prevented from working

#### Sexual:

- ☐ You are touched in a way you don't want to be touched
- ☐ They place unwanted sexual demands upon you, or make you feel that you cannot say no to sex
- ☐ They call you hurtful names like 'slag'
- ☐ They take photos of intimate moments without your consent



### IF ANY ABOVE BOXES ARE TICKED, YOU MAY BE EXPERIENCING DOMESTIC ABUSE.

Domestic abuse can happen against anyone — regardless of age, background, gender identity, sex, religion, sexual orientation or ethnicity, and anybody can be an abuser.

## Where to find **support for domestic abuse**

Please contact **Domestic Abuse Support Service (DASS)** if you live in **Cambridgeshire** and you would like to access support or talk to a professional about what you are experiencing.

Telephone: 0300 373 1073 (freephone)

Email: [DASSreferrals@impakt.org.uk](mailto:DASSreferrals@impakt.org.uk)

Website <https://impakt.org.uk/domestic-abuse>

Please contact **The Peacock Project at PWA** if you live in **Peterborough** and you would like to access support or talk to a professional about what you are experiencing.

Telephone: 01733 894964

Email: [referrals@wa-support.co.uk](mailto:referrals@wa-support.co.uk)

Website [www.peterboroughwomensaid.co.uk](http://www.peterboroughwomensaid.co.uk)

If you are not experiencing any of the above, but you are experiencing some of the below behaviours in the relationship with your current or ex-partner, it is more likely the situation is relationship conflict.

### What does conflict look like?

- ☐ Trying to win
- ☐ Making personal comments
- ☐ Not listening to each other
- ☐ Silent treatment
- ☐ No resolution at the end of an argument
- ☐ Shouting, swearing, bickering
- ☐ Undermining each other
- ☐ Your child/ren wishing you were friends with each other

## Where to find **support for relationship conflict**

Relationship interventions provided by OnePlusOne are designed to help parents reflect on conflict in their relationship with current or ex-partners, as well as the impact on their children. [www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents)

If you would like more information on the support available for relationship conflict, please get in touch: **Call: 07554 151514** • **Email: [rpclead@cambridgeshire.gov.uk](mailto:rpclead@cambridgeshire.gov.uk)**



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