

# What is domestic abuse and teen relationship abuse?

Domestic and teen relationship abuse is any type of controlling, bullying, threatening or violent behaviour between people in a personal relationship or between close family members. It includes emotional, physical, sexual, financial, psychological or digital abuse (using social media or mobile phones).

Abusive behaviour can continue even after the relationship has ended.

Domestic and teen relationship abuse is a repeated pattern of behaviour. It often includes several different types of abusive behaviour, and may get worse the longer the two people are together.

People use domestic abuse to control other people.

Both males and females can be abused or abusers.

## Examples of domestic and teen relationship abuse can be:

- ▶ Constantly putting a person down
- ▶ Constantly checking where someone is
- ▶ Stopping someone from seeing their friends and family
- ▶ Hitting, pushing, kicking, pinching
- ▶ Throwing or smashing things
- ▶ Making threats to hurt someone
- ▶ Sending lots of unwanted text messages
- ▶ Checking what someone spends their money on
- ▶ Making someone pay for everything
- ▶ Making someone do sexual things they don't want to do



# STREET

## GLOUCESTERSHIRE

Supporting healthy teenage relationships

SAFE

TEENAGE

RELATIONSHIP

EDUCATION

&

EMPOWERMENT

TEAM



Specialist support for young people affected by domestic abuse and teenage relationship abuse

# STREET

## GLOUCESTERSHIRE

Supporting healthy teenage relationships

### STREET Gloucestershire

is commissioned by Gloucestershire County Council and works closely with Gloucestershire Domestic Abuse Support Service (GDASS).

# What is STREET?

STREET works with young people (aged 13 – 19) living in Gloucestershire who are experiencing domestic abuse or teenage relationship abuse.

We offer 1:1 support and specialist group programmes. All our workers are specially trained in dealing with, and understanding domestic and teen relationship abuse. They will ensure that your wishes and feelings are listened to throughout your support.

## 1:1 support

Our Young Person's Violence Advisor (YPVA) offers support and advice for young people witnessing domestic abuse in the home, experiencing personal teenage relationship abuse, or who are worried about their own behaviour being unhealthy.

The YPVA is able to meet with you on a 1:1 basis to provide an individual support plan focusing on keeping safe, ending a relationship safely, and understanding healthy and unhealthy relationships. The YPVA will arrange to meet you somewhere you feel safe.

## How can I be referred to STREET Gloucestershire?

If you would like to be referred to our service, please talk to an adult about completing a referral form with you.

Referral forms can be downloaded from:

- ▶ [www.gdass.org.uk](http://www.gdass.org.uk)
- ▶ [www.westmerciawomensaid.com](http://www.westmerciawomensaid.com)
- ▶ [www.glostakeastand.com](http://www.glostakeastand.com)

Or they can call us on

**01452 726 584**

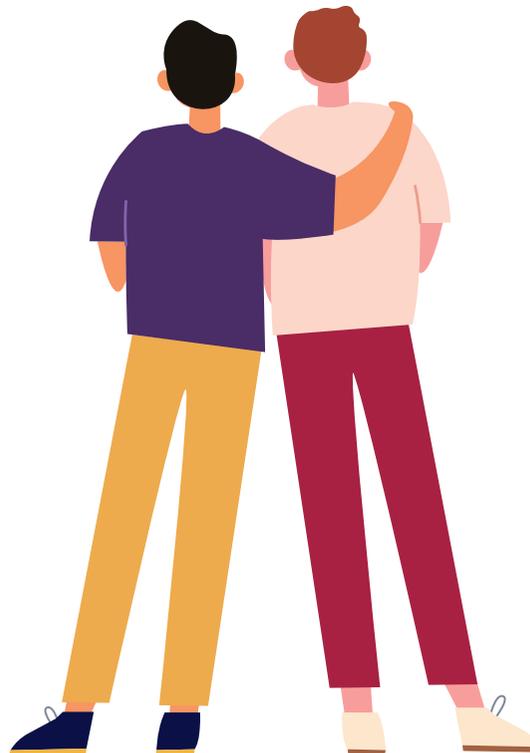
# What can I do?

If you are worried that you, or someone you know, is experiencing domestic or teen relationship abuse at home or in your/their relationship, it is important that you talk to an adult you trust, who can help keep you or them safe. This adult can make a referral to STREET where help and support is available.

You can also call Childline: **0800 11 11** or visit [www.childline.org.uk](http://www.childline.org.uk)

If you are in danger or feel unsafe call **999**

Domestic and teen relationship abuse is not your fault and there is help and support available.



## Group programmes

STREET offers two groups for young people affected by domestic or teen relationship abuse.



CRUSH is for young people at risk of, or affected by any form of domestic or teen relationship abuse whether it has been witnessed or experienced or even if you are worried about your own behaviour in your relationships.

### The CRUSH programme helps young people to:

- ▶ **Avoid abusive relationships and give you the knowledge and tools on how to exit an abusive relationship safely**
- ▶ **Better manage your exposure to domestic abuse within the home**
- ▶ **Build healthy relationships**
- ▶ **Understand gender based bullying**

### The Recovery Toolkit



The Recovery Toolkit is for young people who are no longer experiencing domestic or teen relationship abuse, but may need help understanding and coming to terms with what has happened to them.

This programme provides practical tools to help young people cope with some of the ways domestic or teen relationship abuse impacts on a young person, whilst supporting them to develop positive and healthy relationships.