

Support and help

If you need help, you've got to just say it out loud. Speak to a friend, a teacher, a neighbour or any adult you trust. Don't suffer in silence.

If you need information, support, a safe place to stay or just someone to listen, Ross Shire Women's Aid can help.

Ross-shire Women's Aid

Tel: 01349 863568

Email: info@rosswa.co.uk

CYP Service: 07523252549

Skye & Lochalsh

Tel: 01478 613365

CYP Service: 07848023277

Wester Ross

Tel: 07848 023282

Website:

www.rosswa.co.uk

What can I do to help?

Support us by becoming a member, a supporter, a director, a volunteer or by donating.

You could help us by raising awareness of domestic abuse by telling women, children and young people about our service. Challenging attitudes, displaying our posters, talking about domestic abuse or asking us to come and speak at any groups you may be involved in.

You can pledge to do one thing to end domestic abuse at:

www.togetherwecanstopit.org

Please see our website for details.

Thank you.



Ross-shire Women's Aid is a registered Scottish charity.
Number SC008514.

This is what it's like...

This is what it's like...

This is what it's like...

what it's like...

This is what it's like...

Introduction

Hi, thank you for picking up our leaflet. We are children and young people from Ross-Shire Women's Aid and we decided to make this leaflet to show you what it's really like to live with domestic abuse.

Worry Circle

These are some of our worries:~

- If he comes back who will protect us?
- I wish it was safe to love him, he's my Dad. I want to have a Dad.
- What the next day will bring
- Being judged by everyone in the village
- Having more panic attacks
- Getting sick
- Losing more people
- Getting into trouble
- Not being able to get a job
- Not being able to do my exams
- Being told there's nothing wrong with me when I feel like I'm going mad
- Getting shouted at
- Having a heart attack due to all the panic attacks
- Being by myself
- Having to move, again
- Having to see Dad, I'm scared of him
- Just the thought of going home after school.

After working with our Support Workers from Ross-Shire Women's Aid we now know that.....

- Domestic abuse is bad :(
- I learnt that abuse isn't the victims fault.
- I learnt that there is no excuse.
- It can happen to anyone!
- I learnt that lots of small things count as abuse, like texting all the time etc
- I learnt it's never your fault

Our Words



We had to move house, everyone in my class cried on my last day. G age 8

Daddy scared me. H age 5

Daddy was so horrible to Mummy, he made her cry. D age 4

People must always wonder why Mum didn't leave him, but they don't realise, he would have probably killed her if she did. C age 15

When he would shout it would frighten me, you didn't know what he'd do. S age 13

I was in bed coughing because i had really bad flu. He told me if i didn't stop coughing he would come and batter me. S age 14

I stopped him from falling in the water when he was drunk, i wish I'd just left him. B age 14



Stats In a 24 hour period throughout Scotland:~

73 children independently sought advice and support from Women's Aid Groups.

105 women and 49 children contacted Women's Aid for the first time.

One out of every three women and their children were turned away from refuges due to lack of available space.

100,000 children in Scotland experience domestic abuse. Nine out of ten of these children are in the same or next room during incidents of domestic abuse.

(SWA 2011)

Things do get better

😊 We have got a house to stay in for now. The best thing is that I have my own bedroom again.

😊 We have got a Christmas tree up, which we haven't been allowed to do for 5 years.

😊 We have our own space.

😊 I can start thinking about my future again.

😊 And I got to meet Gary Miller!!!! :)

