



INFORMATION LEAFLET

PERPETRATORS OF DOMESTIC ABUSE/VIOLENCE

If you are violent in your relationship you are a Perpetrator of Domestic Violence. You need to accept this and get help.

If you are being physically violent, emotionally abusive to your partner, intimidating your partner, controlling your partner, sexually abusing your partner, financially abusing your partner- you are a Perpetrator of Domestic Abuse

Many perpetrators of domestic violence & abuse put the blame on their partner - *I'll stop hitting you if you do this - if you do that - if you stop winding me up - if you do what I say etc. etc.*

The only person who is responsible for your actions is *YOU*. By blaming others you are acting like a child - it is time to act like an adult and accept responsibility for your own actions.

The time to get help is *NOW* - not to keep putting it off or denying that you need help. What you are doing is not only against the law but you are ultimately destroying another person, destroying their confidence, their trust, their self esteem and their respect for you.

If you don't get help to stop what you are doing this kind of behaviour will be carried on into all your relationships leaving broken relationships, unhappy relationships, and fearful relationships for your partners.





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You have to want to get help for *YOU*, to be prepared to work hard on yourself and to face up to what you are doing and the damage you are causing your partner and also any children which may be involved in the relationship.

You may have been abusing your partner for many years and got away with it as your partner has been too frightened to challenge you.

“THE POLICE WILL PROSECUTE YOU MALE OR FEMALE WITHOUT ALWAYS HAVING EVIDENCE OR A STATEMENT FROM YOUR PARTNER”.

To be able to take responsibility for your actions and to stop blaming others takes strength and courage. Anyone who rules others through fear and intimidation shows a weakness in themselves and therefore vulnerability. If you are a perpetrator of domestic violence or abuse you can *choose* to take responsibility and get help and support to change or continue to be abusive. If you choose to get help there are agencies who can support you in a variety of ways.

AGENCIES PROVIDING HELP AND SUPPORT FOR PERPETRATORS OF DOMESTIC VIOLENCE

- **AVP Britain (Alternatives to Violence Project): 020 7324 4757**, www.avpbritain.org.uk - Run workshops throughout the country for anyone who has niggly little resentments that become grudges, anyone who gets upset at being ignored, anyone who has difficulty with anger, anyone who is a bully or is bullied, in fact, anyone who wants an alternative to violence.
- **Everyman Project: 020 7263 8884 (London based)**, email everymanproject@btopenworld.com, www.everymanproject.co.uk -





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National helpline for everyone concerned about violence. Counselling service for violent men who want to change

- **Respect: 0845 1228609**, email phoneline@respect.uk.net, www.respect.uk.net - advice and information for perpetrators of domestic violence. Also details of programmes and support services for perpetrators
- **The Mankind Initiative: 0870 794 4124**, www.mankind.org.uk
- **Support Line Telephone Helpline: 01708 765200**, email info@supportline.org.uk - Provides emotional support and details of counsellors and agencies throughout the UK

