Getting support or help
Abuse is difficult to talk about. Telling someone can be an important step towards support, protection and recovery.

Who can help?

**Domestic Abuse**
- Fife Women’s Aid (women & children) 0808 802 5555
- Shakti Fife (ethnic minority women) 01383 431243
- National Domestic Abuse Helpline (for women and men) 0800 027 1234
- Male Advice Line (men) 0808 801 0327
- Family Protection Unit (for women and men) 01592 418460
- Domestic Abuse Unit 01592 776767

**Rape and Sexual Assault** (for women and men)
- Fife Rape and Sexual Assault Centre 01592 642336
- Kingdom Abuse Survivors Project 01592 644217
- Safe Space 01383 739084
- Rape Crisis Helpline 0808 801 0302
- Victim Support Fife 0845 241 2126

In an emergency call 999

...recent or in the past...
...no matter how you live your life...
...the abuser is always responsible

For more copies of this leaflet please phone Fife Domestic and Sexual Abuse Partnership on 01592 583690
Domestic Abuse
Domestic abuse can happen in any partner relationship. You don’t have to be living with someone to suffer abuse. It is usually women who experience domestic abuse, but men are abused too.
Domestic abuse is a pattern of intimidating behaviour. It does not have to include physical violence. It can be psychological, emotional, or sexual abuse and can also include other types of controlling behaviour:
- Isolating you from your family and friends
- Frightening you
- Hurting you
- Keeping you short of money
- Humiliating you
- Demanding sex from you
- Threatening to hurt your children
In one year in Fife, the police responded to 4061 incidents - 3458 women and 552 men. Children are often present and witness the abuse.

Sexual Abuse
Rape and sexual abuse can happen anywhere and to anyone. People often ask ‘why me?’ but there is no real answer to that question. It happens to men, women and children.
Often the abuser is known by the victim.
There are many different kinds of sexual violence. Sexual violence is what happens when someone does not agree to a sexual act. Some examples of this might be:
- Inappropriate touching/comments
- Sexual harassment at work or school
- Rape
- Being made to look at pornography
- Sexual assault

Other abusive behaviours include:
- Stalking and harassment
- Forced marriage
- Commercial sexual exploitation
- Female genital mutilation

You can get support or information if the abuse was recent or in the past.
No matter how you live your life you don’t deserve to be abused. No-one asks for it. It happens to people of all ages, religions and abilities.
Abusers come from all walks of life and are all ages. The abuser is always responsible for their actions.