

Do you feel worried  
about your partner  
treating you badly?



This is an easy read document with pictures

## What is domestic abuse?

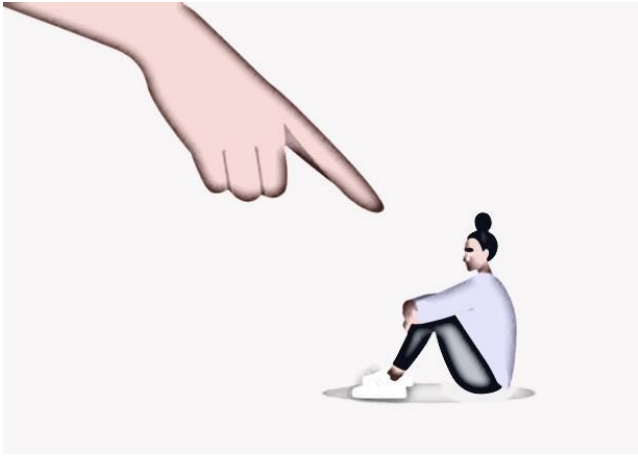
Domestic abuse is when a person who you live with treats you badly. It is when somebody hits, pushes or kicks you. Or when they hurt you in another way.



Domestic abuse is when somebody is shouting at you and saying nasty things.



Domestic abuse is when a person controls you. Or when they make you do things you do not want to do.



They could stop you from going out or seeing friends.



They could break your things to upset you. This could be a mobile phone or other things that you need or like.



Your home should feel safe. Nobody should make you feel scared at home.



Sexual abuse means when a person makes you do sexual activities that you do not want to do.



Domestic abuse and sexual abuse is wrong.

## What is Clare's Law?

Clare's Law is the Domestic Violence Disclosure Scheme. It was named after Clare Wood because she was murdered by her boyfriend when she was 36 years old. Clare's boyfriend had a criminal/violent history that she did not know about.



Ask the police



## Who can ask the police for information?

Clare's Law means you can ask the police what they know about your partner or ex-partner. This will help you to find out if they have treated other people badly in the past.



The police will tell you if they are aware that they have hurt someone before. The police will only share information with you or someone who can keep you safe.

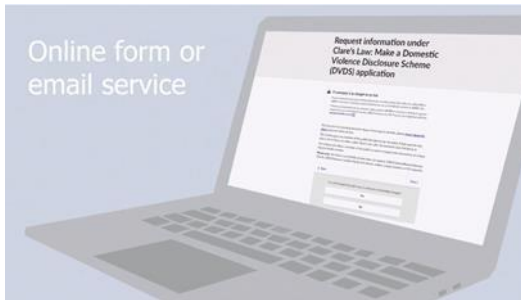
## What do I need to do?

To get help you need to contact the police by calling 101.





Or you can visit the police station.



Some police forces have an online form or email service.



You can ask someone you trust to help with this if you prefer.



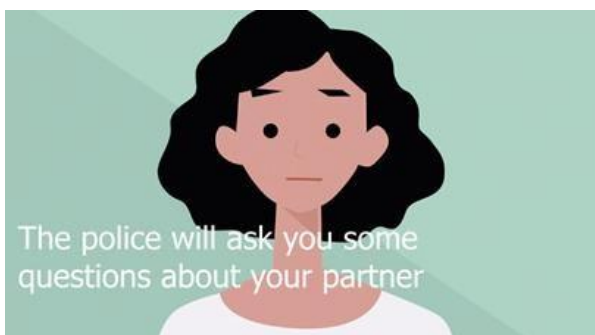
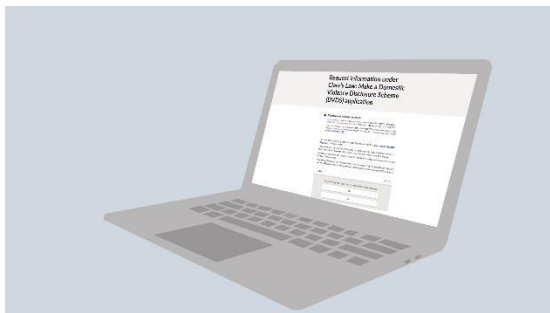
In an emergency or if you are in danger you can call 999. Or you can ask someone you trust to do this for you if you are scared to talk to the police.



If you did not want to contact the police, you can also call the National Domestic Abuse helpline on telephone number 0808 2000 247. They will be able to give you support.

## What will happen next?

The police will need some information from you such as your name, address and date of birth. They will let you know what details they need from you when you contact them.

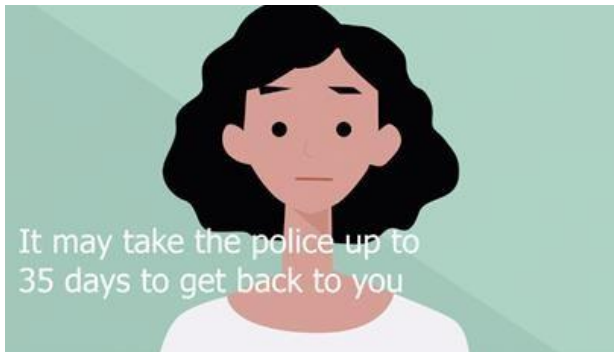


The police will ask you some questions about your partner or ex-partner.





The police will talk to other organisations who may have information about your partner/ ex-partner. The police will decide if they are able to give you information and how this will happen.



It may take the police up to 35 days before they give you any answers or information.



Remember, the police may not give you information about your partner, but that does not mean there isn't anything to worry about.



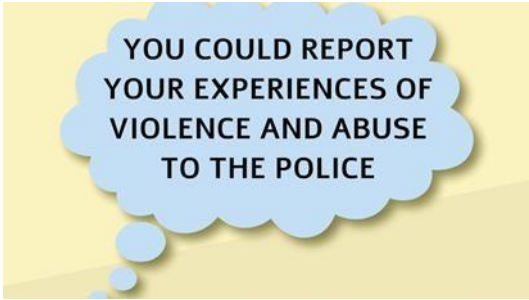


If the police find information, they will contact you.

If you are worried, the police will give you advice and tell you about people who can support you. For example, an Independent Domestic Violence Advisor (IDVA) can support you.

Remember, you are not alone. You do not have to deal with this by yourself.

You could contact a local domestic abuse service for advice, you could call the National Domestic Abuse Helpline:



YOU COULD REPORT  
YOUR EXPERIENCES OF  
VIOLENCE AND ABUSE  
TO THE POLICE

You could report your experiences of violence and abuse to the police.

## **Other people who can help you**

**Women's Aid:** [www.womensaid.org.uk](http://www.womensaid.org.uk)

**Refuge** - Freephone National Domestic Abuse Helpline - 0808 2000 247

**IMKAAN** - For Black and 'Minoritised Ethnic' (BME) women.

<https://www.imkaan.org.uk/get-help>

**Sistah Space** – For African heritage women and girls.

<https://www.sistahspace.org/>

0207 846 8350

**Galop:** <https://galop.org.uk/>

National LGBT+ Domestic Abuse Helpline  
0800 999 5428

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