are you suffering from domestic abuse?

my life
my choice
my right

This leaflet was produced by H.O.P.E Training & Consultancy in conjunction with Break Free in Leicester.
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National Domestic Violence Helpline:
0808 2000 247
Honour Based Violence

Violence and murder in the name of so-called ‘honour’ can take place against people for actual or perceived ‘immoral’ behaviour which is said to have caused their family shame. Breaking the ‘honour code’ is seen as destroying the good name of the family and to be deserving of punishment.

Honour based violence is a form of domestic violence. This is against the law in Britain. If you are being threatened, physically abused, or emotionally abused, you are entitled to help. Emotional abuse can include controlling behaviour, pressure, destructive criticism and isolation. In the UK alone it is estimated 12 Honour Killings per year.

It is not easy to accept that a family member or loved one can behave like this. You may feel like you are to blame. You are not. You need to get help. Don’t feel that you are betraying your family – you have a right to protection and to live without being hurt or threatened.

You can call the National Domestic Violence Helpline on 0808 2000 247. This is confidential. They will not talk to your family. You can also call IKWRO on 0207 920 6460 or the Honour Network Help Line on 0800 5999 247.

For a local service in Leicester, you can call The Safe Project on 0800 022 3353. They can give you housing support. Women’s Aid on 0116 244 0169 also provides free, confidential support and can help you to find a safe place to live. You can also call the Domestic Violence Help Line on 0116 255 0003.

Other Numbers for support are:
- Men’s Advice Line 0808 801 0327
- Lesbian, Gay and Bisexual Centre 0116 255 0667
- Mosaic – “shaping disability services” 0116 262 6900.

Forced Marriages

A marriage must be entered into with the full and free consent of both people. Everyone involved should feel that they have a choice.

A forced marriage is a marriage without the valid consent of both people, where pressure or abuse is used. In 2008, over 1,600 incidents of suspected forced marriage were reported to the Forced Marriage Unit (FMU), 420 of which became cases.

You might be put under physical pressure (when someone threatens to or actually does hurt you) or emotional pressure (for example, when someone makes you feel like you’re bringing shame on your family) to get married.

In some cases people may be taken abroad without knowing that they are to be married. Their passport may be taken away to try and stop them returning home. Forced marriage is an abuse of human rights.

If you or someone you know is being forced into a marriage, help is available. You can contact the Forced Marriage Unit (FMU). The FMU offers confidential support and information.

You will talk to an experienced caseworker who will listen to you. You can talk about your options with them. They can give you information on your rights and how they can support you. They will not contact your family. In 2008 the government introduced forced marriage civil protection orders which may be able to help you if you believe you are being forced to marry.

You can call the FMU on 020 7008 0151 (9 to 5 Monday to Friday) and 020 7008 1500 (at other times).

In the UK we now have Forced Marriage Protection Orders please contact the FMU for further information or a local service in Leicester.

If in immediate danger please call 999.

Female Genital Mutilation

Female Genital Mutilation (FGM), sometimes mistakenly referred to as Female Circumcision, is defined by the World Health Organisation (WHO) as the range of procedures which involve “the partial or complete removal of the external female genitalia or other injury to the female genital organs whether for cultural or any other non-therapeutic reason”.

There are severe consequences, both psychological and emotional and the medical consequences include extreme pain, shock, infection, haemorrhage, infertility, incontinence, HIV and death.

It is estimated that as many as 6,000 girls are at risk of FGM within the UK every year. FGM is carried out because their parents believe it is in the best interest of their daughters. A woman who has not undergone FGM will stand little chance of marriage and will not be accepted by her community. It is illegal to practice in this country.

If you feel you are affected by FGM please contact the FORWARD project on 020 8960 4000 or if you feel a child or young person is at risk please contact your local children’s social care or your local policing unit.

If you would like to report anything anonymously please call Crimestoppers on 0800 555 111.

Useful Numbers (you can take this out)
In an Emergency please call the police 999
SAFE 0800 022 3353
Womens Aid 0116 244 0169
Leicester (BME) Domestic Abuse Support Service 0116 283 0033
Leicester domestic violence helpline 0116 255 0004
Victim Support 0116 262 8416
Forced Marriage Unit 020 7008 1500
Freephone DV Number 0808 2000 247
Stepforward project 0800 917 3506