



# Come Together To End Domestic Abuse

**Mothers' Union and Women's Aid**  
**coming together** across society and communities to  
**end domestic abuse**

## Does your partner:

- isolate you from friends and family?
- deprive you of food or heating?
- monitor your time?
- check up on what you do online?
- take control over aspects of your everyday life, telling you where you can go, who you can see, what you can wear and when you can sleep?
- stop you from getting medical help or support?
- repeatedly put you down, such as saying you're worthless?
- humiliate or degrade you?
- control your money and access to your home?
- make threats or intimidate you?



It can be easy to miss the signs of a coercive, abusive relationship. I didn't know the signs, but I want to make sure that other women do. Please know there is help if you need it.

**Mel B, patron of  
Women's Aid**

Support is available at:  
**[www.womensaid.org.uk](http://www.womensaid.org.uk)**

**You are not alone.**

**#MUEndAbuseTogether**



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## 5 things everyone can do:

- 1. Make a change where you are** – workplace, school, sports club – is there a domestic abuse policy? Is there a poster in the bathroom or in communal spaces on how to get help? Has anyone had domestic abuse training? How about nominating Women's Aid training in your workplace?
- 2. Dispel myths about domestic abuse and challenge sexism** – domestic abuse doesn't happen because you provoked them, and it isn't your fault if you are being abused by your partner – sexist attitudes to women's roles and men's role must be challenged to end domestic abuse.
- 3. Take action, your voice counts** – join campaigns for better protection for survivors to enable us to make a change. You can put on an event or take part in a challenge. You can also donate goods to Women's Aid member organisations through your Local Mothers' Union.
- 4. Learn what to say to someone experiencing abuse** – understand the reasons why it may not be easy to just leave.
- 5. Speak Up** – show we are standing up against domestic abuse together, send us photos and stories about what you are doing in your local area or online to help stop domestic abuse and support survivors. We want to show positive examples of how we can make a difference to encourage others to join with us.

For more information go to

<https://www.mothersunion.org/partnerships/womensaid>