

Physical Abuse

Physical abuse is any intentional act of trauma or harm inflicted by another person. This could be hurting you with their hands, their feet, or an object.

Some examples of physical abuse are:

- Hitting, smacking and slapping
- Punching and kicking
- Pinching, scratching and biting
- Choking, strangling, and shaking you
- Scalding or burning you
- Hair pulling
- Spitting or throwing things at you

How Physical Abuse Affects You

Physical Abuse can leave you with more than marks on your body, it can leave you feeling:

- Frightened or anxious
- Depressed and sad
- Lonely and isolated
- Worthless
- Unable to eat or sleep properly
- Numb, like you have been cut off from your feelings
- Unable to concentrate
- Guilty and worried it is your fault—even though it is not

5 things to remember:

1. No matter what the reason, physical abuse is always wrong
2. **Being abused is not your fault**
3. It might feel like telling someone could make it worse, but getting help will make you safe
4. Physical abuse can make you feel powerless. Being hurt is **never your fault** and RISE is always here to listen, help and support you
5. If you are in immediate danger, call the police on 999, if you are unable to speak, listen and press 55 when prompted

If you think you may be in an abusive relationship, you can call our helpline on 01273 622 822. We're here on Tuesday and Wednesday mornings 9.30 - 12.30. If you can't get through the first time,

For more information on what domestic abuse is visit our [website](#)

Want to get involved and raise awareness? Why not attend our

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