

No Excuse for Abuse



What is abuse?

Abuse is when a person is treated in a mean or unfair way.



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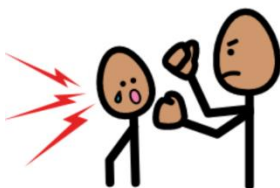
This can be through

Someone trying to control, isolate or scare you which is called 'Emotional Abuse'.

Someone physically hurting you for example:



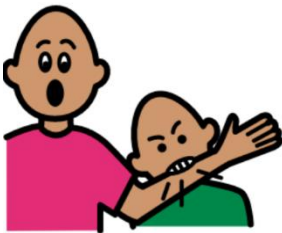
Slapping,



punching,



kicking

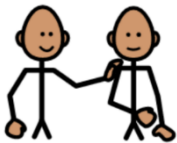


Or biting

This is called 'Physical Abuse'.



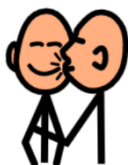
Saying no to being



Touched,



hugged,



kissed,



or to have sex with another person



but they do not listen. This is called 'Sexual Abuse'



Someone taking or spending your money without you knowing or when you said no.



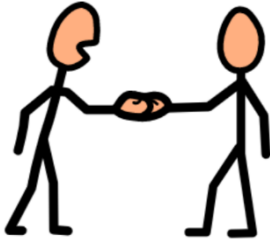
This is called 'Financial Abuse'



Abuse can be done by anyone



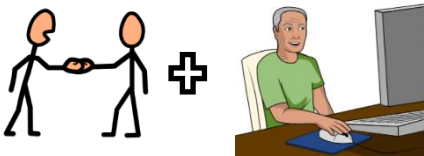
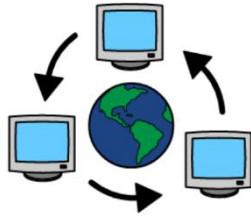
Abuse can happen anywhere



In person



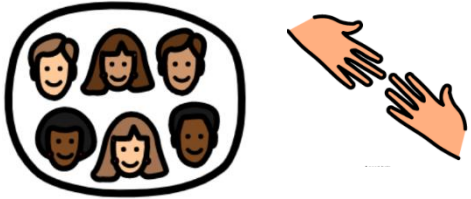
Or Online



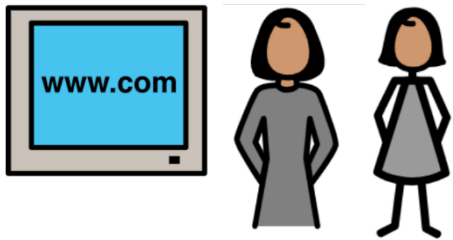
Or both



All abuse must stop



Everyone can help to stop abuse



This website talks about abuse towards women and girls,



as they are at higher risk of abuse.

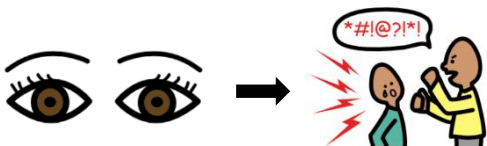


But help is for all people who have experienced abuse across the West Midlands.

Support/Help



We can help people who have experienced abuse



Seen Abuse

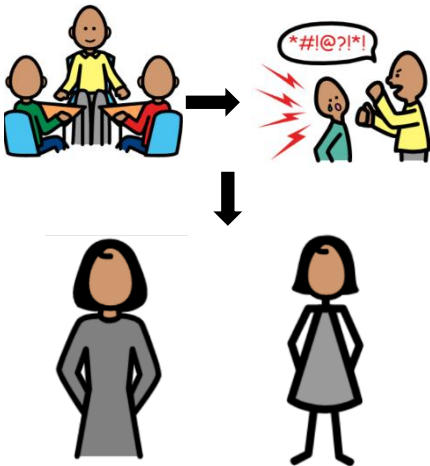


Or are scared about their own behaviour towards others.



We can help you get support from services across the West Midlands.

Campaigns



No Excuse for Abuse help raise awareness and educate about abuse towards women and girls.