

# SATEDA



*Empowering women, ending domestic abuse*

## Domestic abuse - it's not always visible!

### The Facts:

- »» Domestic abuse includes coercive control, emotional abuse, sexual abuse, physical abuse, economic abuse, harassment, stalking and online abuse
- »» 1 in 4 women in England and Wales will experience domestic abuse in their lifetime
- »» 2 women are killed every week in England and Wales by a current or former partner
- »» On average, a woman is assaulted 35 times before she calls the police
- »» Children are victims too. They can experience trauma for the rest of their lives

## Look out for others

Women don't always recognise when they are living with abuse. Look out for your friends and loved ones.

**Talk** to them, **listen** and **signpost** for specialist help.

Find us on social media

@satedacharity



Registered Charity Number: 1155163

For more information call **01795 417251** or visit **sateda.org**

## Helping is easy and life-changing

»» Follow us on social media @satedacharity and remember to share :)



»» **Volunteer!** Use your skills and compassion to help women and children who've experienced domestic abuse - email us: [admin@sateda.org](mailto:admin@sateda.org)

»» **Donate** whatever you can

»» **Download and print the Warning Signs poster** to put up in women's toilets around Swale (workplace, noticeboards, cafes, pubs) to let victims & survivors know they're not alone & there is support available. Head to [sateda.org/resources](http://sateda.org/resources) for more posters



SCAN ME!



SCAN ME!

Domestic abuse is **everybody's** business.  
Let's end it **together.**