I noticed they seemed less confident and frightened.

citizens advice

It doesn't hurt to ask about abusive relationships
Talk about abuse

Last year 1 in 15 women, and 1 in 33 men experienced domestic abuse at the hands of their partner or former partner.

Anyone could find themselves in an abusive relationship whether they are male, female, transgender, gay, straight, bisexual, young or old, and from any background or culture. In our society, women are much more likely to be victims, and those who identify as transgender, disabled people, and people with mental health problems are also at greater risk.

In this guidance we are focusing on domestic abuse by a partner or ex-partner.

Consider your friends and family and help tackle domestic abuse by following these four simple steps:

1. Pay attention to changes in behaviour

Abuse isn't always easy to spot. Even if it's physical it may be hidden. And many abusive relationships might not have any physical violence. Domestic abuse is about one person seeking to control another, be it physical, emotional, financial, psychological or sexual. Changes in behaviour such as going out less, or seeming frightened, could be indicators of domestic abuse.

Find out more about the signs of abuse at **citizensadvice.org.uk/talkaboutabuse**.

2. Start a conversation

When a person decides to tell someone that they're experiencing abuse, they are most likely to tell someone close to them. Don't assume that someone else is better placed to

talk to your friend or family member.

If you decide to talk to a friend about domestic abuse, it is important that you try to understand a bit about what they might be feeling and experiencing, and how you can approach the conversation safely and sensitively. You must feel sure that you will not be overheard and that it is safe to have a conversation. You can contact a specialist helpline (see below for helpline numbers) for advice on how to start a conversation.

You might want to start the conversation focussing on how your friend is feeling, for example, 'I'm worried you've not seemed yourself lately. Is everything OK?'.

3. Listen, support and believe

If your friend does confide in you, you can try to be there for them, to listen, help them understand that they are not alone, and let them know where they can turn to for more support. You want to show them they are believed and raise their confidence to make it more likely they seek specialist help.

You don't want your friend to feel judged or at fault, which they may already feel. Don't say anything that questions or blames them, like asking why they haven't left, or telling them they shouldn't put up with it.

Remember, abusers are dangerous people and there is a chance you could risk the safety of yourself or your friend. Always call the police if you think anyone is in danger.

You may find it hard to see your friend going through a difficult time, and being the person they confide can bring a lot of pressure. Look after yourself and call a specialist helpline

if you need to - they can help you as well as your friend (see below for helpline numbers).

Find out more about how to talk to someone about abuse at: **citizensadvice.org.uk/talkaboutabuse.**

4. Suggest further help

Acknowledging domestic abuse and seeking help is not easy, but you can support your friend and direct them to places where they can get further help, whatever they choose to do.

Always contact the police if you believe anyone is in danger, by calling 999. Police should always treat reports of domestic abuse seriously. If you wish to anonymously report an incident of suspected domestic abuse, you can **call Crimestoppers on 0800 555 111.**

There are many places to turn for further help, both for you and your friend:

For victims, or those who need advice about abuse for someone else:

- In England, call the Freephone 24-hour National Domestic Violence Helpline on 0808 2000 247 (run in partnership by Refuge and Women's Aid). This is open 24-hours a day, but is less busy out of working hours. **nationaldomesticviolencehelpline.org.uk**
- In Wales, call the confidential Live Fear Free Helpline on 0808 80 10 800. **allwaleshelpline.org.uk**

For male victims, or those supporting a male victim:

- Help and support is available for male victims and their friends and family on Men's Advice Line on 0808 801 0327. **mensadviceline.org.uk**

  Advice and support is available for male victims in Wales at **Dynwales.org**.

For people who identify as LGBT experiencing abuse, or concerned about their own behaviour, as well as for their friends and families:

- Contact Broken Rainbow UK on 0300 999 5428. **brokenrainbow.org.uk**

For anyone (male or female) who wants help dealing with their own abusive behaviour:

- Call Respect on 0808 802 4040. **respect.uk.net**

For victims of sexual violence and their families:

- Call Rape Crisis on 0808 802 9999. **rapecrisis.org.uk**

There are also some useful websites you can visit for information, advice and resources. If you fear somebody might check-up on your or your friend's browsing history, find out how to cover your tracks and explain this to your friend before visiting a website.

For online guidance go to: **nationaldomesticviolencehelpline.org.uk**

The Survivor's Handbook from the charity Women's Aid is free and provides information on a wide range of issues - **womensaid.org.uk/domestic-violence-survivors-handbook**.

The Live Fear Free campaign in Wales has guidance and information for victims and friends and family - **livefearfree.org.uk/what-are-the-signs**.

Citizens Advice has online advice about dealing with domestic abuse - See **citizensadvice.org.uk/talkaboutabuse** for more information.

#talkaboutabuse

Free, confidential advice. Whoever you are.

We help people overcome their problems and campaign on big issues when their voices need to be heard.

We value diversity, champion equality, and challenge discrimination and harassment. We're here for everyone.

citizensadvice.org.uk

Published September 2015

Citizens Advice is an operating name of The National Association of Citizens Advice Bureaux. Registered charity number 279057.

Y llynedd, dioddefodd bron i 1 o bob 15 menyw, ac 1 o bob 33 dyn achos o gam-drin domestig gan bartner neu gynbartner.

Mae unrhyw un yn gallu bod mewn perthynas gamdriniol - boed yn ddyn, menyw, trawsrywiol, hoyw, heterorywiol, deurywiol, hen neu ifanc, ac o unrhyw dras neu ddiwylliant. Menywod sydd fwyaf tebygol o ddioddef yn ein cymdeithas ni, ac mae pobl drawsrywiol, pobl anabl a phobl â phroblemau iechyd meddwl hefyd mewn mwy o berygl.

Mae'r daflen hon yn canolbwyntio ar gam-drin domestig gan bartner neu gynbartner.

Felly, meddyliwch am eich ffrindiau a'ch teulu a helpwch i fynd i'r afael â cham-drin domestig trwy ddilyn y pedwar cam syml canlynol:

1. Cymryd sylw o newidiadau mewn ymddygiad

Dyw hi ddim bob amser yn hawdd sylwi ar arwyddion o gamdriniaeth. Efallai nad yw llawer o berthnasau camdriniol yn cynnwys unrhyw drais corfforol. Mae cam-drin domestig yn golygu bod un unigolyn yn ceisio rheoli'r llall, boed yn gorfforol, emosiynol, ariannol, seicolegol neu rywiol. Gall newidiadau mewn ymddygiad, fel peidio â mynd allan mor aml neu rywun sy'n ymddangos yn ofnus, fod yn arwyddion o gam-drin domestig.

I ddysgu mwy am arwyddion o gam-drin, ewch i **citizensadvice.org.uk/talkaboutabuse**.

2. Cychwyn sgwrs

Mae pobl yn llawer mwy tebygol o drafod achos o gam-drin gyda rhywun sy'n agos iddyn nhw. Peidiwch â chymryd bod rhywun

arall mewn sefyllfa well i siarad â'ch ffrind neu berthynas.

Os ydych chi'n penderfynu trafod cam-drin domestig gyda ffrind, mae'n bwysig i chi geisio deall rhywfaint am yr hyn y gallan nhw fod yn ei deimlo a'i brofi, a sut i sgwrsio'n ddiogel a sensitif. Gofalwch na fydd neb arall yn clustfeinio arnoch a'i bod hi'n ddiogel i godi'r mater yn y lle cyntaf. Gallwch gysylltu â llinell gymorth gyfrinachol (gweler isod am rifau ffôn) am gyngor ar sut i gychwyn sgwrs.

Efallai yr hoffech gychwyn sgwrs trwy holi sut mae'r unigolyn dan sylw'n teimlo ar hyn o bryd, er enghraifft, "Dw i'n poeni nad wyt ti fel ti dy hun yn ddiweddar. Ydi popeth yn iawn?"

3. Gwrando, cefnogi, credu

Os yw'ch ffrind yn penderfynu ymddiried ynoch, ceisiwch fod yno ar eu cyfer, gwrando arnynt, eu helpu i ddeall nad ydyn nhw ar eu pen eu hunain, a dweud lle i gael rhagor o gymorth. Dylech ddangos eich bod yn eu credu a rhoi hwb i'w hyder fel eu bod yn fwy tebygol o ofyn am gymorth arbenigol.

Dydych chi ddim eisiau i'ch ffrind deimlo fel bod eraill yn eu beio na'u beirniadu. Hwyrach eu bod yn teimlo felly'n barod. Peidiwch â dweud unrhyw beth sy'n cwestiynu nac yn barnu, fel gofyn i'ch ffrind pam nad yw wedi gadael y partner neu ddweud na ddylai orfod diodde'r fath driniaeth.

Cofiwch, mae camdrinwyr yn bobl beryglus ac fe allech chi fod yn peryglu'ch bywyd chi neu'ch ffrind. Ffoniwch yr heddlu'n ddi-oed os ydych chi'n credu bod rhywun mewn perygl.

Gall fod yn anodd i chi weld eich ffrind yn

mynd trwy amser caled, a gall fod yn dipyn o straen arnoch chi fel rhywun y mae'ch ffrind yn penderfynu ymddiried ynddo. Gofalwch amdanoch chi'ch hun a ffoniwch linell gymorth arbenigol os oes angen – maen nhw'n gallu'ch helpu chi yn ogystal â'ch ffrind (gweler isod am y rhifau ffôn).

I gael rhagor o wybodaeth am sut i sgwrsio gyda rhywun sy'n cael ei gam-drin, ewch i **citizensadvice.org.uk/talkaboutabuse**.

4. Awgrymu cyngor pellach

Dyw cydnabod achos o gam-drin domestig ddim yn beth hawdd, a dyw hi ddim yn hawdd gofyn am gymorth chwaith, ond fe allwch chi gefnogi a chyfeirio'ch ffrind at ffynonellau cymorth pellach, beth bynnag mae'n dewis ei wneud.
Mae sawl lle i droi am gymorth, ar eich cyfer chi a'ch ffrind.

Cofiwch gysylltu â'r heddlu os ydych chi'n credu bod rhywun mewn perygl, trwy ffonio 999. Os hoffech chi gofnodi achos posibl o gam-drin domestig yn ddienw, ffoniwch **Crimestoppers ar 0800 555 111**.

I ddioddefwyr, neu rai sydd angen cyngor am gamdriniaeth ar ran rhywun arall:

- Ffoniwch Linell Gymorth Cymru Gyfan (cyfrinachol) ar 0808 80 10 800. **allwaleshelpline.org.uk**
- Yn Lloegr, ffoniwch Rhadffon 24 awr y National Domestic Violence Helpline ar 0808 2000 247 (partneriaeth Refuge a Chymorth i Ferched). Mae ar agor 24 awr y dydd, ond yn llai prysur y tu allan i oriau gwaith. **nationaldomesticviolencehelpline.org.uk**

I ddioddefwyr gwrywaidd, neu rai sy'n eu cefnogi nhw:

- Mae Project Dyn yn darparu cyngor a chymorth i ddioddefwyr gwrywaidd yng Nghymru. **Dynwales.org**.
- Mae cyngor a chymorth ar gael i ddioddefwyr gwrywaidd a'u ffrindiau a theuluoedd trwy ffonio'r Men's Advice Line ar 0808 801 0327. **mensadviceline.org.uk**

I aelod o'r gymuned LGBT sy'n dioddef achos o gam-drin neu'n poeni am eu hymddygiad eu hunain, ac am eu ffrindiau a'u teuluoedd:

- Ffoniwch Broken Rainbow UK ar 0300 999 5428. **brokenrainbow.org.uk**

I unrhyw un (dyn neu fenyw) sydd angen cymorth i ddelio â'u hymddygiad camdriniol eu hunain:

- Ffoniwch Respect ar 0808 802 4040. **respect.uk.net**

I ddioddefwyr trais rhywiol, a'u ffrindiau a'u teuluoedd:

- Ffoniwch Rape Crisis ar 0808 802 9999. **rapecrisis.org.uk**

Mae rhywfaint o wefannau arbenigol yn cynnwys gwybodaeth ac adnoddau hefyd, yn ogystal â dolenni i sefydliadau arbenigol sy'n gallu helpu. Os ydych chi'n ofni y gallai rhywun gadw llygad ar ba wefannau mae'ch ffrind yn eu defnyddio ar y we, dysgwch sut i guddio hynny ac esboniwch hyn i'ch ffrind cyn ymweld â gwefan benodol.

Ewch i **nationaldomesticviolencehelpline.org.uk** am ganllawiau ar-lein.

Mae llawlyfr am ddim The Survivor's

Handbook gan elusen Cymorth i Ferched yn darparu gwybodaeth am bob math o faterion – **womensaid.org.uk/domestic-violence-survivors-handbook**

Mae gan ymgyrch Byw heb Ofn Cymru ganllawiau a gwybodaeth i ddioddefwyr, eu ffrindiau a'u teuluoedd - **livefearfree.org.uk/what-are-the-signs**.

Mae gan Cyngor ar Bopeth gyngor ar-lein ar sut i ymdrin â cham-drin domestig.

#talkaboutabuse

Cyngor cyfrinachol, am ddim. Pwy bynnag ydych chi.

Rydyn ni'n helpu pobl i oresgyn eu problemau ac yn ymgyrchu ar faterion pwysig pan fydd angen i'w lleisiau gael eu clywed.

Rydyn ni'n gwerthfawrogi amrywiaeth, yn hyrwyddo cydraddoldeb ac yn herio gwahaniaethu a harasio. Rydyn ni yma i bawb.

citizensadvice.org.uk

Cyhoeddwyd Medi 2015

Mae Cyngor ar Bopeth yn enw gweithredu ar Gymdeithas Genedlaethol Cyngor ar Bopeth. Rhif elusen gofrestredig 279057.

Sylwais eu bod nhw'n ymddwyn yn ofnus a llai hyderus.

cyngor ar bopeth

Dydi hi ddim yn brifo i ofyn am berthnasau gamdriniol
Siarad am gamdriniaeth