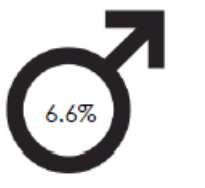
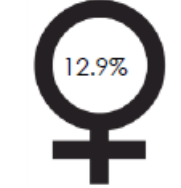
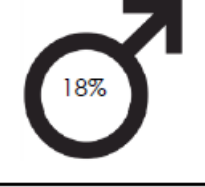


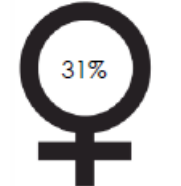

















<p>Define: Domestic Abuse</p>	<p>Types of Abuse</p>	<p>Signs of Abuse</p>		
<p>Domestic abuse is violence or other abuse by one person against another in a domestic setting, such as in marriage or cohabitation or between siblings. .</p>	<p>Physical Abuse: Hitting, slapping, shoving, grabbing, pinching, biting, hair pulling, etc. are types of physical abuse. This type of abuse also includes denying a partner medical care or forcing alcohol and/or drug use upon him or her.</p>	<p>Physical</p>	<p>Emotional</p>	<p>Social</p>
<p>The Statistics</p>	<p>Sexual Abuse: Coercing or attempting to coerce any sexual contact or behavior without consent. Sexual abuse includes, but is certainly not limited to, marital rape, attacks on sexual parts of the body, forcing sex after physical violence has occurred, or treating one in a sexually demeaning manner.</p>	<p>Unexplained and an increase in Injuries such as:</p> <ul style="list-style-type: none"> • Black eyes • Busted lips • Red or purple marks on the neck • Sprained wrists • Bruises on the arms <p>It's also common for someone to try to cover up the physical signs with clothing. For example:</p> <ul style="list-style-type: none"> • Wearing long sleeves or scarves in the hot summer. • Wearing heavier than normal makeup • Wearing sunglasses inside 	<p>Domestic abuse, of course, can take a serious emotional toll, creating a sense of helplessness, hopelessness, or despair.</p> <p>Other emotional signs of abuse include:</p> <ul style="list-style-type: none"> • Low self-esteem • Extremely apologetic or meek • Seeming fearful • Changes in sleep habits • Agitation, anxiety, or constant apprehension • Developing a drug or alcohol problem • Symptoms of depression • Loss of interest in daily activities • Talking about or attempting suicide 	<p>If you notice that someone who was once outgoing and cheerful has gradually become quiet and withdrawn, it could be a sign of domestic abuse.</p> <p>You may notice that the person:</p> <ul style="list-style-type: none"> • Is reserved and distant • Drops out of activities they would usually enjoy. • Cancels appointments or meetings with you at the last minute. • Is often late to work or other appointments. • Exhibits excessive privacy concerning their personal life or the person with whom they're in a relationship. • Begins isolating themselves by cutting off contacts with friends and family members
<p>16 to 19-year old's had experienced domestic abuse in the past year (2015)</p>	<p>Emotional Abuse: Undermining an individual's sense of self-worth and/or self-esteem is abusive. This may include, but is not limited to constant criticism, diminishing one's abilities, name-calling, or damaging one's relationship with his or her children.</p>	<p>Who Can you turn to for help and Support</p>		
		<p>Parents or trusted family members and Friends</p>		<p>The Police / Community support officers</p>
<p>13 to 17-year old's who had experienced physical abuse from an intimate partner</p>	<p>Economic Abuse: Is defined as making or attempting to make an individual financially dependent by maintaining total control over financial resources, withholding one's access to money, or forbidding one's attendance at school or employment.</p>	<p>School Safe Guarding Team or any member of staff.</p>		
		<p>NSPCC</p>	<p>Helpline: 0808 800 5000 (24 hours, every day) nspcc.org.uk</p>	
<p>13 to 17-year olds reported some form of sexual abuse within their relationships.</p>	<p>Psychological Abuse: Elements of psychological abuse include - but are not limited to - causing fear by intimidation; threatening physical harm to self, partner, children, or partner's family or friends; destruction of pets and property; and forcing isolation from family, friends, or school and/or work.</p>	<p>Childline</p>	<p>Helpline: 0800 1111 (24 hours, every day) https://www.childline.org.uk</p>	
		<p>Women's Aid</p>	<p>Helpline: 0808 2000 247 24hr https://www.womensaid.org.uk</p>	
		<p>Men's Advice Line</p>	<p>Helpline: 0808 801 0327 Monday-Friday 9am-5pm http://www.mensadviceline.org.uk/</p>	

<p>Define: Contraception</p> <p>Methods that are used to prevent pregnancy from occurring during sexual activity.</p>
<p>Define: Hormonal Methods</p> <p>Contraceptive methods with use hormones to prevent pregnancy, usually used by Women only.</p>
<p>Define: Barrier Methods</p> <p>Contraceptive methods which prevent pregnancy by stopping the sperm from reaching the egg.</p>
<p>Define: Combination Methods</p> <p>Contraceptive methods which use both hormonal and barrier methods to prevent pregnancy.</p>
<p>Define: Natural Methods</p> <p>Contraceptive methods which do not use hormones or barriers, mostly focused on fertility awareness</p>

	Birth Control	How to Use	Prescription Needed	Protects Against STDs
Hormonal	Monthly oral contraceptive (the Pill) 	Take one pill every day as directed.	Yes	No
	Extended-regimen oral contraceptive 	Take one pill every day for three months as directed.	Yes	No
	Patch 	Apply to skin and change weekly.	Yes	No
	Vaginal ring (hormonal) 	Insert monthly and leave in place for 21 days.	Yes	No
	Injection 	Get injections every three months.	Yes, injections given in health care provider's office.	No
	Hormonal intrauterine contraceptive (IUC) 	Inserted in the uterus and can remain for up to three or five years.	Yes, IUC inserted in health care provider's office.	No
	Implantable hormonal contraceptive 	Implanted under the skin of the arm and can remain for up to three years.	Yes, implanted in health care provider's office.	No
Non-hormonal	Spermicide 	Apply every time before sex.	No	No
	Diaphragm 	Insert every time before sex. Keep in place for six hours after sex.	Yes	No
	Contraceptive sponge 	Insert vaginally. Effective for 24 hours. Keep in place for six hours after sex.	No	No
	Cervical cap 	Insert every time before sex and keep in place for six hours after sex.	Yes	No
	Female condom 	Insert every time before sex.	No	Yes
	Male condom 	Partner must wear every time during sex.	No	Yes (latex or synthetic only)
	Non-hormonal intrauterine contraceptive (IUC) 	Inserted in the uterus and can remain for up to 10 years.	Yes, IUC inserted in health care provider's office.	No
	Female sterilization or male sterilization (vasectomy) 	No action required after surgery.	No, performed surgically.	No

Where to get more help and support
<ul style="list-style-type: none"> Your Doctor Community Nurse School Nurse NHS Online www.healthforteens.co.uk www.brook.co.uk

Things to Remember
<ul style="list-style-type: none"> Contraception is a personal choice. You may need to try more than one to find what works best for you. You will need to consult your Doctor for most contraceptive methods.