



Women's Aid Multi-Lingual Video Script 2022

1. Domestic violence and abuse happens to many women. It can affect any woman at any age and from any background. The person abusing you can be your current spouse or partner. Abuse can also continue after a relationship ends.
2. There is no excuse for domestic violence and it is not your fault if it happens to you.
3. In Ireland there are laws to help protect those who are abused.
4. Domestic abuse can include physical violence (such as hitting or slapping) but it doesn't always include physical violence; emotional abuse is very common and can have a very serious impact. Emotional abuse can include calling you names, making you feel worthless. It can be very controlling behaviour, threatening to hurt you or your loved ones, and isolating you from your family and friends. There can also be economic abuse. Economic abuse might include controlling all the family finances or not allowing you to work.
5. Domestic abuse can also include sexual abuse and rape.
6. It can feel very difficult to talk about what is happening to you if you are being abused, but Women's Aid is here to help.
7. Call the Women's Aid National Freephone Helpline for free and confidential support. The Helpline is open 24 hours a day, 7 days a week. The number is 1800 341 900.
8. You can also visit our website, www.womensaid.ie for more information.
9. You are not alone
10. Women's Aid – Listening, Believing, Supporting.