



# Teenhelp

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## Domestic Abuse - Introduction

*No one should have to experience or witness domestic abuse. Help is available.*

This section is for young people who are concerned about domestic abuse. It may be something that is happening in your life, or to someone that you know and care about. Or maybe it is something you want to understand better.

The facts about domestic abuse aren't easy reading, but it can affect anyone. Many young people grow up seeing a parent being hurt or living in fear and may be victims themselves. It doesn't just happen at home. Domestic abuse also includes abuse by other relatives, boyfriends, girlfriends or ex-partners. If it is happening in your life, it probably means you are living with a lot of stress, fear, anger, sadness or guilt.

### Did you know?

No one should have to experience or witness domestic abuse. Help is available. The information you find here will help you to understand more about domestic abuse and show you where and how to get help and support.

- No one has the right to abuse another person.
- You have the right to be safe.
- Abusive behaviour by other people is not your fault - you are not to blame.
- You are not alone. Domestic abuse is common, though usually hidden.
- If you are concerned or worried about domestic abuse or if you are not safe, talk to someone you can trust.

### Your rights

The UN Convention on the Rights of the Child (which Ireland signed up to in 1992) provides many rights to all children and young people. It declares:



You have the right:

- To be protected and live free violence, abuse or harm.
- To be brought up by your parents in a family, unless it is not in your interests.
- To express your views and to have them taken into account in matters affecting you.
- To have decision affecting you made in your best interest.
- To be treated with dignity and respect.
- To be free from discrimination.