

Trauma-Informed Language Guide

Domestic Abuse



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“The way I would describe language is the feeling it gives you, not necessarily the words. The kindness behind it, the person behind it. You don’t always remember what you got for a birthday, but you always remember how it felt. You don’t always remember exact terminology, but you will always remember the feeling it gave you. Trauma-informed language helps to create a kinder memory or feeling, it is the difference between someone wanting to come back to be safely supported or not. We don’t expect perfection, but we all deserve kindness.”

Hampshire Authentic Voice Panel member

1. Introduction: why language matters

This guide supports professionals in using language that is trauma-informed, non-judgmental and respectful when working with individuals affected by domestic abuse. Language shapes experience – it can either empower or alienate.

Language is not just the verbal words we use – it also includes our tone of voice, facial expressions, gestures, posture and overall body language. These non-verbal cues can significantly influence how messages are received and interpreted, especially in sensitive or trauma-informed contexts.

While we may use certain terms to describe groups of people or types of behaviour for clarity and consistency, when referring to an individual, we must approach them as a person – using their name where appropriate or asking how they would like to be described. This respects their identity, autonomy and lived experience.



*“Ask the person what they want to be referred to as – this is **THE** most important question.”*

**Hampshire Authentic Voice
Panel member**



“I do not identify with the word survivor because it intimates that I may not have survived. And that was never an option.”

**Hampshire Authentic Voice
Panel member**



“When I hear the word ‘victim’ I feel small, and helpless, and like my voice cannot be heard. I am not these things – I am strong and my voice is mighty.”

Hampshire Authentic Voice Panel member

This guide helps ensure our words foster safety, dignity and access to support.

The impact of language on safety, trust and access to support

People affected by domestic abuse often face significant barriers to seeking help. Language can either lower or raise those barriers. When professionals use respectful, validating and trauma-informed language, it:

- **Creates psychological safety:** Victims/survivors are more likely to disclose abuse when they feel heard and not judged.
- **Builds trust:** Language that reflects empathy and neutrality fosters stronger relationships between professionals and those they support.
- **Improves access to services:** Inclusive and non-blaming language encourages engagement and reduces fear of being misunderstood or dismissed.

Conversely, language that is dismissive, judgmental or overly clinical can retraumatise individuals, discourage disclosure and reinforce feelings of shame or isolation.

How language can empower or create barriers

Words can empower victims/survivors by:

- Affirming their experiences without judgment.
- Recognising their strength and resilience.
- Supporting autonomy and informed decision-making.

However, language can also create barriers when it:

- Implies blame or responsibility for the abuse.
- Minimises the seriousness of the harm.
- Uses jargon or terms that feel alienating or stigmatising.
- Can subtly express disbelief, which may invalidate the victim/survivor's experience and undermine trust.



"Language is important because words have the power to heal but they can also do great damage. How you choose to define me, impacts how I then define and see myself. This directly affects my ability to heal and for change to happen."

Hampshire Authentic Voice Panel member

For example, describing someone as 'non-compliant' or referring to abuse as a 'domestic dispute' can obscure the reality of coercion, fear and trauma.

The importance of not colluding with people using abusive behaviours

Professionals must be vigilant not to unintentionally collude with individuals who use abusive behaviours. This can happen when:

- Language downplays the abuse, e.g. *"He/she just lost their temper."*
- Responsibility is shifted away from the person using harm, e.g. *"She/he provoked him."*
- The focus is placed on the victim/survivor's actions rather than the perpetrator's patterns of control.

Trauma-informed language keeps the focus where it belongs: on the harm caused and the need for safety and accountability. It avoids reinforcing narratives that excuse or justify abuse.

Note on gendered language:

Domestic abuse affects people of all genders and professionals must avoid making assumptions based on gender. Gender-neutral language matters because it ensures inclusivity, avoids reinforcing stereotypes and recognises the diverse experiences of those affected by abuse. Using neutral terms helps create safer, more respectful environments for everyone, regardless of gender identity. While some examples in this guide may refer to the victim/survivor as 'she' and the person using harm as 'he,' this is for illustrative clarity only.



2. Principles of trauma-informed language

The six trauma-informed principles that Hampshire works to¹ are:

- **Safety:** Prioritise physical, psychological and emotional safety; create environments that prevent re-traumatisation.
- **Trust:** Build trust through transparency, consistency and clear communication.
- **Choice:** Support shared decision-making and respect each person's autonomy and preferences.
- **Collaboration:** Work alongside people, valuing their input and lived experience in shaping services.
- **Empowerment:** Validate feelings, share power and support people to take action and make decisions.
- **Cultural considerations:** Recognise and respond to cultural, historical and identity-based factors; avoid stereotypes and ensure inclusivity.

Trauma-informed language is rooted in respect, empathy and an understanding of how trauma affects communication, behaviour and decision-making. It helps professionals create safer, more inclusive environments for people affected by domestic abuse.

Respect, empowerment and neutrality

Trauma-informed language should always:

- **Respect a person's experience:** Avoid assumptions or judgments. Use language that validates and centres the person's perspective.
- **Empower the person:** Focus on strengths, choices and autonomy. Avoid language that implies helplessness or passivity.
- **Remain neutral and factual:** Describe behaviours and events without emotional or moral interpretation. This helps avoid bias and supports clarity in documentation and conversation.

Example:

"S/he refused help and was being difficult" can be reframed as, "S/he declined the support offered at that time and expressed distress."

The first phrase comes across as judgmental and doesn't consider barriers to access or readiness. It also minimises the complex range of factors that drive people's ability to access and engage with services.

¹ As identified in the Hampshire Police and Crime Commissioner's [Trauma Informed Self-Assessment Toolkit](#)



Adapting language to different contexts and audiences

Trauma-informed language is not one-size-fits-all. It should be adapted based on:

- **The setting** (e.g. health, legal, education, social care).
- **The audience** (e.g. adults, children, professionals, people with lived experience).
- **The purpose** (e.g. documentation, conversation, safeguarding reports).

See the section 'Context matters' for more information.

Language as a tool for safety and healing

Trauma-informed language is not just about avoiding harm – it's about actively supporting healing. It:

- Helps people feel seen and heard.
- Reduces shame and stigma.
- Encourages engagement with services.
- Builds trust between professionals and those they support.

By applying these principles consistently, we create environments where people feel safe to disclose, seek help and begin recovery.

3. Understanding and avoiding victim-blaming language



Victim-blaming occurs when language implies that the person experiencing abuse is responsible for the harm they've suffered. It can be subtle or overt, and even well-intentioned professionals may use phrases that unintentionally reinforce shame, guilt or self-blame.

What victim-blaming looks like

Victim-blaming language often shifts focus away from the person using abusive behaviours and onto the actions, decisions or perceived flaws of the person experiencing harm.

Examples of victim-blaming phrases:

- *"S/he keeps going back."*
- *"They didn't report it, so it must not have been that bad."*
- *"S/he provoked him."*
- *"They're just attention-seeking."*
- *"S/he chose to stay."*

These statements ignore the complex realities of abuse, including fear, coercion, financial dependence, trauma bonding and lack of safe alternatives.

How to reframe language to avoid blame

Trauma-informed language acknowledges the victim/survivor's experience without judgment and focuses on the behaviour of the person using harm.

Reframed examples:

Victim-blaming	Trauma-informed
"They refused help."	"They declined support at that time."
"They snapped after s/he confronted them."	"They responded with abusive behaviour when challenged."
"They keep going back."	"They made a decision based on complex emotional and safety factors."
"They didn't engage with services."	"They may not have felt safe or ready to engage."

Why it matters

Victim-blaming language can:

- Reinforce feelings of shame and isolation.
- Discourage disclosure and help-seeking.
- Undermine trust between professionals and victims/survivors.
- Perpetuate myths about domestic abuse.

By consciously avoiding victim-blaming language, professionals help create a safer, more validating environment that supports recovery and access to justice.



4. Using trauma-informed language in report writing



"How you talk about me when I'm not there still matters. What words do you use about me when you're writing case notes, or talking with colleagues in the office? This will impact how you work with me when I am present."

Hampshire Authentic Voice Panel member

Written records – especially case notes, assessments and reports – are a vital part of professional practice. They may be read by the individuals they concern, shared across agencies or used in legal proceedings. The language used in these documents must be accurate, respectful and trauma-informed. It must also be factual, not subjective.

Why it matters

- **Victims/survivors may request access to their records.** Language that is judgmental, dismissive or emotionally charged can retraumatise or alienate them.
- **Written language shapes professional perceptions.** It influences how other practitioners respond to a case.
- **Documentation can be used in court or safeguarding processes.** Neutral, factual language supports clarity and fairness.

Key principles for trauma-informed writing

1. Describe behaviours, not character

Focus on what was said or done, not assumptions about intent or personality.

-  "They expressed anger and raised their voice."
-  "The person was aggressive and threatening."

2. Avoid judgmental or loaded terms

Replace terms like 'refused,' 'manipulative,' or 'non-compliant' with neutral alternatives.

-  "They declined the offer of support."
-  "They refused to engage."

3. Use person-centred language

Refer to individuals respectfully and consistently – ask them what their preference is.

-  "Person affected by domestic abuse."
-  "Victim" (unless preferred by the individual)

4. Acknowledge complexity

Recognise that decisions may be influenced by trauma, fear or lack of safe options.

-  "They returned to the relationship, which may reflect emotional, financial or safety concerns."

5. Avoid collusion with abusive narratives

Do not repeat or validate justifications for abusive behaviour.

-  "The individual using abusive behaviours stated..."
-  "They said s/he provoked them."

Examples of trauma-informed case notes

 Not trauma-informed	 Trauma-informed
"They were manipulative and refused help."	"They expressed distress and declined support at that time."
"They were attention-seeking and dramatic."	"They expressed distress and sought support."
"The person failed to engage with services."	"The person did not attend the scheduled appointment; reasons unknown."



5. Body language and non-verbal communication

Trauma-informed practice goes beyond words. Our body language, tone and non-verbal cues can either reinforce safety and trust – or unintentionally signal judgment, impatience or threat. This is especially important when working with individuals who have experienced domestic abuse, as trauma can heighten sensitivity to perceived danger or dismissal.

Why body language matters

People affected by trauma often scan for non-verbal signals to assess safety. Facial expressions, posture, tone and proximity can either support or undermine the verbal message being delivered. When professionals use calm, open and respectful body language, it:

- Reinforces verbal messages of safety and support.
- Helps victims/survivors feel seen, heard and respected.
- Prevents retraumatisation and fosters trust.
- Encourages engagement and disclosure.

Conversely, body language that appears rushed, closed off or judgmental can discourage communication and reinforce feelings of shame or fear.

Key principles for trauma-informed non-verbal communication

1. Open and calm posture

- Avoid crossed arms, clenched fists or looming over someone.
- Sit or stand at eye level when possible

2. Facial expressions

- Maintain a neutral or warm expression.
- Avoid frowning or expressions of disbelief.

3. Tone of voice

- Use a calm, steady tone.
- Avoid sounding rushed, frustrated or overly clinical.

4. Eye contact

- Maintain gentle eye contact but respect cultural and personal boundaries.
- Avoid staring or appearing distracted.

5. Proximity and space

- Respect personal space – especially in moments of distress.
- Ask before moving closer or offering physical support.

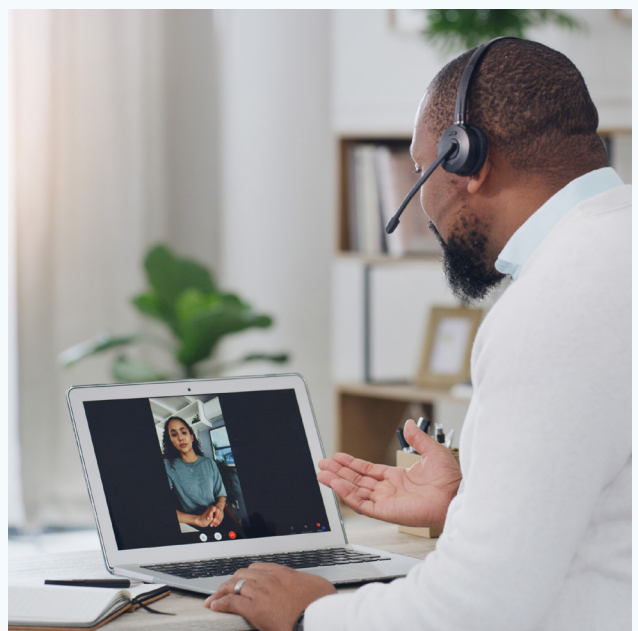
6. Pacing and silence

- Allow time for responses.
- Use silence supportively, not as pressure.

In virtual settings

Even in online meetings or calls, non-verbal cues matter:

- Look into the camera occasionally to simulate eye contact.
- Nod or use affirming gestures to show engagement.
- Avoid multitasking or appearing distracted.
- Use a calm background and avoid abrupt movements.



6. Talking to children affected by domestic abuse



Children who experience or witness domestic abuse may struggle to understand what has happened, express their feelings, or feel safe enough to talk. Trauma-informed language helps professionals communicate in ways that are age-appropriate, validating and supportive – without causing further harm or confusion.

Why it matters

- Children may internalise blame or feel responsible for the abuse.
- They may have limited vocabulary to describe their experiences.
- The way adults talk to children about abuse can shape their understanding, emotional recovery and willingness to seek help.

Principles for trauma-informed communication with children

Always start by telling the child they can take breaks when needed – this will help them feel in control and help avoid overwhelm. Go at the child's pace and check in throughout – this shows you care and builds trust.

1. Use simple, clear language

- Avoid jargon or euphemisms.
- Speak in short, direct sentences appropriate to the child's age and developmental level.

2. Validate feelings and experiences

- Let children know their emotions are normal and acceptable.
- Avoid minimising or dismissing their reactions.

3. Talk about behaviours, not the person

- Avoid implying that abuse is the fault of any individual, including parents.
- Do not apportion blame – this is essential to protect children's emotional wellbeing.
- Recognise that children often feel guilt and shame about what has happened. Language must not reinforce these feelings or damage important relationships.
- Use terms like '**unsafe behaviours**' to describe what occurred, rather than labelling individuals.
- Focus on safety and support, not judgment or blame.

4. Avoid blame or pressure

- Never suggest the child could have prevented the abuse or should have acted differently.
- Don't push for details they're not ready to share.

5. Offer reassurance and safety

- Reinforce that the abuse was not their fault.
- Emphasise that adults are working to keep them safe.

Trauma-informed phrases to use

What we use now	What you may have heard before
"You didn't do anything wrong."	"Why didn't you tell someone?"
"It's okay to feel scared or confused."	"You need to be brave now."
"You were really brave to talk about this."	"Don't cry, it's over now."
"We're here to help keep you safe."	"You need to move on."

Considerations by age group

- **Young children (under 7):** Use concrete language and visual aids. Avoid abstract concepts like 'coercion' or 'trauma.' Consider using social stories.
- **Older children (7–12):** Offer more detail and space for questions. Use analogies they can relate to.
- **Teenagers (13+):** Respect their autonomy and privacy. Use collaborative language and avoid patronising tones.

Cultural and individual sensitivity

- Be aware of culturally influenced understandings around family, authority and emotional expression.
- Adapt language to suit the child's communication style, neurodiversity or additional needs.



7. Context matters: adapting language across settings

Trauma-informed language must be flexible. The words we use should reflect the needs of the person we're supporting, the professional setting we're working in, and the purpose of the communication. What's appropriate in a legal report may not be suitable in a therapeutic conversation, and vice versa.

Why context matters

- **Different sectors use different terminology** – some of which may be required by law or policy.
- **Victims/survivors may engage with multiple services** and encounter conflicting language.
- **Adapting language helps maintain clarity, respect and consistency** across systems



"Language is a powerful tool for communication but sometimes the way that it is used in social care creates stigma and barriers for understanding. Language is power..."

TACT (The Adolescent and Children's Trust)

Adapting language by setting

Here are two examples:

Setting	Preferred language	Why
Legal/criminal justice	"Victim"	Common in legal frameworks; check individual preference and avoid using it outside of legal context unless requested.
Health services	"Person affected by domestic abuse"	Neutral and inclusive; avoids labels and supports person-centred care.
Children's services	"Child experiencing harm"	Focuses on safety and avoids blame or complex language.
Education	"Child impacted by domestic abuse"	Use age-appropriate language and avoid terms that stigmatise or isolate.
Peer support/recovery	"Survivor"	Empowering and affirming; often preferred in lived experience and recovery contexts.
Safeguarding reports	"Individual experiencing coercive control"	Use specific, behaviour-focused language to support clarity and action.

Setting	Preferred language	Notes
Legal/criminal justice	"Perpetrator"	Standard legal term used in charges and court proceedings; appropriate in formal documentation.
Health services	"Person using abusive behaviours"	Focuses on behaviour rather than identity; avoids labelling and supports clinical neutrality.
Children's services	"Adult causing harm" or "parent using harmful behaviours"	Child-centred and avoids demonising language; supports safeguarding without alienation.
Education	"Individual whose behaviour is causing concern"	Allows for early intervention and avoids assumptions before formal findings.
Peer support/recovery	"Person who caused harm"	Acknowledges impact while maintaining a focus on victim/survivor experience and healing.
Safeguarding reports	"Individual using controlling or abusive behaviours"	Behaviour-focused and specific; supports clarity and action in multi-agency settings.

Tips for adapting language

- **Ask the person what language they prefer** (e.g. "Do you prefer 'survivor' or another term?").
- **Avoid jargon** unless it's absolutely necessary and clearly explained.
- **Be consistent** across documents and conversations to avoid confusion.
- **Use plain English** – translate technical terms into everyday language when speaking directly with individuals.



8. Words that we use now and language to avoid

Language that is respectful, inclusive and trauma-informed helps build trust, validate experiences and support recovery. This section offers examples of words and phrases that are generally considered appropriate when working with individuals affected by domestic abuse.

General principles

- **Avoid labels unless preferred by the individual:** Always ask how someone wants to be described.
- **Focus on behaviour, not identity:** Describe what someone has done, not who they are.
- **Use person-centred language:** Prioritise the individual's experience and autonomy.

Language to use in conversations

- *"You've shown a lot of strength in talking about this."*
- *"You didn't do anything to deserve what happened."*
- *"We're here to support you in whatever way feels safe for you."*
- *"It's okay to feel overwhelmed – this is a lot to carry."*

Notes on flexibility

Language should always be adapted to suit:

- The person's preferences.
- Cultural and social context.
- Age and developmental level.
- Professional setting and purpose.

Language we should try to avoid

Language evolves and so must our professional vocabulary. This section outlines terms and phrases that are not considered appropriate when working with people affected by domestic abuse. These words may be outdated, misleading, stigmatising or unintentionally collusive with abusive narratives.

Removing them from our practice helps ensure that our communication is respectful, accurate and trauma-informed.

Why we don't use certain language

- They **minimise the seriousness** of abuse.
- They **shift blame** onto the person experiencing harm.
- They **obscure power dynamics** and control.
- They **reinforce stigma** or shame.
- They **collude with abusive narratives** by justifying or excusing harmful behaviour.

We know professionals may feel overwhelmed or fearful of saying the wrong thing. This guide is here to support you. Language is complex and it's okay to get things wrong. What matters is a willingness to learn, reflect and improve together.

What to do instead

- Use **neutral, behaviour-focused or person-centred language**.
- Describe **what happened**, not assumptions about intent.
- Focus on **safety, impact and support needs**.
- Ask yourself: *Would this language feel respectful if the person read it?*



The Hampshire Authentic Voice Panel recommends professionals say this:

"Please let me know if I get anything wrong – it will not be my intention, but I would appreciate you letting me know as this is important to me."



9. Recommended words and phrases

What we use now	Why we do this	What you may have heard before	Why this has changed
Domestic abuse	Accurately reflects patterns of control, coercion, harm and abuse.	Domestic violence Domestic dispute	Abuse is not always violent Minimises the seriousness of abuse; implies equal responsibility.
Victim/survivor	Empowering and affirming; often preferred in recovery contexts. Preferred language as identified by the Hampshire Authentic Voice Panel.	Victim	Can feel disempowering or stigmatising; not everyone identifies with this term.
Person with lived or living experience	Recognises expertise and resilience.		
Person affected by domestic abuse	Neutral and inclusive; avoids labelling.		
Experiencing harm	Acknowledges impact without implying blame.		

What we use now	Why we do this	What you may have heard before	Why this has changed
Person using abusive behaviours	Focuses on actions rather than identity; avoids dehumanising labels.	Perpetrator (outside of criminal justice system)	It labels the person rather than their behaviour, can feel dehumanising and may shut down dialogue/engagement. This is important in health, education or family contexts where behaviour-focused, trauma-informed language is more appropriate.
Coercive control	Specific and legally recognised form of abuse. It describes a pattern of behaviour designed to isolate, intimidate and dominate, and it helps professionals identify risk and respond appropriately.	Controlling or toxic relationship Power struggle	These terms minimise the seriousness of abuse, imply mutual dysfunction and conflict rather than a pattern of domination and control.
Reduced barriers to allow disclosure of domestic abuse Improved safety and trust in services that support disclosure of domestic abuse	This focuses on creating the right conditions for disclosure, rather than implying that the responsibility lies with the individual to be willing to speak.	Increased willingness to disclose domestic abuse	This phrase shifts responsibility onto the individual and oversimplifies disclosure, ignoring the complex barriers like fear, trauma and risk that professionals and systems must help address.

What we use now	Why we do this	What you may have heard before	Why this has changed
Trauma response	This reinforces that domestic abuse cannot be mutual because it relies on one person holding power and control. Any reactive behaviour from the non-abusive person is a trauma response to the abuse they're experiencing, not a sign of shared responsibility.	Mutual abuse	Misrepresents abuse as conflict.
Declined support	Neutral, non-judgmental alternative.	Failed to engage Refused help	Judgemental; doesn't consider barriers to access or readiness.
Not yet ready to engage with support	Acknowledges that people need to engage when they feel ready to and professionals should respect and support this.	Non-compliant	Minimises the complex range of factors that drive people's ability to access and engage with services. This term ignores autonomy and trauma responses.
Experiencing harm	Acknowledges impact without implying blame.	Acrimonious relationship They are 'just as bad as each other'	Suggests mutual conflict rather than abuse; obscures power imbalance. This phrase falsely implies equal responsibility and mutual abuse, obscuring the power dynamics and patterns of control that define domestic abuse. It can invalidate the victim/survivor's experience and collude with the narrative of the person using harm.

What we use now	Why we do this	What you may have heard before	Why this has changed
The person causing harm attributed their actions to the victim/survivor's behaviour, which is a common tactic used to deflect responsibility.	Avoids victim-blaming, keeps the focus on the behaviour of the person using harm, and acknowledges the complexity of the situation. It prevents reinforcing narratives that suggest victims/survivors are responsible for the abuse they experience.	S/he provoked them	Victim-blaming; justifies abusive behaviour.
The person used abusive behaviours	Focuses on actions rather than identity; avoids dehumanising labels.	They lost control	Excuses abuse; ignores patterns of coercion and choice.
They are navigating a complex and often dangerous situation S/he may not feel safe or supported enough to leave S/he is in a situation where choices are limited by fear, control and risk	There are many reasons why leaving isn't always possible or safe. These terms recognise the complex, often dangerous realities of domestic abuse – avoiding blame, showing empathy and respecting the survivor's autonomy and decision-making.	S/he keeps going back	Implies blame; ignores trauma, fear and lack of safe options.

What we use now	Why we do this	What you may have heard before	Why this has changed
We're here to support you and ensure your safety	Reassuring and supportive; affirms availability of help.	We will review it and see if we can help you.	Implies conditional support and can make the person feel judged or that their situation may not be "bad enough" to warrant help. It risks undermining trust and safety at a critical moment.
Expressed distress	Validates emotional experience without judgment.	Manipulative Attention-seeking	Stigmatising; discredits victim/survivors' coping strategies. Dismissive; invalidates distress and need for support.

10. Final reflections

This language guide is designed to support you to speak up against language that reinforces stigma or shifts blame, and use consistent trauma-informed language and communication that fosters safety, dignity and respect.

Terms change over time; regularly reviewing and updating your language should be part of everyday professional practice, respecting individual preferences by asking people how they wish to be described.

For confidential support, information and advice, please contact:

- **Hampshire Domestic Abuse Advice Line:** 0330 0165 112

This is Hampshire's single point of access, run by Stop Domestic Abuse, on behalf of the partnership. It is there to advise members of the public and professionals.

- [Stop Domestic Abuse](#) - 0330 0533 630
- [Victim Care Hub](#) - 0808 178 1641
- [Hampton Trust](#) - Advice Line: 02380 009898
- [Aurora New Dawn](#) - 02394 216 816
- [Paragon \(You Trust\)](#) - 0800 916 9878
- [Hampshire Children's Services \(safeguarding\)](#) - 0300 555 1384
- [Children's Services Reception Team](#) - 0300 300 0117
- [Hampshire Adult Social Care \(safeguarding\)](#) - 0300 555 1386
- [Hampshire Domestic Abuse Partnership](#) (for a wide range of local resources and information on domestic abuse) - Email: HDAP@hants.gov.uk

In an emergency, dial 999.

11. Disclaimer and acknowledgements

This guide has been developed to support professionals in Hampshire and beyond in using trauma-informed language when working with people affected by domestic abuse. It draws on widely accepted principles from safeguarding, trauma-informed care and domestic abuse practice, and has been tailored to reflect local priorities and lived experience.

While every effort has been made to ensure the language recommendations are respectful, inclusive and evidence-informed – this guide is not a substitute for legal advice or clinical guidance. Professionals should continue to follow their organisation's policies and consult relevant statutory frameworks where appropriate.

We gratefully acknowledge the contributions of the **Hampshire Authentic Voice Panel**, whose insights and lived experience have shaped the language and tone of this guide. Their input has helped ensure that the guide reflects the realities of those most affected by domestic abuse.

It is important to acknowledge that the language we use evolves over time. Any feedback and suggestions for improvement are welcome and encouraged. Please contact HDAP@hants.gov.uk.



**HAMPSHIRE
DOMESTIC ABUSE
PARTNERSHIP**

Recognise it. Seek help.

**Trauma-Informed
Language Guide**

Domestic Abuse