



Freephone 24-Hour National Domestic Abuse Helpline: **0808 2000 247**

or visit www.nationaldahelpline.org.uk (access live chat Mon-Fri 3-10pm)

‘Honour’-based violence

There is no specific offence of ‘honour’-based violence. However, the Crown Prosecution Service describes ‘honour’-based violence as an incident or crime “which has, or may have, been committed to protect or defend the ‘honour’ of the family and or the community.” ‘Honour’ can be the motivation, excuse or justification behind a range of violent acts against women and girls.

You may recognise ‘honour’ as *Izzat, Ghairat, Namus or Sharam*.

Forms of ‘honour’-based violence

‘Honour’-based violence includes:

- Forced marriage
- Domestic violence (physical, sexual, emotional or financial abuse)
- Sexual harassment and sexual violence (rape and sexual assault or threat of rape and sexual assault)
- Threats to kill
- Social ostracism or rejection and emotional pressure
- Denial of access to children
- Pressure to go or move abroad
- House arrest and excessive restrictions of freedom
- Denial of access to the telephone, internet, or passport/key documentation
- Isolation from friends and own family

Spot the signs

You could be a victim of ‘honour’-based violence if you feel threatened or are abused when you try to:

- Separate or divorce
- Start a new relationship
- Talk to or interact freely with men
- Become pregnant or give birth outside of marriage
- Have interfaith relationships or marry outside a specified religion
- Have sex before marriage
- Marry a person of your own choice
- Access higher education without approval of your family