

Contact Numbers

- **Police Scotland**
101 (non-emergency)
- **Scottish Domestic Abuse Helpline**
0800 027 1234
- **Rape Crisis Scotland**
08088 010302
- **Shetland Women's Aid**
01595 692070
- **Respect - Men's Advice Line**
0808 8010327

In an emergency, please dial 999.



Useful websites

- <https://www.scotland.police.uk>
- <https://sdafmh.org.uk/>
- <https://www.shetlandrapecrisis.scot/>
- <http://www.shetlandwa.org/>
- <https://mensadviceline.org.uk/>

Right to Ask



**A brief guide to the
disclosure scheme for
domestic abuse in
Scotland**



What is the Right to Ask scheme?

If you are worried about the behaviour of your partner, potential partner, or the partner of someone you know, the Disclosure Scheme for Domestic Abuse Scotland (Right to Ask) provides a mechanism for you to raise these concerns and ask if they have any history of violence.

If the police investigation uncovers information that indicates you may be at risk, police will consider sharing this information with you, and support you to make an informed decision about whether you should continue with this relationship.

Information will only be disclosed if it is lawful and proportionate, and there is a pressing need to make the disclosure to prevent further crime.

If the person concerned does not appear to have a history of abuse but they are behaving in a way that causes concern, the police or another support agency will provide appropriate advice and support.

How does it work?

If you have concerns about a new partner, or you are worried about a friend, neighbour or relative, you can ask the police to check for a history of domestic abuse.

Make an enquiry

Apply online, speak to a police officer, or dial 101 for advice and support. **If there is an immediate danger, phone 999.**

STEP 01



Police response

Police will run initial checks, and undertake any necessary risk assessments in order to identify any immediate concerns and take steps to address these.

STEP 02



Face-to-face

Depending on the outcome at step 2, you may be asked to come in for a meeting. **If this happens, you will be expected to provide proof of I.D.**

STEP 03



Multi-Agency Involvement

A multi-agency meeting will be called to decide if disclosure is lawful, necessary and appropriate.

STEP 04



Disclosure

If agreed at step 4, the disclosure process will go ahead. **Please note that only necessary information will be divulged and only to the appropriate person. Third parties will not be notified.**

STEP 05



What are the common warning signs of domestic abuse?

Abuse can take many forms - physical, emotional, financial etc. It can be difficult to spot the warning signs, especially if you are too close, but the following changes in behavior are commonly seen in abuse victims:

- Frequent, unexplained injuries
- Agitation, anxiety, or constant apprehension
- Fear, depression, low self-esteem
- Becoming more reserved and distant
- Dropping out of activities they would usually enjoy
- Cutting off contacts with friends and family members

This is not an exhaustive list, of course, but any sudden or worrying changes in behaviour should be taken seriously. If in doubt, talk to someone and ask for advice.