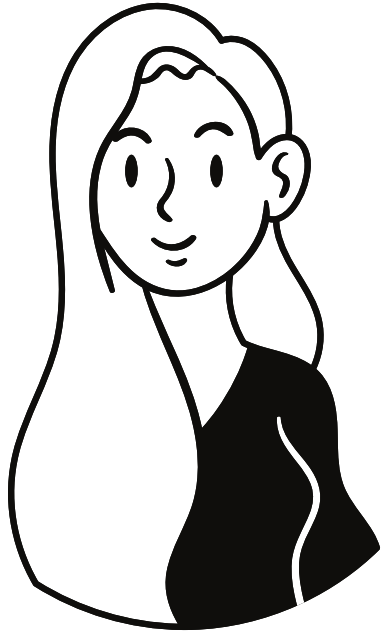


# Sophie



Anxiety

Unsure

Insecure

## Goals/needs

- To find local services and support
- Validation
- Guidance on how to deal with her situation
- Help to recognise red flags for future relationships
- To understand her situation in her own context

"My mum is a domestic abuse survivor as well... so domestic abuse has unfortunately been a really big part of my life."

Age: **19**

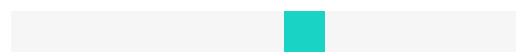
Work: **Student and works part-time**

Family: **Lives in single parent household**

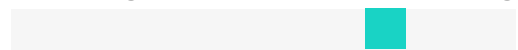
Location: **Bridgwater**

## Personality

Introvert Extrovert



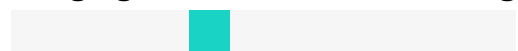
Thinking Feeling



Sensing Intuition



Judging Perceiving

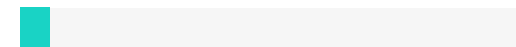


## Context

Stress/anxiety



Confidence



Risk level



Urgency



Time available



## Frustrations

- When information does not feel specific to my demographic
- When information is overly complicated with professional terminology
- When a service doesn't feel relevant to me

### Finds it helpful when:

- Obvious titles are used
- Bullet points break down information
- I can read others experiences

## Bio

Sophie is a college student and works part-time. She lives at home with her mum who was a victim of domestic abuse when Sophie was younger. Sophie suffers from social anxiety.

Sophie has been in several abusive relationships and is currently experiencing psychological, tech and threats of physical abuse from her boyfriend. However, she does not recognise her unhealthy relationship as domestic abuse and would not think to look on a domestic abuse website.

Sophie is digitally confident and uses social media, Reddit and Tic Toc to find information. She does not know how to recognise phone cloning but she can clear her browsing history.