

DOMESTIC ABUSE

WHAT IS DOMESTIC ABUSE?

Domestic abuse is an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour, including sexual violence, in the majority of cases by a partner or ex-partner, but also by a family member or carer.

DOMESTIC ABUSE CAN INCLUDE, BUT IS NOT LIMITED TO, THE FOLLOWING:

Coercive Control	If an abuser is manipulating and controlling you – either through intimidation, threats, humiliation or isolating you from your support networks – they’re using coercive control
Financial Abuse	If someone is controlling or misusing your money in a way that limits your freedom, they are financially abusing you.
Economic Abuse	Economic abuse is broader than financial abuse. An economic abuser might be limiting your access to basic resources like food, shelter, clothing or transport, creating instability and threatening your safety
Psychological or Emotional Abuse	Psychological or emotional abuse can range from belittling comments and put downs to accusations. This kind of abuse can lead you to believe they’re imagining things.
Gaslighting	Gaslighting is a form of psychological abuse that discredits your memory, perception and sanity. An abuser might use lies, denial, contradiction, false information and manipulation to exert control.
Physical Abuse	If an abuser is hitting, punching, kicking, pushing, using a weapon against you or causing you any kind of physical harm, minor or extreme, you’re being physically abused
Sexual Abuse	Sexual abuse can happen in or outside of relationships, including within marriage. Your abuser may be pressuring you to have sex or to engage in sexual acts, hurting you during sex, pressuring you to have unprotected sex and more.
Online Digital Abuse	If your accounts are being monitored, intimate videos or photos have been shared online or someone is using software that monitors what you’re doing or where you’re going, you’re being digitally abused.

WHO DOES DOMESTIC ABUSE HAPPEN TO?

Anyone can experience domestic abuse no matter their age, race, sex, gender identity, sexuality, (dis)ability, wealth, or lifestyle. The Crime Survey for England and Wales estimated 2.4 million adults aged 16 years and over experienced domestic abuse in the year ending March 2022 (1.7 million women and 699,000 men).

WHAT SHOULD I DO IF I AM CONCERNED THAT SOMEONE IS BEING ABUSED?

If there is an immediate risk of harm to the person you are worried about, **you must contact the police via 999**. Only if it's safe to do so, and you can speak to the person without the suspected perpetrator being there, you can ask them if they are experiencing domestic abuse. Be curious.

WAYS TO ASK:

- "I'm worried about you...tell me, have you ever felt afraid of your partner"
- "What happens in your relationship when you disagree?"
- "Tell me about your home-life and/or relationship with your husband/partner/family?"
- "Has someone hurt you? Do you feel safe?"
- "Are you ever afraid of, humiliated or hurt by anyone?"

RESPONDING TO A DISCLOSURE.

If someone does disclose abuse to you, listen, don't judge them and record what they've told you. If you don't feel able to ask and you are worried about someone, then discuss your concerns with your designated safeguarding lead.

For more information on domestic abuse, you can contact any of the specialist support organisations listed below, however, if you or someone you know is in immediate danger, please contact the Police on 999.

The National Domestic Abuse Helpline for Women and Children on Tel 0808 2000 247 or email <https://www.nationaldahelpline.org.uk/>



Respect Advice Line for Male victims of domestic abuse Hotline on Tel 0808 8010 327 or email <https://mensadvice.org.uk/>

