



A Survivors Guide

Together Against Domestic Abuse

www.togetheragainstdomesticabuse.com



- Who I am and my vision



What will you know by the end of this video?

- What domestic violence and abuse is
- What the law says about DVA
- Where you can get help
- How it affects children and young people
- How it can affect you if you are living with DVA
- What you can do to support someone you think is living with DVA
- How you can recover from DVA



What's the problem?

- Every week 2 women in the UK are killed by their partner.
- Every week 3 women commit suicide as a result of domestic abuse.
- One in four women will experience domestic abuse in their life.
- 750 000 children witness domestic violence every year (www.refuge.org.uk)



- [Key statistics about domestic abuse in England and Wales](http://www.safelives.org.uk) from www.safelives.org.uk
- Each year around 2.1m people suffer some form of domestic abuse - 1.4 million women (8.5% of the population) and 700,000 men (4.5% of the population) ²
- Each year more than 100,000 people in the UK are at high and imminent risk of being murdered or seriously injured as a result of domestic abuse ³
- Women are much more likely than men to be the victims of high risk or severe domestic abuse: 95% of those going to MARAC (multi agency risk assessment conference) or accessing an dva (domestic violence and abuse) service are women ⁴
- In 2013-14 the police recorded 887,000 domestic abuse incidents in England and Wales
- Seven women a month are killed by a current or former partner in England and Wales
- 130,000 children live in homes where there is a high-risk of domestic abuse ³
- 62% of children living with domestic abuse are directly harmed by the perpetrator of the abuse, in addition to the harm caused by witnessing the abuse of others ¹
- On average high-risk victims live with domestic abuse for 2.6 years before getting help⁴
- 85% of victims sought help five times on average from professionals in the year before they got effective help to stop the abuse⁴

Time to think about DVA

- Time to think about:
- How the adults in your childhood treated each other
- How does this relationship compare to your friendships?
- What would you say to a friend whose partner was treating them badly?



But I don't really know what Domestic Violence is

- Domestic Violence and Abuse is illegal.
- *'A new domestic violence law comes into effect on 29 December, which recognises for the first time that **abuse is a complex and sustained pattern of behaviour intended to create fear.***
- *The **coercive control offence** which carries a maximum penalty of five years' imprisonment and a fine, can be invoked if a victim suffers **serious alarm or distress** that impacts on their day-to-day activities, **or if they fear violence will be used on at least two occasions**'. [The Guardian 28 December 2015](#).*



As we go through this:

- Does your partner treat you in any of these ways?
- Do you treat your partner in any of these ways?
- Do you know anyone whose partner treats them in any of these ways?



- **WomensAid** (www.womensaid.org.uk) identify the following behaviours as abusive:
- **‘Destructive criticism and verbal abuse:** shouting; mocking; accusing; name calling; verbally threatening.
- **Pressure tactics:**
 - sulking;
 - threatening to withhold money,
 - disconnecting the phone and internet, taking away or destroying your mobile, tablet or laptop,
 - taking the car away,
 - taking the children away;
 - threatening to report you to the police, social services or the mental health team unless you comply with their demands;
 - threatening or attempting self-harm and suicide;
 - withholding or pressuring you to use drugs or other substances;
 - lying to your friends and family about you;
 - telling you that you have no choice in any decisions.

- **Disrespect:**
 - persistently putting you down in front of other people;
 - not listening or responding when you talk;
 - interrupting your telephone calls;
 - taking money from your purse without asking;
 - refusing to help with childcare or housework.
- **Breaking trust:**
 - lying to you;
 - withholding information from you;
 - being jealous;
 - having other relationships;
 - breaking promises and shared agreements.
- **Isolation:**
 - monitoring or blocking your phone calls, e-mails and social media accounts,
 - telling you where you can and cannot go;
 - preventing you from seeing friends and relatives;
 - shutting you in the house.



- **Harassment:**
 - following you;
 - Checking up on you;
 - not allowing you any privacy (for example, opening your mail, going through your laptop, tablet or mobile),
 - repeatedly checking to see who has phoned you;
 - embarrassing you in public;
 - accompanying you everywhere you go.
- **Threats:**
 - Making angry gestures;
 - using physical size to intimidate;
 - shouting you down;
 - destroying your possessions;
 - breaking things;
 - punching walls;
 - wielding a knife or a gun;
 - threatening to kill or harm you and the children;
 - threatening to kill or harm family pets;
 - threats of suicide.



- **Sexual violence:**
- using force, threats or intimidation to make you perform sexual acts;
- having sex with you when you don't want it;
- forcing you to look at pornographic material;
- constant pressure and harassment into having sex when you don't want to,
- forcing you to have sex with other people;
- any degrading treatment related to your sexuality or to whether you are lesbian, bisexual or heterosexual.

- **Physical violence:**
 - punching; slapping; hitting; biting; pinching; kicking;
 - pulling hair out;
 - pushing; shoving;
 - burning; strangling,
 - pinning you down,
 - holding you by the neck,
 - restraining you.
- **Denial:**
 - saying the abuse doesn't happen;
 - saying you caused the abuse;
 - saying you wind him up;
 - saying he can't control his anger;
 - being publicly gentle and patient;
 - crying and begging for forgiveness;
 - saying it will never happen again.'

- **Pat Craven's:** (The Freedom Programme) The Dominator:
- Physical violence and threats
- Isolating the victim
- Calling the victim names and putting them down
- Crying, threatening to kill himself/herself, saying they do it because they love you
- Lying, denying, blaming
- Calling you a bad parent and turning the children against you
- Treating you like a domestic slave or servant, controlling money
- Rape, keeping you pregnant, withholding sex, won't take 'no for an answer'

So..

- Did you recognise any of those signs and symptoms
- We'll come onto how the perpetrator and the victim can get support

You may be feeling:

- ‘She may be overwhelmed by fear – a fear of further violence or threats to her children’s safety
- She often believes that she is to blame and that by changing her behaviour the abuse will stop. Research shows that this is not the case
- She may experience many conflicting emotions. She may love her partner, but hate the violence. She may live in hope that his good side will reappear
- She may be dependent upon her partner, emotionally and financially
- She may feel shame, guilt and embarrassment
- She may feel resigned and hopeless and find it hard to make decisions about her future’ ‘www.refuge.org.uk’

If you need help

- **Emergency support – 999**
- Call the [Freephone 24 hour National Domestic Violence Helpline](https://www.togetheragainstdomesticabuse.com) on
 - **0808 2000 247 FREE.**
 - **Men's Help line: 0808 801 0327**
- **Always call 999 in an emergency.**



If it's not an emergency

- **The Police 101** - If the situation is not an emergency but an incident, or threat of an incident you can call 101 to speak to your local station.
- Depending on the situation the police might or might not take action, however, what they will do is log the issue and in the long term this may build up a body of evidence to support the victim should they or their children need it.

Solicitor

- ½ hour free advice and possibly Legal
- A solicitor who is an expert in Domestic Violence and Abuse.
- Google the name of your town or county followed by 'domestic abuse solicitor' and you will see a list.
- Speak to more than one



Support for you

- **Support** – Dealing with all these outside agencies as well as with an abusive partner can feel overwhelming
- Contact www.refuge.org.uk and www.womensaid.org.uk .
- You can contact them through their websites or on **0808 2000 247 FREE.**
- There are lots of websites and resources in the FREE eBook on www.togetheragainstdomesticabuse.com



Support for male victims

- Men and women can call: [Freephone 24 hour National Domestic Violence Helpline](tel:08082000247) on **0808 2000 247 FREE.**
- **Men's Help line: 0808 801 0327**
- There are lots of websites and resources in the FREE eBook on www.togetheragainstdomesticabuse.com



Support for victims in lesbian, gay, transsexual or bi relationships

- Men and women can call: [Freephone 24 hour National Domestic Violence Helpline](https://www.nationaldomesticviolencehelpline.org/) on **0808 2000 247 FREE.**
- **Stonewall** 08000 502020 FREE
- **End the Fear** www.endthefear.co.uk **0161 636 7525.**
- There are lots of websites and resources in the FREE eBook



You can recover











Support for perpetrators



How does Domestic Abuse and Violence affect Children?

- The NSPCC says: 'Children can experience domestic abuse or violence in lots of different ways. They might:
 - see the abuse
 - hear it from another room
 - see a parent's injuries or distress afterwards
 - be hurt by being nearby or trying to stop the abuse.'

Think of your kids ...

- How are they feeling and behaving?
- How is their health?
- Have you noticed any changes in them that worry you?
- See if you recognise any of the following:



WomensAid signs and symptoms that children are living with DVA

- 'They may become anxious or depressed
- They may have difficulty sleeping
- They have nightmares or flashbacks
- They can be easily startled
- They may complain of physical symptoms such as tummy aches
- They may start to wet their bed
- They may have temper tantrums
- They may behave as though they are much younger than they are
- They may have problems with school
- They may become aggressive or they may internalise their distress and withdraw from other people
- They may have a lowered sense of self-worth
- Older children may begin to play truant or start to use alcohol or drugs
- They may begin to self-harm by taking overdoses or cutting themselves
- They may have an eating disorder



Refuge

- ‘The physical, psychological and emotional effects of domestic violence on children can be severe and long-lasting. Some children may become withdrawn and find it difficult to communicate. Others may act out the aggression they have witnessed, or blame themselves for the abuse. All children living with abuse are under stress’
- **That stress may lead to any of the following:**
- ‘Withdrawal
- Aggression or bullying
- Tantrums
- Vandalism
- Problems in school, truancy, speech problems, difficulties with learning
- Attention seeking
- Nightmares or insomnia
- Bed-wetting
- Anxiety, depression, fear of abandonment
- Feelings of inferiority
- Drug or alcohol abuse
- Eating disorders
- Constant colds, headaches, mouth ulcers, asthma, eczema’



Child Protection Team

- Remember that any situation that puts children at risk of any kind of harm, be it from sexual, physical, emotional, psychological abuse or neglect is a crime and should be reported.
- If children are involved then you should tell your Child Protection Lead in their school and ask them to take action.
- Or you can Google 'child protection team'.
- The Child Protection team will work with the police

What do you we if we think a child is living with DVA?

- **Emergency support – 999**
 - If someone tells you about a Domestic Violence and Abuse incident encourage the victim to call the [Freephone 24 hour National Domestic Violence Helpline](https://www.nationaldvhelpline.org/) on
 - **0808 2000 247 FREE.**
 - **Men's Help line: 0808 801 0327**
 - **Always call 999 in an emergency.**



- You can also call The NSPCC who have a **FREE** 24 hour helpline:
 - **0808 800 5000**
- Or children can call Childline any time **FREE** on:
 - **0800 1111**



If you are worried about a friend, how can you support them?

- First of all you can send them to www.togetheragainstdomesticabuse.com to download the free information book for survivors
- You can also buy them this Survivor Awareness Training for them
- Let them know the 24 hour domestic abuse line **0808 2000 247 FREE.**



- **Avon and Refuge** have produced this great, short interactive video which tells you how to react and what to say and not to say to someone who discloses DVA to you:
<http://www.1in4women.com/>

What can you say to a friend who tells you about DVA?

- **Refuge say:**

- 'Give her time to open up. You may have to try several times before she will confide in you
- Try to be direct. Start by saying something like, 'I'm worried about you because...' or 'I'm concerned about your safety...'
- Do not judge her
- Believe her – too often people do not believe a woman when she first discloses abuse
- Reassure her that the abuse is not her fault and that you are there for her
- Don't tell her to leave or criticise her for staying. Although you may want her to leave, she has to make that decision in her own time
- Focus on supporting her and building up her confidence – acknowledge her strengths and remind her that she is coping well with a challenging and stressful situation
- Abusers often isolate women from friends and family – help her to develop or keep up her outside contacts. This will help boost her self esteem
- Encourage her to contact a local domestic violence organisation like Refuge or call the [Freephone 24 hour National Domestic Violence Helpline](https://www.refuge.org.uk/24-hour-national-domestic-violence-helpline) on **0808 2000 247 FREE for men and women**
- Be patient. It can take time for a woman to recognise she is being abused and even longer to make decisions about what to do. Recognising the problem is an important first step
- You also need to tell the survivor that you have a duty of care to protect her children and a responsibility to Child Protection

Take time to reflect on:

- Your own behaviours
 - Your own relationships
 - Colleagues and friends you know
 - Children you work with
 - Their parents
-
- **Do any of these behaviours ring alarm bells for you?**
 - **What will you do?**

Where can we go for more help?

- You can join a school mentoring programme or join online network meetings – see the end of the video



- **Against Violence and Abuse (AVA)** www.avaproject.org.uk offer projects for children and young people and have a model for how prevention work can be done in schools. They also offer on-line training for schools to prevent DVA
- **KidPower** www.kidpower.org are a great resource for schools and has suggestions for how to talk to teenagers about how to avoid abusive relationships themselves and what to do if they are in an abusive relationship
- **Brook** provide sexual violence and exploitation cards for use with young people



What will you do as a school?

- What do you teach in PSHE and how can you include DVA?
- What are your protocols for reporting DVA and do they need updating?
- What are your school policies on abusive behaviours?
- How can you support young people and their families living with DVA?



Refuge

- ‘Domestic violence is not a private matter, to be dealt with behind closed doors. Domestic violence is a serious crime. We all have a role to play in ending it’.



www.togetheragainstdomesticabuse.com can help you with 1-1, team or whole school training and mentoring

Together we can make a difference



- **Emergency support - Always call 999 in an emergency.**
- Encourage the victim to call the [Freephone 24 hour National Domestic Violence Helpline](https://www.nationaldomesticviolencehelpline.org.uk/) on **0808 2000 247 FREE.**
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- **Always call 999 in an emergency.**
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So what?

- What have you learned?
- What can you personally do to against Domestic Violence and Abuse?
- What can you as a school do together against DVA?
- What are your first steps?



www.togetheragainstdomesticabuse.com

- Free eBooks for young people and adults living with DVA
- Training videos for you to use with young people and adults living with DVA
- One to one or team mentoring to guide you through implementing change

