



Heart of England Training Ltd

Domestic Abuse

Domestic abuse, also known as *spousal abuse*, occurs when one person in an intimate relationship or marriage tries to dominate and control the other person. Domestic abuse that includes physical violence is called *domestic violence*.

Domestic violence and abuse are used for one purpose and one purpose only: to gain and maintain total control over you. An abuser doesn't "play fair." Abusers use fear, guilt, shame, and intimidation to wear you down and keep you under his or her thumb. Your abuser may also threaten you, hurt you, or hurt those around you.

Domestic violence and abuse does not discriminate; it happens among heterosexual couples and in same-sex partnerships. It occurs within all age ranges, ethnic backgrounds, and economic levels. And while women are more commonly victimized, men are also abused—especially verbally and emotionally, although sometimes even physically as well. The bottom line is that abusive behavior is never acceptable, whether it's coming from a man, a woman, a teenager, or an older adult. You deserve to feel valued, respected, and safe.

Source: helpguide.org.

How domestic abuse affects children

Mums or dads who suffer domestic abuse don't always realise how it affects their child. They might think that because their child doesn't see what's happening that they're not affected. But we know that living in a home where domestic abuse takes place can be really harmful for a child.

It can have a very serious impact on a child's behaviour and wellbeing, even if they're not directly harmed themselves. Children witnessing domestic abuse is recognised as 'significant harm' in law.

Domestic abuse can also be a sign that children are suffering another type of abuse or neglect (Stanley, 2011).

The effects can last into adulthood. But, once they're in a safer and more stable environment, most children are able to recover from the effects of witnessing domestic abuse.

Source: NSPCC

Support a friend or family member experiencing domestic violence If you know or suspect that a family member, friend or work colleague is experiencing domestic violence, it may be difficult to know what to do. It can be very upsetting that someone is hurting a person you care about. Your first instinct may be to want to protect your friend or family member but intervening can be dangerous for both you and them. Of course, this does not mean you should ignore it. There are things you can do to help make her and any children safer. If you should witness an assault, you can call the police on 999. There are useful contact below, where you can access help and support.

Details of agencies who support people dealing with domestic violence or abuse			
Organisation	Website	Contact	What they do
National Centre for Domestic Violence	www.nationaldomesticviolencehelpline.org.uk/	0808 2000 247	Free 24/7 Helpline



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Refuge	www.refuge.org.uk		Supports abused women and children.
Women's Aid	www.womensaid.org.uk		
Women's Aid Wales	www.welshwomensaid.org.uk		
Women's Aid Scotland	www.scottishwomensaid.org.uk		
Safe Lives	www.safelives.org.uk info@safelives.org.uk	0117 403 3220 020 7922 7891	National charity dedicated to ending domestic abuse.
Broken Rainbow	www.brokenrainbow.org.uk	0300 999 5428 08452 60 44	Support for lesbian, gay, bisexual and transgender people.
Men's Advice Line	www.mensadvice.org.uk	0808 801 0327	Advice and support for men experiencing domestic violence and abuse
Man Kind - National	www.mankind.org.uk/	01823 334244	
Men's Advisory Project – Belfast	www.mapni.co.uk	028 9024 1929	Confidential Support & Information
The Dyn Project - Wales	www.dynwales.org	0808 801 0321 All calls are free and confidential	Provides support to Heterosexual, Gay, Bisexual and Trans men who are experiencing Domestic abuse from a partner.
AMIS - Abused Men In Scotland	www.abusedmeninscotland.org	0800 800 024	
The Hideout	Thehideout.org.uk		To help children & young people understand domestic abuse

1999 The UN officially recognised **25th November** as **International Day for the Elimination of Violence Against Women**. The White Ribbon* is a symbol of hope for a world where women and girls can live free from the fear of violence. Wearing the ribbon is about challenging the acceptability of violence – by getting men involved, helping women to break the silence, and encouraging everyone to come together to build a better world for all.

* **2004 White Ribbon Campaign UK** working to involve men in opposing violence against women is set up to co-operate with work done by Womankind Worldwide