Transcript for Domestic Abuse Awareness Webinar

[Introduction]

Hello, and welcome to our domestic abuse awareness webinar. This webinar is two hours long and we'll have a ten-minute break around halfway through the session. However, we want you to be comfortable and do whatever enables you to learn best. If you need to stand up or move around, please feel free to do that. We hope you've found your course documents in your training portal. The handbook is there as an ongoing resource to support you, so do take some time to explore it after the session. There is also a full transcript of the course, so feel free to take notes or not with that in mind. The co-host will add a document to the chat now that contains the scenarios we will use in the session. You can click on it to open it if this is helpful for you. Our courses are principle-based and applicable for all 4 nations of the UK. We will highlight any terminology that is nation specific and, where there are differences in law and practice between nations, there are nation-specific sections in your handbook that give you the relevant information for your context. If it's comfortable and possible, we would love you to have your camera on throughout the webinar. This allows your trainer to see that you're following the content and also enables those of us who are lip

reading to fully participate in conversations. When communicating about subjects like safeguarding, facial expressions can convey acceptance and safety to those of us in the group with lived experience of abuse too – so we encourage you to practice those skills here. We understand there may be times when you need to turn your camera off, for example, if you have children who need your attention or your internet speed drops. You may also need to have your camera off for your own wellbeing. If this is the case, please message the co-host to let them know and keep engaging in other ways, for example through the chat. Please keep microphones on mute when you aren't speaking, this helps with sound quality and minimises distractions. Do unmute and speak when you have questions or comments, we really want to hear from you.

Some of the information shared during the session can be sensitive. If you have children in your home, or others who shouldn't be exposed to this, you may want to use headphones, angle your screen away or take a moment now to find a quiet place before we start the main teaching. Please be mindful that this is not a confidential space, so if you share stories and experiences, please don't use names or other identifying details.

Please take care of yourself during this training. We know that many of us in this group will have personal experience of harm and abuse; please bear this in mind as we continue our training. We know that around 2 in 5 people experience abuse at some point in their lives, and that childhood abuse is often not disclosed for more than 20 years. It may be that this course makes you realise for the first time that you have experienced abuse, or you may experience a trauma response that you need to take a moment to work through. Your wellbeing takes priority. If you need to, feel free to take a break and turn off your camera. Consider who you can reach out to for support, and remember you can privately message our co-host at any time.

We use the chat facility throughout the training as a place to ask questions, give comments and the co-host may share relevant links there too. If you can't, or prefer not to, use the chat – and we know there are many reasons for this - please don't worry. Our trainers will regularly share any key information and the general flavour of anything shared there. Anything not read out to the whole group is either not applicable to the whole group or is already in the handbook.

If there is anything else we can do to make this training more comfortable and accessible for you, or if you have technical difficulties that you need support with, please message your co-host at any time, or

if using the chat function is difficult for you, please unmute and let your trainers know.

Thank you for choosing Thirtyone:eight for your training today. Our motivation is to equip, empower and encourage you in your safeguarding responsibilities. As we start, we just want to recognise the time, care and commitment you're investing in your church, charity or organisation by attending this training and in everything that you do, thank you. I hope that the message you get today is that you never have to do safeguarding alone. As we begin, I just want to tell you about our helpline; you may want to pop the number into your phone now if it's not already there. The helpline is there to support you with any questions regarding safeguarding. It might be queries about policy, or you might have a live situation which you'd value talking over with us and getting advice. The helpline operates from 7am till midnight, seven days a week, 365 days a year- nine to five Monday to Friday for those regular questions about policies, guidance and process and the out of hours service for any more immediate concerns. Everyone here today will have a different motivation for engaging with safeguarding. For us at Thirtyone:eight it comes from our passionate belief that safeguarding is close to God's heart. Our name comes from a verse in the Bible, Proverbs 31:8 that says, speak out on behalf of the voiceless and for the

rights of all who are vulnerable. When we take care of the vulnerable, we are fulfilling God's call. If you're part of another faith group, you may well recognise this call from your own sacred scripts. Or you might be part of a charity that has care and dignity for the vulnerable at its heart. Whatever your motivation, we want to equip you.

[Scene Setting]

This training is designed to provide you with a foundational understanding of domestic abuse, its signs and how to respond appropriately. However, it's important to note that this is an **awareness** course. While you'll gain valuable insights and knowledge, you won't become an expert in this field. Our goal is to equip you with the awareness and tools to recognise and address domestic abuse confidently and effectively in your everyday interactions. This awareness is really valuable to your community as statistics tell us that one in four women experience domestic abuse, but only 1.6% of reports lead to convictions. While victims often feel alone, they're not, and there are so many supports available in the UK.

There's been a progression of understanding around domestic abuse in the UK and also some changes in the law. You may be aware of some of these yourself, but just as a short summary, it was 1976 when domestic abuse was first recognised in law. In 1980s there was a rise in women's

shelters and campaigns around domestic abuse. In 1991, marital rape was criminalised. In 2004, there were better protections put in place for victims, but enforcement was still weak. In the 2010s, the term ‘domestic violence’ was changed to ‘domestic abuse’ to recognise that the scope of harm is much wider than physical violence. There was also the introduction of Clare’s Law (and equivalents) – a rule that lets someone ask the police if their partner has a history of hurting others or might be dangerous. It’s named after Clare Wood, who was killed in 2009 by a man with a known history of violence against women. Coercive control was also explicitly made illegal at this time; we will come back to that term because it is so key in understanding domestic abuse. In 2020 and 2021, we had the Covid19 lockdowns. There was a surge in domestic abuse cases, and awareness was really heightened. This time also saw some improved protections for children. And from 2022 onwards, there was an increase in awareness and reporting. There was a rise of male victim visibility, and the laws for all UK nations were updated to represent our increased knowledge and understanding of how previous laws had fallen short in terms of protection for victim-survivors.

[Trigger warning]

Before we jump into the rest of our material, we want to give you a specific trigger warning for this course – in addition to the wellbeing warning we give at the start of every safeguarding training session. This

course covers sensitive topics related to domestic abuse, which may be distressing or triggering for some participants. Please be aware that the content might include discussions that could evoke strong emotional responses, in yourself or in others, or even the realisation that you may be a victim of abuse. So, if you feel unsafe or emotionally overwhelmed at any point, you're encouraged to leave the training session and prioritise your own wellbeing. If you need to leave, there is an option to message the co-host for support or to inform them of your departure if you're able to. If you're concerned that someone who may be a perpetrator of abuse could overhear the training again, please prioritise your safety and consider leaving the session. If you find yourself disturbed or triggered, please consider reaching out to a trusted friend, family member or professional support service. The course handbook includes information on support services and resources. Please refer to these only if it's safe for you to do so. Your safety and emotional wellbeing needs to be a priority. Please take care of yourself and use the resources available to you.

Our course is framed using the five ‘R’s of safeguarding. You may well recognise these from other safeguarding training that you've attended. First, we'll recognise what domestic abuse is, who is affected, how to recognise it and what the law says. Secondly, we'll discuss how to

respond well when we're concerned. Thirdly, we'll seek to understand how and when to record concerns and why this is so important. Fourthly, we'll identify who we need to refer to when we have concerns, the difference in referring for children and adults, and we'll also consider consent and safety. And finally, we will explore the importance of reflection as we seek to build communities that support and restore those who experience domestic abuse.

[Module 1 – Recognise]

Our first 'r' is recognise. Recognising what domestic abuse is, and how we may become aware of it, is the first step. It would be great to hear from you so we can gauge what understanding we have in the room at this early stage: What is domestic abuse? Please feel free to type into the chat or to unmute and speak. Thank you. Some key points to be aware of are that domestic abuse involves all kinds of abuse, not just physical violence. Control is a factor in all domestic abuse, and this is covered by law. Domestic abuse laws in the UK apply to those who are 16 and older, who are or who have been, intimate partners, and in most nations of the UK, this also covers family members. The charity Hourglass, that supports older people who might be experiencing abuse in all nations of the UK, define domestic abuse like this: "Any incident of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over, who are or who have been intimate

partners or family members, regardless of their gender or sexuality.” It is helpful to know that in Scotland, domestic abuse law doesn't cover other family members, just current or former intimate partners. Abuse perpetrated by family members is covered under different legislation.

All four UK nations have domestic abuse laws, and these have been extended in recent years. England and Wales have the Domestic Abuse Act 2021, Northern Ireland has the Domestic Abuse and Civil Proceedings Act (Northern Ireland) 2021 and Scotland has the Domestic Abuse (Scotland) Act 2018. There are other laws that may be relevant as well. In your handbook, there's a table of the main legislation and guidance that covers domestic abuse across the UK. One thing that's helpful for us to be aware of is that updates to these laws in recent years include protection orders that give police and courts greater power to keep perpetrators away from victims, either in the short or long term. Again, there are details of this in the nation-specific sections of your handbook.

Now we’ve defined what domestic abuse is, let’s consider some myths or uncertainties you may have encountered. Indicate whether you think the following statements are true or false by just showing us a thumbs up or thumbs down, either physically or using the reactions button on Zoom. Statement one is: Domestic abuse always involves physical

violence. That's false. Domestic abuse can include several types of harm and abuse - always control, and it can also be emotional abuse, sexual abuse, financial abuse and physical abuse. Statement two: Men never experience domestic abuse. Yes, this is also false. Victims of domestic abuse are overwhelmingly, though not exclusively, female. Men can and do experience domestic abuse in all types of relationships, and from male and female perpetrators. There are organisations specifically to support male victim-survivors and you can see those in the signposting section in your handbook. Statement three: Domestic abuse also happens in religious families. This is true. Domestic abuse can occur in any context or relationship. Research undertaken by the charity Restored found that one in four churchgoers who took part in the study had experienced abuse in their current relationship. Statement four: Drug or alcohol misuse can cause domestic abuse. This is false. Substance misuse can be an accelerant of certain behaviour, but it doesn't cause domestic abuse. There is a pattern of control that goes beyond the presence of substances. Statement number five: Domestic abuse doesn't happen to people who are wealthy and independent. Yes, this is false. In media portrayals or popular imagination, domestic abuse can be associated with poverty or people who are struggling in other ways. However, anyone can experience domestic abuse, and sometimes signs and indicators can get missed when a person is

wealthy or independent, because our unconscious bias is that they couldn't be a victim. And our final statement: Domestic abuse impacts children. This is absolutely true. Children who live in homes where there is domestic abuse experience emotional harm that can have a long-term impact on them. We will discuss this further later in the webinar, and there's a section in your handbook about domestic abuse and children as well.

Let’s focus for a moment on control. Domestic abuse can affect anyone, and the types of harm and abuse involved can be very different. However, one thing that is common to all experiences of domestic abuse is control - one person exerting power over another. This can be through threats, manipulation, or through other means. The impact on the person experiencing control can be a diminishing sense of self, a loss of independence and freedom, with all of their actions and choices determined by the person controlling them.

Throughout the webinar we will hear quotes from victim-survivors of domestic abuse. Here is the first: “It starts slowly, a few emotional knocks, alternated with romantic gushes and promises of everlasting love, which leave you reeling, not knowing what mood or message awaits you.” This quote comes from MP Rosie Duffield, a domestic abuse survivor and advocate, during the second reading of the Domestic

Abuse Bill in Westminster in October 2019. We want to be able to recognise signs and indicators of domestic abuse early so that we can respond well and connect people with support. You may have come across the term ‘love-bombing’ before and recognise it in this quote. Love-bombing can be part of controlling behaviours. It's a form of psychological or emotional manipulation that involves showering someone with excessive affection and attention in order to gain control of them. At the beginning of your handbook, there is a glossary of terms connected with domestic abuse. If this is a new area for you, you may find it helpful to explore that after the training.

An important tool for recognising any form of abuse is an awareness of the signs and indicators. So, what are the signs and indicators that somebody may experiencing domestic abuse? We're all different, and each situation is unique, but there are some common things that we can learn to recognise as our awareness grows.

Changes are one of the most important indicators of abuse. It could be a change in behaviour, a change in appearance, or relationships. It would be good to hear from you now, what changes might you notice if someone is experiencing domestic abuse? For example, you might notice that somebody who used to be quite chatty, relaxed or outgoing becomes more reserved and withdrawn. You might notice changes in

appearance, for example, weight loss or dressing differently than they did before. You might notice some changes in different relationships. Often, those who are experiencing domestic abuse can become isolated and taken out of their sphere of support so that they can be more easily controlled.

You might notice domestic abuse through comments that somebody makes. Sometimes a person doesn't actually realise that what they are experiencing is abuse. So, pay attention to comments they make about themselves, about others, about things that are happening at home or in their relationships. If something that they say doesn't sit well with you, pay attention and pass on your concerns.

You might notice changes in somebody's interactions. Their patterns of attendance or engagement might change. If somebody is being controlled, sometimes their movements are restricted. Perhaps you notice that they are not attending groups as they used to, or as regularly, or staying at the end to talk. Sometimes those who are experiencing physical violence may be staying away, or being kept away, while injuries heal. You might also notice how a person interacts with others. They could be responding differently to another person, either the perpetrator or others in their lives, for example withdrawing from friendships. You might notice different interactions with their children,

keeping them quiet or away from the perpetrator's attention – 'Don't make Daddy / Mummy cross'.

Not all domestic abuse involves physical violence, but sometimes it does. If we do become aware of injuries, that could be a sign or indicator that somebody is experiencing domestic abuse. We'd pay particular attention when the explanation for an injury doesn't seem to match what we can see. Of course we can all injure ourselves accidentally, can't we? But injuries to soft or covered parts of the body are harder to get by accident, so again, pay particular attention to those. Be aware that injuries present differently on different skin tones; so ensure you are aware of how bruises may appear on the skin of all those in your community.

We're going to look at three case scenarios now in small groups. As you go into your group, just be curious. What do you notice? If you can ask somebody to read the scenario for the group, nominate someone to give some feedback, and then discuss together, what are your concerns in this situation?

Scenario One is about Aaliyah. Aaliyah is 16, she attends your youth group every Thursday evening. She's a mixed-race girl (her mum is from Northern Ireland and her Dad is from Trinidad) and she is smart, creative, and friendly. She's popular at school and on social media, often

sharing dance videos and poetry. She's been dating Liam, who is 17, for 8 months. He’s a white boy, quiet and socially awkward in person, but active online. Lately she’s withdrawn, anxious and jumpy when she gets message alerts. Her mum is worried about her and said that Liam comments endlessly on Aaliyah's posts, often being sexist, and Aaliyah worries about upsetting him.

So, what are your concerns? You might have noticed Aaliyah’s change in behaviour - that she's jumpy when she gets message alerts, and that she is withdrawn and anxious. We have Liam making sexist comments on her posts, and this is happening endlessly, and Aliyah is worried about upsetting him. It's good for us to be aware that domestic abuse can happen in the online space too. We tend to think of abuse occurring within a home, but technology can be used as a tool in domestic abuse too. There is a section in your handbook to explore this further.

We mentioned in the scenario that Aaliyah has a mixed ethnic background. According to the 2023 Crime Survey for England and Wales, people with mixed ethnic backgrounds experienced the highest rates of domestic abuse – 7.9% compared to a national average of 4.4%. Shockingly, the figure for those of a Mixed White and Black Caribbean ethnicity rises to 20.6%.

Scenario two is about John. John is 68. He is a recently retired factory worker who has been married to Sally for 45 years. He lives in a small town in Wales. He's well known in your community for his gardening and local volunteer work. John is one of the trustees of your charity. At the latest board meeting, it was suggested that everyone contributes £10 for teas and coffees for the coming year. You notice him fidgeting, looking at his hands. He mumbles "She's going to love that." You have also noticed he's reluctant to come as much as he used to - insisting he needs time to check their schedule, and asking that any meetings dates be sent by email to Sally. Over time, John has become quiet, withdrawn, and increasingly reliant on Sally.

What are your concerns? You might notice there are changes in behaviour; that John has become withdrawn and increasingly reliant on Sally. Perhaps you noticed that he's fidgeting and looking at his hands when money is mentioned. His comment, “oh, she's going to love that,” might make you wonder what is behind it. You’ve also realised he's not attending like he used to, and wants to check about dates with Sally. You may be aware already that a time of transition, like pregnancy or children leaving home, can exacerbate abuse. John is recently retired, which is a big life change. Of course, there are other possible explanations for the changes that we notice in John, but pay attention, because we have got

some signs and indicators here that John is not ok, and he may be experiencing domestic abuse.

We know that for older victims, family members, rather than intimate partners, are most often the perpetrators of domestic abuse. Older people may be vulnerable because they fear losing relationship with adult children, family and friends or they experience decline in physical and cognitive health and become dependent on their abuser for support. In some cases, older victims may also provide a caring role for their abuser, which also impacts on their willingness to leave an abusive relationship. Older adults are not often the focus of media campaigns around domestic abuse prevention, and this could be both a barrier for reporting and recognising the harm experienced by this age group. Among older victims, men are more highly represented than in the statistics for the population as a whole, three in ten victims are male. Abusers include adult children and other family members as well as partners. The data on domestic homicides tell us that older women are most at risk from their partners or former partners, where older men are most at risk from their adult family members, such as sons or grandsons.

Our final scenario is about Amandeep. Amandeep is a Panjabi Sikh woman, a mother of two, Simran, who's eight and Arjun, who's three. She works part time at Little Leaves Nursery, which runs sessions in the

church's community space. She's well liked, calm and gentle, but lately seems withdrawn. Her husband, Jaspreet, works in construction. He drives Amandeep to work, and it's rumoured that he hands her a mobile phone as she gets out of the car and takes it back when she finishes her shift. You and other volunteers at the church begin to notice that Amandeep, who is known as being cheerful and engaged, now rushes out quickly at the end of each shift, she doesn't stay for tea or speak freely anymore. One morning, you overhear Jaspreet raising his voice outside the nursery, scolding Amandeep harshly, and calling her shameful for speaking to other men, meaning the dads who dropped their kids off.

So, what are your concerns? We've noticed a change in behaviour that lately, Amandeep has stopped saying for tea and a chat at the end of her shift, and she seems withdrawn. We've got the rumour of control over Amandeep’s mobile phone by Jaspreet. We've also had this incident, with Jaspreet raising his voice and scolding Amandeep and calling her shameful for speaking to the dads dropping off their kids, which we assume is just part of her job. If Amandeep was somebody in your community and it was safe to do so, you could signpost her to Sikh Women’s Aid, or Karma Nirvana (an organisation supporting victim-survivors of ‘honour’-based abuse) there are details of these

organisations in your handbook. We will talk about safe signposting for victim-survivors in a later section.

Thanks everyone. It's good to get those thoughts, as we said earlier, and can be seen in these case scenarios, there's an element of control in all situations of domestic abuse. We may think that statutory agencies can't act to safeguard someone unless there's been physical violence, but this isn't the case. The devastating impact of control on victim-survivors is recognised in law. Coercive control is recognised in law across the UK as a form of abuse in its own right. Coercive control can be defined as a pattern of controlling behaviours and acts, which may include threats, humiliation and intimidation, assaults or other abuse that is used to harm, punish or frighten their victim. That's a definition from Women's Aid Northern Ireland. Statutory agencies have power under these laws to protect victims and prosecute perpetrators. Penalties can include fines and prison sentences.

As we come towards the end of our section on recognising domestic abuse, we want to share a model that can be a helpful tool for recognising patterns. The cycle of abuse is not a new model. It also doesn't represent all cases of domestic abuse. It can be helpful for understanding instances of physical or sexual violence but is less applicable perhaps to issues like financial abuse or ongoing coercive

behaviour. However, we've included it here as it resonates with so many victim-survivors. There's no time limit between each stage or pattern to predict how long each stage will last. However, a rise in the extremity or violence of incidents and or an increase in the frequency of incidents is a sign that a situation is becoming more dangerous.

The cycle can start by tension building. Victim-survivors describe themselves feeling like they're walking on eggshells. They feel uneasy; they know something is brewing. After that, an incident happens when abuse occurs. It can be any type of abuse, including physical, emotional and sexual. After that, there can be a period of reconciliation. This phase is also sometimes known as the ‘honeymoon’ phase. There can be gifts given, promises made. Abuse can stop or slow down at this stage. The abuse can also be minimised or denied or excuses made as to why it happened. Often, the victim can be given a ‘hook of hope’, believing that the perpetrator will change, that abuse won't happen again. It's at this point that a victim who has left may return to a relationship, and then a period of calm returns. Things seem peaceful, but then tension can begin to build, and the cycle repeats itself again.

Someone called Jill, who is a victim-survivor of domestic abuse, shared that recognising this cycle prompted her to seek help for the first time: “Shortly after a lightbulb conversation with my GP, when I described in

sheer desperation the utter fear I've been living in for so long, the violence, the anger, the threats and what could I possibly do to make him less angry. He said the sentence, ‘Jill, who's the victim here?’ and drew the cycle of abuse in front of me.” It was shortly after that that Jill reached out for support. The cycle of abuse is also one that can be recognised by children living in a home where domestic abuse is happening. They can recognise where their family is in this cycle at any one time.

As we come to the end of our first section, ‘recognise’, we appreciate that there is a lot to take in. At the end of each section, we'll have one key message take away. For this section it is to recognise that not all domestic abuse involves physical violence. Domestic abuse is sadly common. It is likely to be happening in our community. We need to recognise the signs and indicators of all aspects of domestic abuse so we can be ready to safeguard and support. We also need to know how to respond. Well, that's what we're going to look at just now.

[Module 2: Respond]

Here is another quote from a victim-survivor to help us frame this section: “I left, I did it. I was so scared, but so free. This wasn't the first time, but I knew it had to be the last.” That's from Helima. Her words express how leaving a relationship where domestic abuse is present can

be a process and may not be a decision people commit to the first time for many varied reasons. Our next exercise will explore this further.

One common response that victim-survivors encounter is, ‘why don't / why didn't you leave?’ It's helpful to recognise that, although the decision to leave can seem obvious from the outside, there are many powerful and complex reasons that prevent someone from doing so. Acknowledging these can shape our responses. So, we're going to just spend a couple of minutes here considering this. For the first couple of minutes, I’d just like to hear any reasons why somebody might leave a domestic abuse situation. Thank you. Yes, we might have someone seeking safety or freedom. It could be to avoid escalating violence, or to protect their children. They might be able to leave because they've got a good network of support or financial independence; they might feel empowered to leave by internal or external factors. Okay, now let's have another couple of minutes just thinking about reasons why somebody might stay. OK, yes, we've got the lack of financial independence – they don’t have access to their own money. Maybe they simply don't know where to go. Maybe they feel it’s necessary to stay ‘for the sake of the children’. It could be because of fear or threats. They may have no recourse to public funds or they're worried about an uncertain immigration situation. Perhaps they love the person and want it to work.

They think the person will change. They're just too exhausted to deal with leaving it; they're emotionally drained. They think it's their fault. Maybe they feel shame. Maybe they don't want to break up their family. They don't have the self-esteem or confidence to feel that it's worth them taking that step. Perhaps they've been isolated from family and friends so don't have that network of support. There might be a stigma of divorce or separation that comes from their faith. It could be about community pressure or honour. Maybe they don't realise that what they're experiencing is abuse. Perhaps the perpetrator has even threatened suicide – ‘if you if you leave me, I don't know what I'd do’. Maybe they have a disability, or they're dependent on the perpetrator. There can be something that feels more manageable about knowing where that person is, so there's no surprises. It could be that they have, things, items, even pets, in that home, that are a source of stability and support that they just don't know how they would manage without or they're worried what would be done to them if they weren’t around.

How did you find that exercise? You may have been surprised that the list for staying was considerably longer, and you came up with it more quickly, than the list for leaving. The understanding of how complex this is can increase our empathy and awareness, and make us better able to support someone experiencing domestic abuse.

Let's return to one of our scenarios then to think through how we respond well. As you listen to this next scenario, we're going to hear part two of John’s story, think about: How could you respond well if you are Chris, who's a volunteer? And how could you respond well if you are the Safeguarding Lead for this organisation?

At the community centre, a volunteer named Chris notices John flinching when his wife interrupts him sharply. Chris also sees that Sally answers questions on John's behalf and then closely monitors his interactions. One day, while Sally steps away, John quietly says, “things aren't great at home. I'm tired of being made to feel useless.” He looks anxious and quickly changes the subject when Sally returns.

So how would you respond? Well, if you're Chris, you would make sure you don't dismiss or downplay John's statement. You can offer reassurance, saying something like ‘You're not alone, John. You don't deserve to be treated like that’. You would avoid pressing for details in public, because you don't want to increase the risk for John. You would talk to the Safeguarding Lead for advice and encourage John to do the same. And then either you or the Safeguarding Lead could explain what can happen next, and maybe offer some signposting. For example, say ‘If you're comfortable, I can help you get support. There are people who understand what you're going through.’

For the Safeguarding Lead, when Chris comes to you for advice, you can ask him to make a record of this conversation with John, if he hasn't already done so. Thank him for telling you and encourage him to bring any other concerns he has. You can check your records to see if there are any existing concerns for John or Sally. Ask Chris to encourage John to talk to you so you can support him and pass on any further concerns. You would respect John's autonomy. Gently encourage connection to support services, making it clear that help is available. You would reassess any actions if a situation escalates.

Much of our responding will be dependent on the individual situation we encounter, as every person is different and our actions are determined by who is involved, the level of risk and any relevant context. However, there are some general principles that we can apply all the time. Here are some do's and don'ts for responding well:

Do listen. Hear the person who's talking to you. This is so very important. They will often have had their voice taken away from them, and they may find it difficult even to express what's happened to them. Don't rush them and don't put words into their mouths; just listen and hear them. Hear what they need to happen next in the process, ask them what they need from you, and show respect. It’s important to respect the choices that the person has made to this point, we haven't

had to live their experience, and it’s not helpful to challenge or question their choices. With listening and respect comes dignity. Giving the person their dignity is very important as this will have probably been taken away from them through the abuse they have suffered. The person may not even treat themselves with the dignity that they deserve.

Do signpost. You can support the person by equipping them with resources and information. Connecting them with those who can provide specialist support if they want it is not only empowering, but it's also the safest option.

Do be clear. Be clear about what support you can offer and any actions you may need to take. Be faithful and consistent in giving the support you've offered. So don't over promise. Be honest. If you're limited in what support you can give. The victim-survivor will appreciate knowing the boundaries and limits. It will help them to feel safe and knowing where they stand at a time when everything else can be so unpredictable and scary is welcome.

Do seek advice. Supporting someone experiencing domestic abuse is complex and not something you should try to do alone. Get advice from your Safeguarding Lead and / or specialist organisations about how you can safely support and avoid increasing risk. With domestic abuse, the risk increases significantly when someone is planning to leave, so we

shouldn't be encouraging someone to take this step with some specialist advice.

Now some don'ts. Don't judge or blame victim-survivor. Victim-survivors are often told by the perpetrator that what they're experiencing is their own fault. We need to make sure that we aren't adding to that message in our response. The responsibility for harm always belongs to the perpetrator. A person may also be worried about what you will think of them after they tell you what they're experiencing. Be open minded to their point of view, although we might have our own thoughts, we need to provide non-judgmental support.

Don't prioritise restoration of relationship over safety. The desire to restore relationships can sometimes be prioritised over a person's safety and wellbeing. The person experiencing domestic abuse may feel pressured to stay in an abusive relationship because of faith or cultural expectations, or because of messaging they've received from the perpetrator or others in their community. We need to be clear in our response that their safety is the most important thing. We need to be mindful of our language as well – it isn't a victim-survivor's role to 'preserve' a relationship – a relationship where there is abuse is already broken. For example, in the case of a marriage, remember that the

person perpetrating abuse has broken the marriage vows, not the person trying to seek safety.

Don't act alone. Supporting someone who is experiencing domestic abuse is complex. We shouldn't try to do this alone, and we're not equipped to be someone's sole source of support. We can increase risk to them if we try to act alone. When you have a concern, tell your Safeguarding Lead. If you are the Safeguarding Lead, seek advice from those with specific expertise.

Finally, don't counsel couples together. Joint relationship counselling is not appropriate in domestic abuse situations. Domestic abuse is not the same as relationship troubles or arguments. The imbalance of power means that the victim-survivor cannot engage freely in this, and perpetrators can manipulate counselling sessions, so they look like they're ‘reformed’ and that the problem is solved. This can leave the victim-survivor nowhere to turn. They can also weaponise what is said in these sessions to punish the victim-survivor.

Let’s think now about what conversations and support are appropriate for us to offer. The safety of the victim-survivor, including any children involved, is always a priority. If you want to talk to someone and support them in their situation, make sure to do so at a safe place and time, not in public or when we could be overheard by a perpetrator, or those who

might tell them. This consideration includes communication on the phone or in messages, as devices might be controlled or monitored and the perpetrator may be around when we contact them. We'd also want to avoid putting leaflets in bags or pockets that may be found. Ask the person themselves when and where would be a good opportunity for a conversation.

It's important not to overstep your role, as acting beyond our expertise could put the person at increased risk. It is never our role to confront the perpetrator or to push someone to leave. The most dangerous time for a victim-survivor is when they are planning or attempting to leave. According to the organisation Domestic Abuse Shelters, of the total domestic violence homicides, about 75% of the victims were killed as they attempted to leave the relationship or after the relationship ended. Domestic abuse is about control, and perpetrators' actions can escalate when they fear they are losing control. Our role is not to make someone leave. It can be to connect them with specialist services who can help them to plan to do so safely.

Part of our support, alongside listening, is signposting people to specialist organisations. They can help a victim-survivor make a safety plan, access support and give advice that is beyond our remit. There are a few practical ways that we can enable people to protect themselves in

the moment that don't go beyond our role. For example, let people know about the option of a silent 999 call, where they can press ‘55’ to indicate to the operator that they are in danger and unable to speak. You can encourage them to ensure their phone is charged and with them at all times. When physical violence is escalating, they can avoid going to the bathroom or kitchen because of the additional dangers and hard surfaces in these spaces.

The quote on the screen now comes from the book ‘The Bible Doesn't Tell Me So: Why you don't have to submit to domestic abuse and coercive control’ by Helen Paynter. She writes, “Women I have spoken with describe how the church has told them it is their duty to win their husbands back by their meekness and compliance spirit using 1 Peter:3. Or that because their husband has not been sexually unfaithful, she has no biblical grounds for divorce, or there is a Christian duty to forgive, and that forgiveness means allowing him to continue to abuse her and any children that they have.” This quote reflects a sadly common experience for those who experience abuse and belong to a faith community. We have an important opportunity to offer a different experience. We can listen, empower and support rather than silence. We can speak and teach about love, protection, justice for the oppressed, and the value and dignity of human life. This is not in opposition to the importance of

marriage or family and community honour, but it puts priorities in the right order and reflects the scriptures at the heart of our faith communities.

Our key message for our ‘respond’ section is that the way we respond can have a significant impact on a victim-survivor, for good or for bad. When someone is experiencing domestic abuse, we should aim to listen well and have appropriate conversations that put their safety first.

We're going to have a 10-minute break now. For those who feel able, there is the opportunity to watch a powerful video for the first couple of minutes of the break, then an eight-minute timer will appear for the rest of the time. It's a video from Women's Aid called, ‘The Monster Who Came to Tea’ and it illustrates the impact of domestic abuse on a child and an adult. If this is not a safe thing for you to watch, please feel free to start your break now. Your trainer and co-host will stay while the video plays, so do reach out if you need support after watching.

Video transcript: ‘The Monster Who Came to Tea’. It was a Thursday, just like any other, Lily's favourite tea had been made by her mother. As Lily slurped up wiggly worms galore, her slurping was disrupted by a knock at the door. Lily opened the door and shrieked in surprise at a charming looking monster at least three times her size, sniffing the air through a disarming white grin, it said, “I smell spaghetti. Can I come

in?” To the outside world it appeared friendly enough, but once behind closed doors, it grew moody and rough. They tiptoed nervously after the big hairy slob, to find it shoving fistful of the tea into its gob. “Disgusting.” It snared, banging its fist, launching a plate at Mum's head, that only just missed. As its shards shattered violently, Mum calmly said, “Okay, Lily, go get ready for bed.” Lily backed out the room, praying it wouldn't react. Experience had taught her to avoid eye contact. Climbing the stairs, she looked back once more, seeing the monster, hurl vile insults through a gap in the door. “What's with the makeup and the revealing dress? You know, I despise it. Who are you trying to impress?” The Monster sees the Mum’s friend sending her texts. After smashing her phone, they both knew what happens next. The monster's fist was tightened, its knuckles whitened as it towered over mummy, who was now really frightened.

“Shhh. Daddy's home. Stay in bed.” *This isn’t a story we’d ever choose to read to our children. Yet tragically, for so many it isn’t fiction.* “I’ll catch you later!”. Domestic abuse impacts women and children, but government funding doesn’t fully protect them. Speak up to help rewrite their stories. [Video end]

[Module 3: Record]

Okay, I hope you've had a good break, and if you have any thoughts or reflections on that video that we watched ahead of the break, please do

share them now. Obviously, it illustrates an experience of domestic abuse that involves physical violence. We know that isn't the case for everyone, but it is for many. I think it is a powerful illustration of the impact of fear on the child, and this will be shared across many experiences of domestic abuse, whether or not physical violence occurs.

We're moving into our third section now – ‘record’. Clear and accurate safeguarding records are essential for enabling people to be kept safe in domestic abuse situations. Let's explore this now. Here's our victim-survivor quote for this section: “The emotional abuse started first. I was very rarely allowed to go anywhere by myself. When I was it would only be to work, and she would phone me constantly throughout the day.” This is from Sam, and he shares his story on the ‘Mankind’ website. There's a lot of other survivor stories there too. Sam's experience, and the experiences of many others, involve a pattern of abusive behaviours that build over time. Control is present from the start. If we can recognise, respond and record early, then we can connect people with support more quickly.

So, what do we need to record if we have a disclosure or a concern about domestic abuse? We need to record factual, accurate notes of any disclosure or concern. Think about who was involved, what happened, where did this happen, when did this happen, and when are you

recording it? Don't include opinions or personal judgments of a situation, such as why a perpetrator might have acted in a certain way, or anything like that. This can be misleading, and it can prevent someone getting the help that they need. It is good to record relevant context that may help with decision making. For example, are there children involved? Is this an instance in a pattern of escalating violence? Record the person's own words. This honours the person by keeping them at the centre, and it also prevents misinterpretation. Best practice is to record within an hour of the disclosure or concern arising. We need to put the date and the time on our record and sign it, then pass it to our Safeguarding Lead straight away, so that they can respond as necessary and securely store the record.

We will go into this in more detail in the next section, but if it's an emergency, contact the emergency services - police, ambulance, out of hours social workers, whoever needs to be involved. Inform your Safeguarding Lead afterwards of what's happened. If you're not sure if it's an emergency situation, phone your Safeguarding Lead or a specialist helpline to get advice. If there's no immediate risk of harm, pass your record to the Safeguarding Lead within 24 hours.

We're going look at the second part of Aaliyah’s situation. As you listen, think about what you would record if you were Robin, the volunteer, and secondly, if you are the Safeguarding Lead.

Lately, Aaliyah is avoiding her friends at group and is less chatty. Robin, her youth worker, noticed her coming out of the bathroom crying. When they asked if she was okay, Aaliyah shared that Liam's angry with her for posting ‘slutty’ things and has threatened to share her messages and photos with others. He says he's ‘red-pilled’ now and deserves better. Aaliyah said that when she saw him last week, he was being super intense and affectionate, then got angry when she asked him to slow down. She feels stuck, and she says ‘he hasn't really done anything wrong’.

So, what would you record if you are Robin? You would record Aaliyah’s full name age and date of birth, and Liam's too if you have them – this scenario doesn’t say whether Liam is part of your youth group as well or somebody that Aaliyah knows from school, college or another place. You would record your details as well and the time and date of this conversation. You'd record what you saw, where you were, and what Aaliyah said, using her exact words as much as possible. That's why we recommend recording within an hour, so that you've got those words fresh in your mind. You'd include that phrase about being ‘red-pilled’

even if you didn't understand what it meant. ‘Red pill’ is a phrase associated with incel culture, which is linked to misogyny and sometimes real-world violence against women and girls. When we make safeguarding records, we can't ask leading questions or investigate, but we can ask what we call TED questions – tell / explain / describe. For example, ‘Can you tell me a little more about... Could you describe what you mean by ‘super intense and affectionate’. We can clarify things that we don't understand in order to make an accurate record. If it felt ok to do so, you could ask Aaliyah in the moment what being ‘red-pilled’ means. If it doesn't feel appropriate, we would still write it down anyway, as it may be understood by others using your record and could be important in determining the level of risk that Aaliyah is facing.

If you're the Safeguarding Lead who receives this, you can check if you have any existing records for Aaliyah or for Liam and seek advice from relevant specialist organisations. Record what that advice was, where you got it from, who you spoke to, and you'd also record any action taken by yourself or by others. In your handbooks, just ahead of the signposting, there's a section where we've created a sample record for Aaliyah’s situation using the Thirtyone:eight template for recording concerns. It's got the initial record and the beginning of the Safeguarding Lead’s follow-up as well.

What considerations do we need to make when we're recording? Domestic abuse often involves a pattern of behaviours or incidents. When we record these incidents, they form evidence that we or our Safeguarding Lead can use to refer concerns to statutory agencies, and then those agencies can use to safeguard or seek justice for a victim-survivor.

Our language matters when we make our records. We need to ensure that the words we choose are factual, non-judgmental, and don't blame the victim for what happened to them. Victim-blaming language can affect how a case is handled, and a person is treated. For example, consider the difference between: ‘The children are at risk because the mother refuses to leave the situation’ and ‘The mother is currently unable to leave the situation due to fear of being harmed.’

Our records need to be clear and specific because they may be used as evidence, and they can either support or damage a case that comes to court. If our records are accurate, they can support a victim-survivor’s statement. If they contain inaccuracies, it can make their testimony seem unreliable. It's important that we get the facts right, including adding the time and the date straight away so we’re not guessing if asked for it later.

Also consider whether there's any contextual information that might help safeguard someone more effectively? For example, is there any other relevant information that can help professionals determine the level of risk or enable support? Are there others who may be at risk? Are there any factors that may increase risk? For example, we know that over 30% of domestic abuse starts during pregnancy. In 90% of incidents, children are in the same or an adjacent room where violence happens. If we include contextual information, it can help people get the right support. Include the contexts and details, even if you don't fully understand them, like that comment about being 'red-pilled' in our scenario, or that a person belongs to a particular cultural context or faith group that may impact on their experience.

Ultimately, we want to make clear, accurate, regular records so a person can be kept safe. Our key message for recording is that records are essential; record all concerns quickly and accurately.

[Module 4: Refer]

Now we are going to look at how we can refer the information in our records so that a victim-survivor can receive support. Knowing when to pass on concerns, and who to refer to is vital. This quote comes from Jill, the victim-survivor, who spoke about her conversation with her GP. She

then self-referred for support from an organisation called RISE. She says, “I was just about managing to talk through the tears, tears of utter relief that I was actually being heard and believed.” People experiencing domestic abuse can feel trapped and alone, but there is a lot of support out there. When we know how and when to refer concerns, we can connect people with support and enable victim-survivors to reach safety.

So, when and where should we refer? As with any other form of harm and abuse, if there is an immediate risk of significant harm to a child or adult, call 999. Always tell your Safeguarding Lead about your concern so they can keep records and take action as necessary. They can also provide you with advice and signposting if you're supporting somebody in your community. There are several specialist helplines for domestic abuse in the UK. Some are national, some are local, and some specialise in support for certain groups. There's a lot of information in the signposting section of your handbook, and there's a place for you to collate local support for your area as well. Safety is always the priority when we refer. Always refer internally and in an emergency. After that, seek advice from your Safeguarding Lead before making any external referrals. Depending on the type of abuse, you may need to refer to additional places. The law recognises that children involved in domestic abuse situations are experiencing emotional harm. Adult victims

experience several different forms of harm and abuse. Which ones are you aware of?

The experience of domestic abuse can intersect with many other forms of harm and abuse, key categories in UK law are: physical abuse, emotional or psychological abuse, neglect, sexual abuse and also financial abuse. Financial abuse is sometimes called ‘economic abuse’ in the context of domestic abuse, to recognise that the control affects more than just money and property. It can be controlling somebody's access to employment or their ability to gain resources. We're going to try an exercise now. I'm going to give you an example sentence of somebody who's experiencing domestic abuse, and if you can just show me with your fingers a number between one and five to say what category of abuse the following example falls into – number 1 being physical, number 4 sexual etc. as it shows on the screen. Here's our first one. “He refused to take her to the doctor, even though she was clearly very ill.” We can recognise that this could impact someone in a variety of different ways, but this is an example of neglect, which is number three.

What about this one? “I was told that it didn't matter that I didn't want to, if I loved him, I'd let him take those kinds of photos. He then threatened to post them online.” That's number four. That's sexual abuse.

“She told him he was worthless and that no one else would ever love him.” Yes, that's right, that's number two, emotional or psychological abuse.

“He expected her to hand over her entire salary every month, and refused to let her spend any of it without his permission.” Yes, that's financial or economic abuse.

And finally, “he grabbed her arm and shoved her against the wall during that argument.” Right, that's number one, physical abuse.

In many lived experiences of domestic abuse, the abuse involves multiple types of abuse. Consider this situation: “He constantly insulted her intelligence, took away her credit cards so she couldn't go food shopping, and once threw a chair at her when she tried to leave the house.” You might have recognised emotional or psychological abuse, financial / economic abuse, and also physical abuse.

Now we're going to consider the aspects of referral for when children are involved. When any safeguarding concern involves children, the child's safety and wellbeing is paramount, their needs take priority over any other considerations. Living in a home where domestic abuse is happening is recognised as causing emotional harm to a child. Domestic abuse is an adverse childhood experience; these experiences are sometimes known as ACEs. ACEs are traumatic events that occur in

childhood that have a toxic impact on a developing body and brain and can have long term effects on physical, mental and social wellbeing. Research into ACEs shows that early intervention and the opportunity to build positive relationships can build resilience and reduce long term negative impacts. So early support for families is important.

Laws across the UK now explicitly recognise the impact of domestic abuse on children. In England and Wales, children who see, hear or experience the effects of domestic abuse are recognised as victims in their own right. In Scotland, the impact on children is criminalised. In Northern Ireland, the psychological harm to children is recognised. Domestic abuse in the home is one of the reasons families can access early health and support from children's services across the UK. Specialist domestic abuse charities and children's charities also have support available for children. There's some more signposting around this in your handbook.

If you become aware that a child may be living in a home where domestic abuse is occurring, tell your Safeguarding Lead. If you are the Safeguarding Lead, refer to Children's Services in your area.

These quotes illustrate the impact abuse can have on children. “I was worried all the time,” says a boy aged 10, and “I was tensed up and knotted inside, says a girl aged 9. These are from Women's Aid Northern

Ireland, who were reporting on the impact of domestic abuse on children.

Referral for adults is more complex than for children. If there are no children involved, always refer to your Safeguarding Lead. But after that there are other considerations.

Adults have the right to privacy and to make decisions about their own lives. Generally, we need the consent of an adult to refer our concern for them outside our organisation. This is particularly important for domestic abuse when a referral made without the victim's knowledge or consent could increase risk of harm if the perpetrator finds out. It could also damage their trust in us and the safeguarding process and take away their agency. The control that is present in domestic abuse can rob someone of their autonomy, that freedom to make their own decisions. We don't want our safeguarding process to mirror this dynamic. We can empower victims to seek safety and support themselves by and giving dignity and affirmation. We can also learn what is available and what next steps in the process may involve. We could offer to accompany them if they want to report the police or anywhere else.

There are some circumstances when we need refer to statutory agencies, even without someone's consent. For example, if there's immediate danger or risk to life and limb, if there's a serious crime, if

there's risk others, and if the adult lacks the capacity to consent. This last one is complex, seek advice if you feel you need to refer without consent for this reason, because capacity has to be professionally assessed, and it's situational as well.

As well as statutory agencies like the police, there are many specialist support agencies throughout the UK who can support adults who are experiencing domestic abuse. They can provide advice and guidance for you as well if you're unsure how best to support someone. Most importantly, they can provide practical and emotional support for victim-survivors. There are some organisations that exist specifically to provide accountability and support for perpetrators to prevent further harm. Many of these support services have specialist knowledge on the particular experiences of different communities and identities.

We're going to have a look at the second part of Amandeep’s situation. Who would you refer to in this situation if you are Mary, the volunteer? And how about if you are the Safeguarding Lead?

Inside, Mary gently asks Amandeep how things are at home. Amandeep forces a smile and says, “It's just stress, you know how life gets.” But her eyes show fear, and Mary notices a bruise on her wrist. A few days later, Arjun, who's Amandeep’s three-year-old, arrives especially distressed, and when Mary crouches to comfort him, he whispers, “Daddy shouted

at Mum again last night”. Mary suspects emotional and possibly physical abuse, and feels worried, not just for Amandeep, but also for the children.

Who would you refer to if you're Mary? Yes, for Mary, you're going to be referring to your Safeguarding Lead. There should be two referrals from that scenario we've just read, one after the conversation with Amandeep, and another after the conversation with Arjun.

If you're the Safeguarding Lead, you'd be referring to Children's Services for Arjun and Simran, but there's also specialist support you could refer Amandeep to with her consent, if that's something that she wants. It could be helpful for her to have support from an organisation that understands the cultural context or faith dynamics and community pressures that she might be facing. Somewhere like Sikh Women's Aid could be a good source of support for Amandeep, if it is safe for her to access. As Safeguarding Lead, you can explain the referral pathway to Amandeep, what help is available, what to expect, and that she's not alone. If this situation escalated and there was ever an emergency, Mary, the Safeguarding Lead, or whoever is involved should call 999.

As we end this section, our key message for refer is that internal referral is essential; external referral needs to be navigated with caution.

Referring to the right person at the right time can enable someone to reach safety.

[Module 5: Reflect]

Finally, we're going to look at reflection. This is an essential aspect of creating safer organisations. It is also something that can easily get missed if we aren't intentional.

I'm going to invite you to reflect now. Think about your organisation and all the people that make up your community. What would enable someone experiencing domestic abuse to seek support in your context? What barriers might make this more difficult, and which of these barriers are in your power to remove? Not all barriers are, but there might be some that you can think of. And thirdly, what action will you take following this course to start to dismantle these barriers?

It would be great to hear from a few people now. Thank you. For example, if lack of visibility or mention of domestic abuse is a current barrier, you could remove that by talking about domestic abuse in community gatherings and put signage in various places to enable people to access support safely. If the prominence of teaching about the importance of marriage is a barrier to someone seeking support, ensure you regularly teach about the importance of human life and the value and dignity of every person as well.

Let's reflect on your role and impact. We said at the beginning that this is an awareness course. As we near the end, I'm sure you can see how complex domestic abuse is, and that this time we've spent together doesn't enable you to be an expert. However, your presence can be powerful, as a non-judgmental listener or as an advocate, for example. As an organisation, you can be a place that acknowledges domestic abuse and speaks about safety publicly.

We have mentioned signposting a lot in this session. In difficult situations, identifying sources of support can feel overwhelming, and for some people, searching for the these on personal devices can be dangerous. We can do this work on someone else's behalf and find safe ways to signpost for them.

There are so many ways we can provide ongoing support for victim-survivors as well. Sometimes statutory or specialist agencies are available for a set amount of time, but within our community we might be able to support people for the long term. Can you think of any ways we can provide ongoing support? It could be about empowering people with chances to build skills in areas of life that have been controlled. It could be ongoing listening. It could be support during any official proceedings. We've got a reflection here from a colleague of ours who worked at a different level supporting people in domestic abuse situations. She's

acknowledging in this reflection her uncertainty about how helpful she could actually be: ‘The first time I gave court support to Susan, I didn't think that I did very much to help her. I had little experience of supporting someone and was very nervous. I've learned from doing Court Support Training that just by having someone there with a woman in court is such a help and a comfort to her, and I feel, I did at least that much for Susan… being a calming presence for Susan in a very stressful situation, talking to her and listening to her concerns, and giving her reassurance when she got anxious, being her eyes and ears when she was talking to the solicitor, and making sure she understood what would happen next, respecting her decisions, being a point of information and support between court dates and giving her aftercare and follow up.” The level of support that we give people is going to be different from this, but hopefully that reflection is helpful in demonstrating that even if we feel ill-equipped and we recognise our lack of expertise or ability to change a situation, our presence and being there as a supportive person can be powerful.

Finally, we want to reflect on the impact of your own perceptions could have for victim-survivors. Think about non-stereotypical victims and perpetrators. Are we open to recognising the breadth of people who may be experiencing domestic abuse? Reflect on John. If he were a 31-year-

old female, would this sentence land differently: “You noticed he's reluctant to come as much as he used to - insisting he needs time to check their schedule, and asking that any meeting dates be sent by email to Sally. Over time, John has become quiet, withdrawn, and increasingly reliant on Sally.” If so, what does that mean for how you may respond to people in your community?

And then also think about non-physical forms of abuse. The video that we watched before the break focused on physical violence as part of domestic abuse. We're going to watch Shona’s story now. As you watch, just consider, would your context enable Shona to seek and receive support?

Video transcript: What is coercive control? Shona’s story. I couldn't put my finger on when it changed. It wasn't one thing he did. It happened bit by bit. I could never predict what would upset him. In the supermarket, I'd stand in front of the cereals scared stiff about what he might do if I chose the wrong kind. He'd smash a plate right beside me and then laugh at me when I flinched. He knew he didn't have to hit me to keep me under control. He'd get angry then apologise. “You know I love you, but you make me lose my temper. It's your fault.” I thought I'd be safe if I toed the line. All it took was one person to ask me the right questions. Then I began to open up. I started to see I'm not mad. I started to see

the patterns in what he did to me. It’s taking me a long time to find myself again. Coervice control is against the law. It’s a pattern of behaviour that’s not obvious at first but does real damage and it’s a crime. [Video end]

Sometimes we don't see something because we don't know to look for it. We hope this course has broadened your awareness of domestic abuse, and the range of people who are deeply impacted by it.

We'd like to leave you with this quote as something to inspire and encourage you going forward with this work, it's a survivor's comment to the organisation SafeLives: “No one should live in fear. It is not acceptable, not inevitable, and together, we can make it stop.”

This awareness training is just a first step in creating communities that can better safeguard against domestic abuse. After the session is over, reflect with your teams about what your next steps could be. Your handbook contains information about sources of further training. One thing we can all do to build safer communities is to raise awareness. So, what will you do next?

As we finish, let's review our learning: We've recognised what domestic abuse is, the signs and indicators and what the law says. We’ve discussed how to respond well when you're concerned and why this is so important. We've looked at what to include in a safeguarding record

and the importance of regular recording. We've identified who we need to refer to when we have concerns, and the difference in referring for children and adults. And we've reflected on how to build communities that support and restore those who experience domestic abuse.