

Domestic Abuse Awareness



Creating safer places. Together.

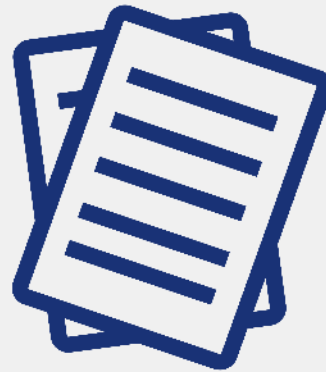
Introductions

Who's in the room?





**2 hours
10-minute break**



**Link for slides and
handbook**



**Webcam and
microphones**



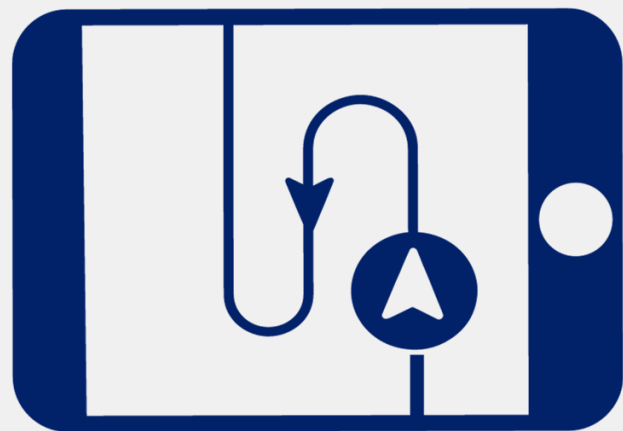
**Sensitive and
confidential**



Get support



Chat facility



0303 003 1111 - Option 2
helpline@thirtyoneeight.org



Scene Setting: Awareness

1 in 4 women, but 1% conviction rate.

Overwhelmingly **not exclusively** female victims



1991
Marital rape
criminalised



2010s
Coercive
control. Abuse,
not violence



2020-21
Covid &
protections
for children



2022--
More
reporting
Male victims

Trigger Warning:

This course covers sensitive topics related to domestic abuse, which may be distressing or triggering for some participants.





1.Recognise

Pause and consider:

What is domestic abuse?



True or False

Are the following statements true or false?



Control



Domestic abuse ALWAYS involves control

Victim-Survivor:

“

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.

”

Signs and indicators



Changes



Comments



Interactions



Injuries



Case Scenarios

What are your concerns?



Scenario 1 – Aaliyah

- 16 years old, creative and popular
- Dating Liam for 8 months
- Withdrawn and anxious, mum worried

Scenario 2 – John

- 68 years old, retired factory worker
- Well known in community
- “She’s going to love that.”

Scenario 3 – Amandeep

- Mum of two, works at nursery
- Well-liked, calm and gentle
- Husband calls her “shameful” for speaking to men

Coercive Control

- Pattern of controlling behaviours
- Threats, humiliation and intimidation
- Harm, punish, or frighten

Cycle of abuse:

“[My GP] said ‘Jill who’s the victim here?’ and drew the cycle of abuse.”



Key Message: Recognise



Not all domestic abuse involves physical violence; recognise the signs and indicators



2. Respond

Victim-Survivor:

“

“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.”

Helima

”

Discussion

- Why might someone **leave** a domestic abuse situation?
- Why might somebody **stay**?





08:00

Responding well

How could you respond well in the following scenario?

- If you are Chris (volunteer)?
- If you are the Safeguarding Lead?

Scenario – John Part 2

- Flinches when wife interrupts him
- “I’m tired of being made to feel useless.”
- Looks anxious and changes subject

Responding well – Do...



Listen and respect



Signpost



Be clear



Seek advice



Responding well: Don't...



Judge or blame



Prioritise restoration of relationship over safety



Act alone



'Counsel' couples together



Appropriate conversations

Think safety – place, time and content

What is your role?

Reduce risk – signpost to specialists and ‘in the moment’ advice

Victim-Survivor:

“

The church has told them it is their duty to win their husbands back by their meekness and compliant spirit

”

Key Message: Respond



How we respond has a powerful impact;
listen and have appropriate
conversations



3. Record

Victim-Survivor:

“

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.

”

Recording disclosures or concerns



Who, what, where,
when



Person's own
words



Record quickly and
pass it on

Recording concerns

What would you record in the following situation?

- If you are Robin (volunteer)?
- If you are the Safeguarding Lead?

Scenario – Aaliyah Part 2

- Avoiding friends and is less chatty
- Liam is angry... threatened to share her messages
- She feels stuck – he ‘hasn’t really done anything wrong.’

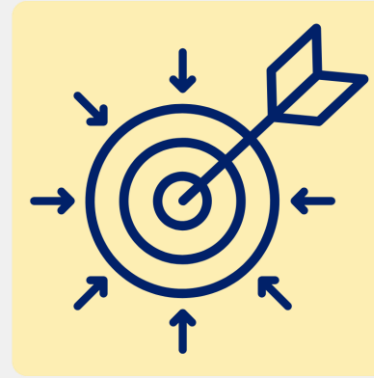
Considerations when recording



Show patterns and
form evidence



Language matters



Clear and specific



Contextual

A person can be kept safe

Key Message: Record



Records are essential; record **all** concerns quickly and accurately

4. Refer



Victim-Survivor:

“

I was just about managing to talk through the tears,
tears of utter relief that I was actually being heard and
believed

”

When and where to refer

- Emergency – 999
- Always – Safeguarding Lead
- Advice – Specialist helplines
- Safety as priority
- Situation specific



Types of Harm and Abuse

1
Physical





4
Sexual

2
Emotional /
psychological

5
Financial /
economic

3
Neglect

Referral - Children

-  Paramount principle
-  Emotional harm / ACEs
-  Law
-  Early help and support

Victim-Survivor:





“

“I was worried all the time”

“I was tensed up and knotted inside”

”

Referral - Adults

-  Consent and Risk
-  Autonomy (having the freedom to make your own decisions)
-  Statutory Agencies
-  Specialist support organisations

Referring concerns

- Who would you refer to in the following situation?
 - If you are Mary (volunteer)?
 - If you are the Safeguarding Lead?

Scenario – Amandeep Part 2

- “It’s just stress – you know how life gets.”
- Arjun arrives at nursery distressed
- “Daddy shouted at mum again last night.”

Key Message: Refer



Internal referral is essential; external referral needs to be navigated with caution.

5. Reflect



Reflection exercise:

Picture your context.

Reflect on the following questions...



Reflect: Your role and impact



Presence



Signposting



Ongoing
support

Reflect: The impact of your perceptions



Non-stereotypical
victims/
perpetrators



Non-physical
forms of abuse

Victim-Survivor:

“

No one should live in fear. It is not acceptable, not inevitable, and together, we can make it stop.

”

Key Message: Reflect



One thing we can all do to build safer communities is raise awareness.

What will **you** do next?

Review of learning:



I have learnt.....



**Your feedback is
important to us**





thirtyone:eight

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