

Domestic Abuse and Violence

What is domestic abuse?

Domestic abuse is generally defined as incidents of controlling, coercive, threatening and violent behaviour between individuals that have been in an intimate relationship that includes family members. Women tend to be the victims of domestic abuse although men and children can also experience domestic abuse.

What are the different forms of domestic abuse?

Domestic can include:

Physical

Psychological

Sexual

Emotional

Financial

If you are aware of someone whose partner exhibits the behaviours below the person could be a victim of domestic abuse:

Partner is jealous and possessive

They are nice one minute and then abusive in the next

Tells the individual what to wear, where they can go and who they can see

Constantly puts them down

Puts pressure onto the individual to have sex when they don't want to

Plays mind games and makes them doubt their judgement

Isolates the individual from friends and family

Controls the money

Tracks their movement and messages

The individual feels as if they have to walk on eggshells, so they don't upset partner

Partner uses anger and intimidation to frighten the individual

Victims of domestic abuse can often experience domestic abuse for several years before finding the strength to seek help and support to get away from the abusive partner. The impact of domestic abuse on an individual can last for several years.

It is also important to remember not to forget the impact on children who live in a household where there is domestic abuse, a child witnessing domestic is child abuse. A child's mental and physical wellbeing, and the behaviour can suffer through witnessing domestic with the impact possibly lasting into their adulthood.

We all have a role in trying to identify when someone is being abused and if possible support or encourage them to seek the appropriate help to leave an abusive relationship.

Sources of information:

<https://www.womensaid.org.uk/>

<https://www.cps.gov.uk/domestic-abuse>

<https://www.nationaldahelpline.org.uk/>

<https://www.nspcc.org.uk/>

If you are experiencing or believe you are in an abusive relationship talking to someone can be first step to leaving abusive relationship and we have counsellors and advisers who can listen, support, or sign post you to where you can assistance. You could also talk to a trusted, family member, friend or colleague

There are other national agencies that provide support:

National Domestic Violence Helpline – 0808 2000 247

The Men's Advice Line, for male domestic abuse survivors – 0808 801 0327

The Mix, free information and support for under 25s in the UK – 0808 808 4994

National LGBT+ Domestic Abuse Helpline – 0800 999 5428