



*“Do not be afraid.
Open wide the doors
for Christ.”*



St John Paul II Multi-Academy Company Safeguarding Newsletter Spring 2 2022

Domestic Abuse



What is Domestic Abuse?

We define domestic abuse as an incident or as a pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour, including sexual violence, in the majority of cases by a partner or ex-partner but also by a family member or carer.

Often, in the media, domestic abuse is shown to be perpetrated by men towards women. However, both men and women can be perpetrators of domestic abuse and both men and women can be victims of domestic abuse.

According to NSCPP figures 1st April 2020 – 31st March 2021 the NSPCC helpline responded to over 11,600 contacts about domestic abuse, an increase of 35% compared to 2019/20.

Contacts from parents and carers about domestic abuse increased by a third (33%) in 2021/21, compared to 2019/20.

Controlling behaviour

A range of acts designed to exploit, intimidate and manipulate someone for selfish reasons. This involves depriving them of their independence in an effort to show domination and this type of behaviour is extremely dangerous because it leads to other types or forms of abuse.

Some of the things a controlling partner might do:

- Make decisions without consulting you,
- Suggest how your money is spent,
- Try to tell you who you can and cannot hang out with,
- Refuse to take your ideas or suggestions into much consideration.
- Try to tell you what you can and cannot wear.
- Try to tell you where you can and cannot go.
- Accuse you of lying with little or no evidence.

Coercive behavior

This controlling behaviour is designed to make a person dependent by isolating them from support, exploiting them, depriving them of independence and regulating their everyday behaviour.

Some common examples of coercive behaviour are:

- Isolating you from friends and family
- Depriving you of basic needs, such as food
- Monitoring your time

- Monitoring you via online communication tools or spyware
- Taking control over aspects of your everyday life, such as where you can go, who you can see, what you can wear and when you can sleep
- Depriving you access to support services, such as medical services
- Repeatedly putting you down, such as saying you're worthless
- Humiliating, degrading or dehumanising you
- Controlling your finances
- Making threats or intimidating you

Threatening behaviour

This is intentional behavior which would cause a person of ordinary sensibilities fear of injury or harm. It can include acts of aggression such as yelling at a colleague, pounding on desks, slamming doors, blocking or cornering, and sending threatening voice-mails, e-mails, or other written threats.

Degrading behaviour

This behaviour is intended to cause a severe loss in the dignity and respect of someone; words or actions intended to debase, lower, degrade, discredit or devalue a person.

Violent behaviour

Violent behaviour is any behaviour that causes another person any injury to the body that interferes with a person's health or comfort, or that places them in fear of being injured. The injury only has to be slight – it can include pain or bruising. Violent behaviour is an offence and can carry very serious penalties.

More information regarding the different types of domestic abuse can be found on www.domesticviolenceuk.org

The impact of Domestic Abuse on children.

This academic year has seen a change in legislation in regards to the impact of domestic abuse on children. It is now recognized that children who have been around domestic abuse are actually victims of domestic abuse also, such is the negative impact that it has on them from being in an environment where it happens.

- Domestic abuse has a serious impact on children's welfare and increases the risk of harm to a child.
- Parents and carers reported that children experiencing domestic abuse had become withdrawn, sad, timid, emotional and in some cases displayed aggressive

behaviour. Some parents and carers shared concerns that their children were having suicidal thoughts or had attempted suicide.

A full briefing can be found on the NSPCC website www.nspcc.org.uk

Help and support

There are various different organisations that are there to support victims of domestic abuse.

You are always welcome to come into school and speak to a member of the safeguarding team if you are a victim domestic abuse or if you know of another parent who is.

Alternatively, below are some outside agencies who can help:

Mankind

A confidential helpline is available for male victims of domestic abuse and domestic violence across the UK as well as their friends, family, neighbours, work colleagues and employers.

Mankind provide an information, support and signposting service to men suffering from domestic abuse from their current or former wife, partner (including same-sex partner) or husband. This can range from physical violence or object throwing to abuse such as constant bullying or insults.

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

01823 334244



01823 334244 - Helping men escape domestic abuse

Women's Aid

For over 40 years Birmingham and Solihull Women's Aid has provided frontline domestic violence and abuse support services to women and children in the Birmingham and Solihull area.

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

0808 800 0028



National Centre for Domestic Violence

The National Centre for Domestic Violence helps survivors of domestic violence and abuse obtain protection against an abuser. It specialises in providing free, fast and effective support, usually by helping individuals obtain injunctions from their local county court.

www.ncdv.org.uk

0800 970 2070

Bharosa

Bharosa is a domestic abuse service for ethnic minority women (particularly those from a South Asian background) living in Birmingham.

It provides a free service which is confidential and unbiased for women and young girls over the age of 16, who are experiencing any form of domestic abuse. The service provided is culturally appropriate and sensitive to the needs of the women that need support, and in a range of cultural languages.

You can contact Bharosa yourself, or you can ask for an organisation or individual, such as a social care worker, doctor, health visitor, or family friend to contact them on your behalf.

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