

IN4M: Information in 4 Minutes (Student)

April 2018

What is a Domestic Violence?

Domestic violence or abuse is described as an incident or pattern of incidents of controlling, coercive, threatening, degrading or violent behaviour in the majority of cases by a partner or ex-partner, but also by a family member or carer. It can be experienced by both men and women.

Domestic abuse can include the following:

- **Psychological and/or emotional abuse**
 - **Physical or sexual abuse**
 - **Financial abuse**
 - **Harassment and stalking**
 - **Online or digital abuse**
- **Coercive control** - a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence

Forms of abuse

Emotional: Putting someone down, making them feel bad, making them think they're crazy, humiliating them.

Isolation & Jealousy: Control what they do, who they see, what they read and where they go, limit or discourage outside involvement.

Use Children: Encourage children to take sides, make them feel guilty about the children, use child contact to harass them.

Physical: Hitting, shoving, pulling hair, punching, kicking, grabbing, choking, pushing, restraining, poking, jabbing, slapping.

Threats & Intimidation: Threatening to harm your partner, their friends or family, punching walls or smashing things.

Sexual: Forcing sex, sulking or doling out punishments if they refuse sex, forcing them to watch sexual acts.

What can you do if you, or someone you know is a victim?

Acknowledge that they are in a very difficult and scary situation, be non-judgmental, supportive and listen.

Encourage them to talk to people who can provide help and guidance.

Help them develop a safety plan. Check out our information on creating a safety plan for wherever they are in their relationship — whether they're choosing to stay, preparing to leave, or have already left.

Remember that you cannot “rescue” them.

Although it is difficult to see someone you care about get hurt, ultimately they are the one who has to make the decisions about what they want to do. It's important for you to support them no matter what they decide, and help them find a way to safety and peace.

You can talk to a member of the Safeguarding Team at any time, just call to the Pod and ask to speak to a member of the team in confidence.

Useful contacts

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

https://www.victimsupport.org.uk/crime-info/types-crime/domestic-abuse?gclid=EAlalQobChMInKyTmfnu2QIVczPTCh3KfgfaEAAYBCAAEgKAGvD_BwE

<https://www.venuscharity.org/>

<http://www.swaca.com/>

<http://www.swanwomenscentre.org/>

<http://whisc.org.uk/>