

Responding to
domestic abuse in
your community

Overview

Aims of the session:

- To understand the different forms of domestic abuse
- To recognise the signs of domestic abuse
- To recognise the role that communities can play in challenging domestic abuse
- To know where to signpost someone for support

Definition

“Any incident, or pattern of incidents, of **controlling, coercive** or threatening behaviour, violence or abuse between those **aged 16 or over** who are or have been **intimate partners or family members** regardless of gender or sexuality”

Domestic Abuse Bill

Forms of domestic abuse

PHYSICAL ABUSE <ul style="list-style-type: none">• Have they ever hit, pushed, bitten, kicked, burnt or choked you?• Have they thrown things at you?• Have they caused you physical harm by denying access to medical aid?• Have they ever harmed you during 'care' duties? e.g. force feeding, over-medication	SEXUAL ABUSE <ul style="list-style-type: none">• Do they ever pressure you for sex?• Have they ever hurt you during sex?• Have they ever had sex with you without your consent?• Have they touched you in a way you don't want to be touched, or forced you into sexual practices you find degrading?• Do they withhold contraception?
PSYCHOLOGICAL OR EMOTIONAL ABUSE <ul style="list-style-type: none">• Do they repeatedly put you down?• Do they intentionally undermine your role as a partner, spouse or parent?• Do they humiliate you, either in private or in company?• Do they accuse you of having affairs?• Do they blame you for the abuse?	USE OF THREATS AND INTIMIDATION <ul style="list-style-type: none">• Have they threatened to hurt you, themselves, your children or your extended family members?• Have they destroyed your belongings?• Do they threaten to report you to the police or authorities?

Forms of domestic abuse

ECONOMIC ABUSE

- Have they prevented you from earning or accessing your own money?
- Do they make you account for every pound spent?
- Have they taken or spent your money without consent?
- Have they built up debts in your name?

DIGITAL ABUSE

- Do they put false information about you on social media?
- Have they threatened image-based abuse?
- Do they monitor your accounts/ messages?
- Do they use GPS/ smart home devices etc. to monitor your activity?

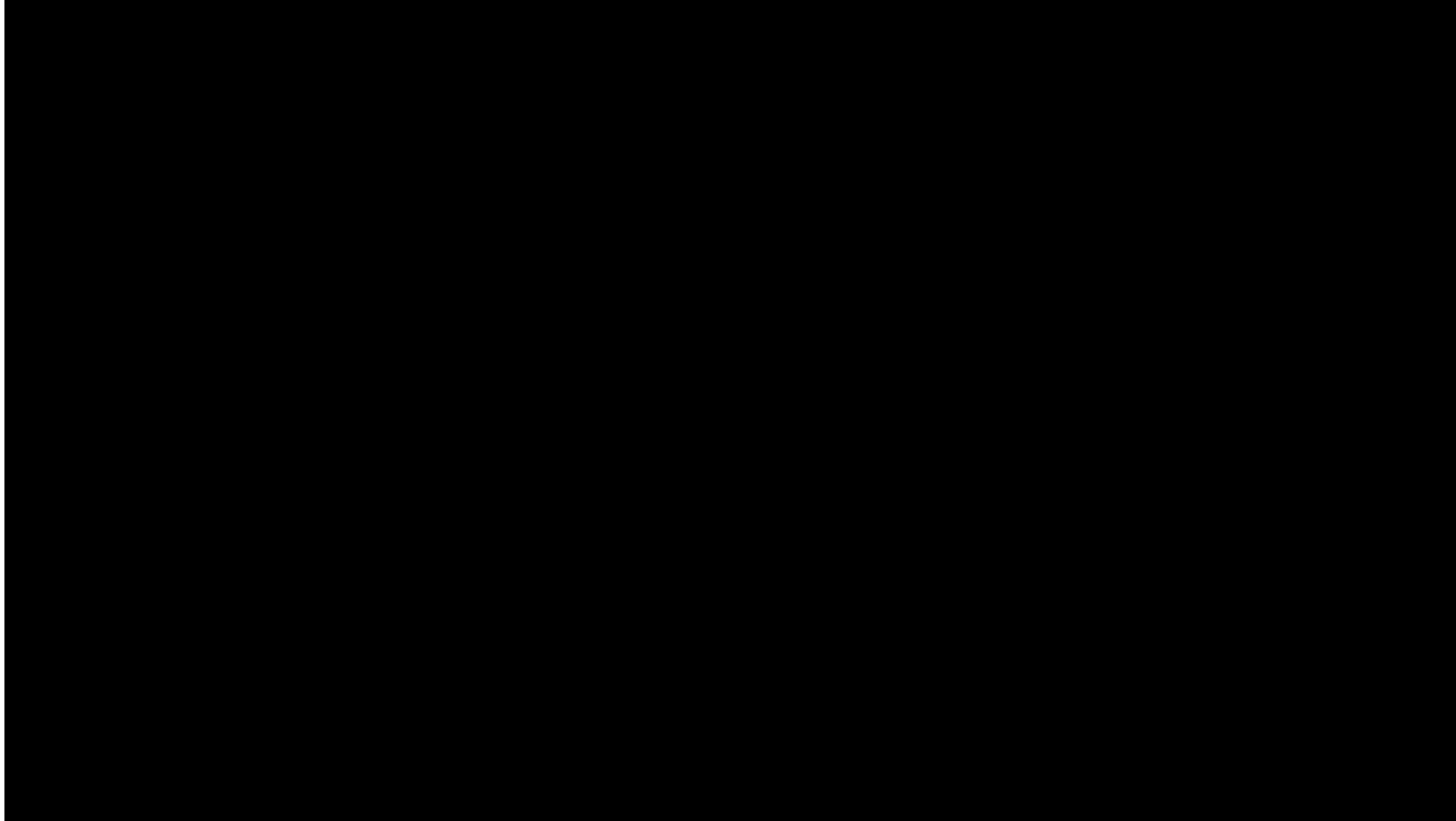
HARASSMENT/ STALKING

- Do they follow you to and from work?
- Do they send regular, unwanted gifts?
- Do they make unwanted or malicious contact?

COERCIVE CONTROL

- Have they isolated you from friends and family?
- Do they control your movements or check up on your whereabouts?
- Do they take control over aspects of your everyday life?
- Do they force you to take part in criminal activity?
- Do they manipulate and lie to convince you that you're wrong? (Gaslighting)

'Honour' based abuse and forced marriage



Domestic abuse is common

It affects:

- 1 in 4 women
- 1 in 4 lesbian, gay, bisexual and trans people
- 1 in 6 men in their lifetime
- 1 in 7 children will have experienced domestic abuse at some point in their childhood (that's 4 children in an average classroom)



271,865

TOTAL ADULT
POPULATION (16+)
IN REDBRIDGE

47,140

HAVE EXPERIENCED
DOMESTIC ABUSE
SINCE AGE OF 16

10,410

HAVE EXPERIENCED
DOMESTIC ABUSE
IN THE LAST YEAR

What's preventing survivors from accessing help?




The role of communities

- “Evidence shows that victims are more likely to contact friends or a family member for help and support before a formal agency” (Standing Together)
- We need supportive communities in which people feel comfortable to disclose, know that they will be believed, and are sure that they will receive the support that they need
- We can begin by starting conversations, challenging the myths surrounding domestic abuse and sharing resources

Signs of domestic abuse

- Injuries they can't explain/ their explanations don't make sense/ covering up
- Changes in demeanour and behaviour
- Having little control over their lives
- Becoming isolated or losing contact
- Making excuses for their partner's behaviour
- Frequently cancelling plans for reasons that sound untrue
- Perpetrator is always checking up on them
- Constantly worried about upsetting or angering their perpetrator
- Weight, appearance or performance has changed dramatically

Unhelpful responses




'I'm not getting involved, it's a private matter'



'All couples argue'



'She provoked him'



'If it was that bad, you'd leave'



'I think you should...'

How to respond

LISTEN

BELIEVE

SIGNPOST

Local services - Reach Out

Reach Out

Phone: 0800 1456410 (Mon-Fri, 9am-5pm)

E-mail: Reachout@redbridge.gov.uk

Please visit the [Redbridge website](http://www.redbridge.gov.uk) for a list of all services available locally and nationally



London Borough of Redbridge

Is your behaviour harming a loved one?

Reach Out
0800 145 6410

Weekdays
9am-5pm

If it's an emergency call 999

You will receive online support and advice to help you stop yourself from harming or abusing someone in your home.

email reachout@redbridge.gov.uk
www.redbridge.gov.uk/reachout



London Borough of Redbridge

Scared of your partner or a family member?

Call Reach Out
for help and support with domestic abuse in Redbridge

Reach Out
0800 145 6410

Weekdays
9am-5pm

If it's an emergency call 999

email reachout@redbridge.gov.uk
www.redbridge.gov.uk/reachout

REACH OUT OBJECTIVES

- To complete enhanced screening on every domestic abuse contact
- To complete safety planning with the victim and refer them for relevant support e.g. Refuge, Freedom Programme, Legal services etc.
- To contact the perpetrator to discuss the incident and offer the perpetrator programme
- To explore services for children with their parents such as Phoenix and Free Your Mind
- To complete referrals to MARAC for high risk victims

Local services- Refuge

For women and girls who are experiencing gender-based violence and for men who are experiencing abuse within intimate or family relationships.

- Eligibility criteria:
 - Experiencing one or more forms of gender-based violence
 - Have consented to the referral
 - Are Redbridge residents
- Phone: 0800 169 7759 (Mon-Fri, 9am-5pm)
- Email: redbridgevawg@refuge.org.uk



**For women and children.
Against domestic violence.**

National services

National Domestic Abuse Helpline – 0800 2000 247

24 hour advice and support regarding domestic abuse

Rape Crisis Helpline – 0808 802 9999

For women who have experienced sexual violence

Galop – 0800 999 5428

Support for LGBTQ+ people experiencing violence, including domestic abuse

Men's Advice Line - 0808 8010327

For male domestic abuse survivors

Karma Nirvana - 0800 5999 247

Helpline for 'Honour'-based abuse and Forced Marriage

Bright Sky

A free mobile app providing support and information



Thank you for listening.
Any questions?