

Mowbray School Safeguarding Bulletin

December 2023



Domestic Abuse

Whilst Christmas can be an exciting and happy time for many, it can also be a very scary, lonely, and isolating time for those experiencing domestic abuse.

Perpetrators of Domestic Abuse often engage in the 'Cycle of Abuse' whereby, tensions build, even over something minor which leads to an incident, which could be physical violence, verbal, psychological or sexual. Then the reconciliation phase, where the abuser apologises or gaslights the victim, followed by a period of calm before the cycle starts again.

Domestic Abuse isn't always physical. It can also be emotional, sexual, financial and psychological.

CYCLE OF ABUSE



Note: The Cycle of Abuse was originally created by psychologist Lenore Walker. The Cycle does not represent all cases of domestic violence.

DomesticShelters.org

Signs of Abuse

Domestic abuse can take many forms including:

- Coercion into sexual acts
- Controlling who you speak to
- Kicking, hitting, punching, slapping
- Throwing objects
- Controlling or stopping access to finances
- Not letting you leave the house
- Reading your emails, messages and letters
- Threats
- Rape and sexual assault
- Stalking
- Sleep deprivation
- Gaslighting eg. "Nothing happened"

Cycle of Abuse



Children and Domestic Abuse

Since the Domestic Abuse Act 2021, children that have been exposed to domestic abuse, are now recognised as victims of domestic abuse in their own right, rather than just witnesses.

Being exposed to Domestic Abuse has a serious impact on children and affects how they think, feel, and behave.

The Domestic Abuse Act means that they can access the protection and support they need to recover.



If a child discloses abuse

If a child tells you about abuse, it's important to:

- Listen carefully
- Try to remain calm
- Tell them they've done the right thing by telling you
- Reassure them it's not their fault
- Explain what you'll do next
- Report what the child has said as soon as possible

Help to Stop

If you think you are, or might be abusing your family, there is non-judgmental help and support available.

Everyone has the capacity to change and end abuse.

Together, we can end Domestic Abuse.

"I NEED HELP TO STOP"

Domestic Abuse Support Phonenumber

Are you worried you are hurting your partner and children?

Are you struggling to resolve issues in your relationship without becoming abusive?

Then help is at hand to support that change
Call our confidential and anonymous helpline. We are here to offer advice and help you recognise abusive behaviours.

CALL 07849 398711
The service is available Mon – Thurs, 9am – 4.30pm

If the line is busy, please leave a voicemail message with your contact number. We endeavour to respond within 24 hours.







IMPROVING LIVES, INSPIRING CHANGE



Support for Victims of Domestic Abuse

- Relate - 0300 003 0396
- Refuge - National Domestic Violence Helpline - 0808 2000 247 (24 hours a day)
- Men's Advice Line - 0808 801 0327
- National LGBT+ Domestic Abuse Helpline - 0800 999 0327
- Women's Aid - Chat, survivors handbook and support forum - www.womensaid.org.uk
- IDAS - Independent Domestic Abuse Services - 03000 110110
- IDAS Rape Support - 0300 111 0777
- IDAS 24/7 helpline - 0808 2000 247
- Victim Support - 01609 643 100 (8am to 7pm) or 0808 168 9111 (24/7)
- Victim Support Online Chat - www.victimsupport.org.uk (24/7)
- SafeLine - www.safeline.org.uk - Support for sexual abuse
- Adolescent to Parent Violence (APV) Support - Kinship - 0300 123 7015

If you're concerned about your partners violent or abusive history, you can apply for a Claire's Law via the police, completely confidential, which will disclose any Domestic Abuse convictions. Alternatively, for information concerning sexual offences against children, apply for a Sarah's Law disclosure. The individual will **NOT** be notified that you have applied.

In an emergency, call 999 and dial 55 if you are unable to speak safely. The operator will know you cannot talk, and your call will be transferred to the police.

Alternatively, text 999 (if registered with the EmergencySMS service - which you can do online) to contact the Police in an emergency.

If you're out in public and need assistance, the 'Ask for Angela' campaign enables you to ask for Angela in any participating establishment to get help immediately.

Support for Children

- Childline - 0800 1111
- NSPCC - 0808 800 5000, help@nspcc.org.uk
- Barnardo's - www.barnardos.org.uk
- Family Lives - Online support forums - www.familylives.org.uk - 0808 800 2222

Help if you're worried about your behaviour

If you are, or you think you might be, domestically abusing a member of your family, there's help available.

- Contact NSPCC Helpline on 0808 800 5000 or email help@NSPCC.org.uk
- National Domestic Abuse Helpline - Text START to 88788 or call 1800 799 7233
- Call Respect on 0808 802 4040 (Monday to Friday 9am to 5pm) or 07849 398711 (Monday to Thursday 9am to 4:30pm)
- Email Respect on info@respectphoneline.org.uk
- Respect Online chat - www.respectphoneline.org.uk
- Stop It Now - www.stopitnow.org.uk - help to stop sexual offending
- www.menshealthforum.org.uk - support for those inflicting Domestic Abuse

Together, we can end Domestic Abuse.

