



Domestic Violence

Please note, this is a sensitive topic that impacts many people. If you find that this has caused you any upset or distress, please stop and seek appropriate support or feel free to reach out to the Safeguarding team at safeguarding@qa.com



Domestic violence

What is a domestic violence?

We define domestic abuse as an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour, including sexual violence, in most cases by a partner or ex-partner, but also by a family member or carer. It is very common. In most cases, it is experienced by women and is perpetrated by men.

Domestic abuse can include, but is not limited to, the following:

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

How to recognise domestic abuse

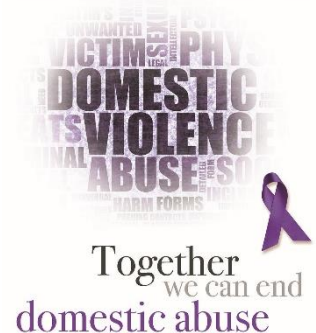
Although every situation is unique, there are common factors that link the experience of an abusive relationship. Acknowledging these factors is an important step in preventing and stopping the abuse. This list can help you to recognise if you, or someone you know, are in an abusive relationship.

- Destructive criticism and verbal abuse: shouting; mocking; accusing; name calling; verbally threatening.
- Pressure tactics: sulking; threatening to withhold money, disconnecting the phone and internet, taking away or destroying your mobile, tablet or laptop, taking the car away, taking the children away; threatening to report you to the police, social services or the mental health team unless you comply with his demands; threatening or attempting self-harm and suicide; withholding or pressuring you to use drugs or other substances; lying to your friends and family about you; telling you that you have no choice in any decisions.
- Disrespect: persistently putting you down in front of other people; not listening or responding when you talk; interrupting your telephone calls; taking money from your purse without asking; refusing to help with childcare or housework.
- Isolation: monitoring or blocking your phone calls, e-mails, and social media accounts, telling you where you can and cannot go; preventing you from seeing friends and relatives; shutting you in the house.

For more information visit the women's aid website - <https://www.womensaid.org.uk/information-support/what-is-domestic-abuse/recognising-domestic-abuse/>

Who to contact and how can they help?

October is Domestic Violence Awareness Month



- Women can call The Freephone National Domestic Abuse Helpline, run by Refuge on **0808 2000 247** for free at any time, day or night. The staff will offer confidential, non-judgemental information and support
- Talk to a doctor, health visitor or midwife
- Men can call Men's Advice Line on **0808 8010 327** (Monday to Friday 9am to 8pm), or visit the webchat at Men's Advice Line (Wednesday to Friday 10am to 11am and 3pm to 4pm) for non-judgemental information and support
- Men can also call ManKind on **0182 3334 244** (Monday to Friday, 10am to 4pm)
- If you identify as LGBT+ you can call Galop on **0800 999 5428** for emotional and practical support
- In an emergency, call **999**

Activity - Video



Please watch the above two videos. This will provide you with further awareness and context to this learning. Questions related to this can be found below. If watching this video has caused you any upset or distress, please stop and seek appropriate support or feel free to reach out to the Safeguarding team at safeguarding@qa.com

Questions:

1. Why are men at such risk of Domestic Violence?
2. What help is available for men and women?