

domestic abuse: presenter notes

Requirements:

- You will need to have downloaded the presentation to the computer that you are using.

Please note – where there are comments in square brackets these are suggestions about exercises you can do with your staff or other resources you can link to.

Presentation:

1.	 <p>domestic abuse safeguarding children refresher</p> <p>safeguarding network</p>	<p>Welcome to this refresher in relation to domestic abuse. As it is a refresher there may be some areas discussed that have been covered before – this is because there are aspects that do not change (for example the impact on children and young people) which it is important that we remind ourselves about.</p> <p>As with all safeguarding training, the content may be distressing and it is important that you take responsibility for your own emotional wellbeing. Domestic abuse in particular is something that affects many of us in one way or another. Therefore if you feel you need help or support as a result of this training please ask.</p>
2.	 <p>“any incident or pattern of incidents of controlling, coercive, 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.”</p> <p>safeguarding network HM Government</p>	<p>Unfortunately, domestic abuse is prevalent within our society and it is therefore likely that you will come into contact with both victims and perpetrators in your working life and beyond. It is also important to note that domestic abuse is not limited to one specific gender or ethnic group, although specific groups of people may face more barriers than their peers in speaking out. In a recent consultation on the definition which was completed by the government, a key message that came through was that there remains a perception that something is only domestic abuse if there is violence involved. As identified in the definition on</p>

screen, physical violence is only element and there are many other circumstances which fall within the definition of domestic abuse, which will be seen on the coming slides. The definition on screen also covers so called honour based abuse, female genital mutilation and forced marriage – these aspects are not covered in this update and will be covered in more detail in other updates.

The age range of 16 and over is an important marker, as this means that the definition is in line with other legislation that allows individuals aged 16 and over to be in an officially recognised relationships (such as marriage) and living independently. 16 is also the age when individuals are deemed in law to have the capacity to make their own decisions. Likewise, domestic abuse is not limited to heterosexual relationships with some studies suggesting that incidents of domestic abuse are comparable or higher in lesbian and gay couples but a historic silence about such abuse means that it is less likely to be spoken about.

As identified in the definition, it is also important to recognise that domestic abuse is not something solely perpetrated by males towards females. Again, individual groups can face additional barriers to speaking out – 2019 research with male victims of domestic abuse (*Source: Help-seeking by male victims of domestic violence and abuse (DVA): a systematic review and qualitative evidence synthesis – Huntley et al., 2019*) identified that barriers to speaking out about what was happening included fear of disclosure, being a victim being a challenge to their masculinity (this can be through them being taught that as a man they should be able to resolve the problem) and feeling invisible to services, many of which are considered to be primarily focused at female victims of domestic abuse. UK As professionals we may consider these to be unfounded fears,

		<p>however for the victims, these barriers can be significant.</p> <p>Finally, as the definition identifies, domestic abuse is not just limited to intimate relationships, and can also occur in other familial relationships (e.g. adolescent to parent abuse). This is something that we will consider later in this update.</p>
<p>3.</p>	<div data-bbox="220 622 735 913" style="border: 1px solid black; padding: 5px;"> <p>Police involvement</p> <ul style="list-style-type: none"> • constant unreasonable criticism – harassment, actual bodily harm • throwing crockery, even if it misses the target – common assault, actual / grievous bodily harm, wounding, criminal damage, affray (fighting in a public place), threatening behaviour • numerous phone calls to check someone's whereabouts – harassment, false imprisonment • punching, slapping, pushing, kicking, head-butting, and hair pulling – common assault, actual / grievous bodily harm, wounding, attempted murder • harming or neglecting a child – child cruelty • preventing someone from having a fair share of the household money • stopping someone from seeing friends and relatives • repeatedly belittling to the extent of making the other person feel worthless • stalking  </div>	<p>The summary on screen is taken from Department of Health guidance (<i>Source: Responding to domestic abuse: A resource for health professionals, 2017</i>) and sets out a number of ways in which English criminal law criminalises domestic abuse through a variety of offences. This builds on the message in the last slide that domestic abuse is not just violence, and aims to dispel the myth that the Police will only become involved if there is violence. As we can see, the slide shows how aspects such as controlling behaviour (numerous phone calls to check someone's whereabouts and stopping someone from seeing friends and relatives) and coercive behaviour (for example repeatedly belittling to the extent of making the other person feel worthless) can also be prosecuted through the courts.</p> <p>For many groups of people, there is an inherent distrust of police and law enforcement agencies, this being linked to previous experiences either personally or through hearing stories of others. A 2019 consultation found that the Police themselves recognise that there remain cultural issues in the police, stating “We can be robotic in our approach, forcing arrest and insisting victims give statements. We can alienate victims and increase the risk to them.” (<i>Source: Transforming the Response to Domestic Abuse: Consultation Response and Draft Bill, HM Government, 2019, p.50</i>). In response, the government report that</p>

		<p>they are rolling out additional training around domestic abuse and work to ensure more perpetrators are brought to justice. Examples of the current barriers in place can be seen in the 2019 domestic abuse statistics which identify that referrals of suspects of domestic abuse-flagged cases from the Police to the Crown Prosecution Service for a charging decision fell 11% on the previous year (<i>Source: Domestic abuse in England and Wales overview: November 2019, Office for National Statistics, 2019</i>).</p>
<p>4.</p>		<p>As we have seen, domestic abuse has a number of different elements. As with child abuse and safeguarding it is often the case that there is not one type of abuse present to the exclusion of all others in an abusive relationship. Equally, the information provided here is a guide and is not exhaustive. As with other aspects of safeguarding children, if something does not seem right, as yourself why that may be and think about what you are seeing and hearing, ensuring that we consider the lived experience of the victim over which category the abuse may fall into.</p> <p>If we consider the different types of domestic abuse identified on screen:</p> <ul style="list-style-type: none"> • Physical abuse – often the type most commonly associated with domestic abuse (indeed we used to commonly refer to domestic violence), and often the most visible type of domestic abuse with friends, neighbours and colleagues more likely to see and hear assaults taking place or see the injuries that are a result of violence. Physical violence includes acts such as shaking, smacking, punching, kicking, using weapons on the victim, female genital mutilation and so called ‘honour abuse’. Some perpetrators may also ensure that any marks or injuries from

physical assaults are located in areas covered by clothing the majority of the time (e.g. abdomen and genitals).

- **Emotional abuse** – this can involve undermining the victim's confidence and self-worth, making someone feel unattractive, unintelligent or making threats to disclose the victims 'secrets', for example threatening to 'out' a victims sexuality.
- **Financial abuse** – perpetrators may ensure that they control all the money, giving their victim an 'allowance' that they then have to account for (sometimes down to every penny), or they may make their victim beg for money. Some will deliberately give the victim too little money to cover the bills and the shopping meaning that the victim then has to make difficult choices as to what to spend the money on and what to go without. The other end of the spectrum can be not paying off bills and deliberately running up debts to keep the victim trapped in the cycle of the relationship.
- **Psychological abuse** – elements of psychological abuse can be similar to emotional abuse and coercive behaviour. Such abuse can involve the deliberate manipulation of situations, whether intimate relationships or wider networks. It can also involve deliberately depriving the victim of their sleep. Perpetrators may take control of the victim's social media accounts, use technology to track their victims and then make them account for their movements. Perpetrators may use things such as contact with children as a means of manipulation.
- **Sexual abuse** – the perpetrator may control when sex happens (regardless of whether the victim wants to have sex or not), refuse to practice safe sex and ignore religious prohibitions on sex. They may also force the

victim to have sex with others. Sexual abuse happens whenever there is sex without consent, regardless of the status of the relationship between the adults (e.g. regardless of whether they are married or not).

- **Coercive behaviour** - Is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish or frighten their victim essentially meaning that they feel that they have no choice but to do what is being demanded of them, even if the act is humiliating or degrading.
- **Controlling behaviour** - Is a range of acts designed to make a person subordinate and / or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

Cultural and religious views and practices can also influence how spousal abuse is viewed, with barriers such as immigration status and language differences also affecting whether the victim feels able to seek help. In some cultures, patriarchy is dominant with the male being the head of the family and women and children expected to take a subordinate role. Where this extends to the women in the home being seen as a possession, the perpetrator may believe that they do not for example need the consent of the woman to have sex. (*Source: Aruca, 2020. Domestic Violence in Black Families Before and During COVID 19 Pandemic*)

5.

Facts and figures

- In the 12 months between April 2018 and March 2019, an estimated 2.4 million people aged between 16 and 74 experienced domestic abuse.
- More than 100,000 people in the UK are at high and imminent risk of **being murdered or seriously injured** as a result of domestic abuse.
- **62% of children** living with domestic abuse are **directly harmed** by the perpetrator of the abuse, in addition to the harm caused by witnessing the abuse of others.



Of the 2.4 million victims of domestic abuse, 1.6 million are women, and 786,000 male victims (*Source: Domestic abuse in England and Wales overview: November 2019 – ONS, 2019*). Due to the hidden nature of domestic abuse it is widely recognised that these figures are likely to be significantly higher, as this relies on self-reporting. As we have seen there can often be barriers for example emotional or cultural that can prevent a victim from talking about what is really happening for them. The figures that we do have however show a year on year increase in the number experiencing domestic abuse with there being an average of one incident per minute (*Source: <https://www.independent.co.uk/news/uk/home-news/domestic-abuse-statistics-ons-women-police-cps-a9217361.html>*)

Through available statistics we know that at least 13% of men and 26% of women aged 16 to 59 have experienced domestic abuse since the age of 16. That equates to 1 in 4 women being a victim of domestic abuse and 1 in 13 men. If you think about the number of people you know, the likelihood is that someone you know will have experienced domestic abuse or will experience domestic abuse. Each year more than 100,000 people in the UK are at high and imminent risk of being murdered or seriously injured as a result of domestic abuse, and on average seven women a month are killed by a current or former partner in England and Wales.

62% of children living with domestic abuse are directly harmed by the perpetrator of the abuse, in addition to the emotional harm caused by witnessing the abuse of their parent or others. We know that at least 130,000 children live in households where there is severe domestic abuse.

Source – SafeLives and Victim Support

6.

Impact of lockdown

“

I was at home with him, we were both listening to Boris Johnson and he looked over at me, he had his arms folded back and chest out, cos he knew that would intimidate me, and he looked at me and he said: 'let the games begin'.

”

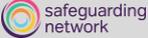


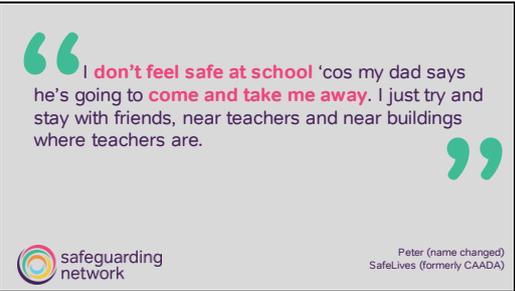
Jess (name changed)
Escaping my abuser, BBC Panorama, 22nd August 2020

The quote on screen shows how for some abusers, lockdown was seen as an opportunity – in Jess’ case this started at the point that Boris Johnson announced the lockdown.

The impact of coronavirus was significant – the charity Refuge reported in mid-April 2020 (approximately 3 weeks into the national lockdown) a 700% increase in calls to its helpline in a single day, with a specific support line for perpetrators wanting to try to change their behaviour seeing an increase of 25% in calls over the three weeks of lockdown. In August 2020, Panorama highlighted that calls to the Police had increased to one every 30 seconds in the first seven weeks of lockdown, with calls including reports of violent offences such as kidnap, arson, revenge porn and poisoning. In the case of Jess, the frequency and severity of the sexual abuse she was exposed to significantly increased, with the abuser deliberately covering up their actions – Jess continues “Curtains would get closed, TV would be up loud, front door would be locked, music would be turned up, so nobody could hear me screaming for someone, for anybody.”

Lockdown meant that natural forms of support (e.g. going to work, appointments, seeing others socially or professionally) were effectively cut off. The usual avenues that meant that abusers were not in the home so much (e.g. pubs, sports fixtures, work) were shut off meaning that they were in the home all day every day. For agencies it meant that there were no indirect means of finding out what was happening, for example children and young people talking to the professionals around them, members of the public being concerned about what was happening and notifying relevant agencies. The impact of this was therefore twofold – the levels of abuse increased whilst the avenues of support decreased.

		<p><i>(Program link - https://www.bbc.co.uk/programmes/m000lwkz – may not be valid after August 2021)</i></p>
<p>7.</p>	<div data-bbox="220 409 735 696" style="border: 1px solid black; padding: 5px;"> <p>Effects of domestic abuse on children</p> <ul style="list-style-type: none"> • Physical and mental health consequences. • Behavioural problems. • Difficulties adjusting at school. • Feeling responsible for negative events. • Exhibiting abusive behaviours. • Becoming isolated and watchful.  </div>	<p>The effects of living in a home where there is domestic abuse can therefore be wide ranging.</p> <p>Children can suffer multiple physical and mental health consequences as a result of exposure to domestic abuse. Amongst other impacts, over half (52%) had behavioural problems, over a third (39%) had difficulties adjusting at school, and nearly two thirds (60%) felt responsible for negative events. This can therefore have a significant impact on their ability to learn on a daily basis and can also lead to us as staff potentially labelling them but the issue ultimately being what they are seeing at home.</p> <p>Abusive behaviour amongst affected children was most common amongst 15 to 17 year olds, with the behaviours most frequently directed towards the child’s mother, sibling or friend, and rarely towards the main perpetrator of the domestic abuse.</p> <p>Research also suggests that children will continue to display abusive behaviour after the abuse in the home has ended. This can be due to the emotional impact of the abuse, but may also be related to learnt behaviour of how to react in certain situations.</p>

<p>8.</p>	 <p>“ I don't feel safe at school 'cos my dad says he's going to come and take me away. I just try and stay with friends, near teachers and near buildings where teachers are. ”</p> <p><small>Peter (name changed) SafeLives (formerly CAADA)</small></p> <p></p>	<p>This quote comes from research completed by SafeLives. Schools and other education settings are meant to be safe places, however the effects of domestic abuse can reach children here – no setting, including ours would be exempt from this.</p> <p>What might this mean in our school and how can we as staff be more aware of the needs of children? What can we do to provide more positive and safe environments? [This can either be a discussion point of a question that is left for the staff group to think over individually or in their form / staff groups]</p>		
<p>9.</p>	<p>general risk factors</p> <table border="0"> <tr> <td> <p>Risks linked to the perpetrator</p> <ul style="list-style-type: none"> • history physical or sexual assault • escalation and use of weapons or strangulation • previous child or animal abuse • possessiveness, jealousy or stalking • substance abuse • mental ill health </td> <td> <p>Risks linked to the victim</p> <ul style="list-style-type: none"> • isolation of from friends or family • current or imminent separation • child disputes • pregnancy • disability • poor mental or physical health • substance misuse </td> </tr> </table> <p></p>	<p>Risks linked to the perpetrator</p> <ul style="list-style-type: none"> • history physical or sexual assault • escalation and use of weapons or strangulation • previous child or animal abuse • possessiveness, jealousy or stalking • substance abuse • mental ill health 	<p>Risks linked to the victim</p> <ul style="list-style-type: none"> • isolation of from friends or family • current or imminent separation • child disputes • pregnancy • disability • poor mental or physical health • substance misuse 	<p>These are some of the broad risks that are associated with perpetrators and victims. Therefore when working with either victims or perpetrators (both of whom may be parents of children and young people in the school) we need to be aware of what underlying issues and risks there may be.</p>
<p>Risks linked to the perpetrator</p> <ul style="list-style-type: none"> • history physical or sexual assault • escalation and use of weapons or strangulation • previous child or animal abuse • possessiveness, jealousy or stalking • substance abuse • mental ill health 	<p>Risks linked to the victim</p> <ul style="list-style-type: none"> • isolation of from friends or family • current or imminent separation • child disputes • pregnancy • disability • poor mental or physical health • substance misuse 			
<p>10.</p>	<p>adolescent to parent violence and abuse</p> <ul style="list-style-type: none"> • No current legal definition. • Abusive behaviours can involve violence, damage to property, emotional abuse and financial abuse. • Siblings may be abused or abusive as well. • May be a history of abuse between parents. • Many barriers to getting support. <p></p>	<p>We also need to be mindful that not all violence is adult to adult. APVA is a hidden form of domestic violence and abuse that is often not spoken about, and where it is it may not be recognised for what it is and may be badged as poor parenting, not applying boundaries – this in turn may then act as a barrier to parents reporting what is happening. It is however important that we are aware of the potential for adolescent to parent violence – and that this may not be with violence perpetrated by children / young people in our school but by their siblings. The impact of APVA is potentially just as significant as adult perpetrated domestic abuse. Studies have emphasised that there is no single cause of parental abuse and there is therefore no single solution, however a common theme appears to be that children who perpetrate parent abuse</p>		

		<p>are more likely to have witnessed or experienced abuse or violence within the family home (<i>Source: Sanders, R., 2020: Adolescent to parent violence and abuse</i>).</p> <p>It is hoped that by raising awareness around this issue, we can provide better protection to victims and apply an appropriate inclusive safeguarding approach.</p>
11.		
12.	<div data-bbox="220 1064 735 1355"> <p>signs and symptoms (young people)</p> <ul style="list-style-type: none"> • wary of adults • aggression, acting out • difficulty concentrating • difficulty developing relationships • eating disorders • reduction in attendance and/or attainment • low self-esteem, depression or anxiety • self-harm • substance misuse • inappropriate relationships <p> safeguarding network</p> </div>	<p>As with any matter which falls into the safeguarding / child protection arena, essentially we know the children that we work with and if there are changes in their behaviour that are out of the ordinary then this should be flagged. As with other forms of abuse it may be that there are other pieces of information available which help to create a bigger picture of what is happening for the child or young person. As you can see many of the signs and symptoms listed here (this list not being an exhaustive list) could be signs and symptoms of other forms of abuse as well.</p> <p>If you have concerns flag them using our organisation's procedures.</p>

13.



The aim of Operation Encompass is to ensure there is a simple phone call or notification, to a trained member of staff, before a child arrives in school. The call or notification is triggered by police recently attending the child's home or being involved in a domestic abuse incident, that the child has experienced. This hopes to secure better outcomes for children who are subject or witness to police-attended incidents of domestic abuse. Rapid provision of support within the educational environment means children are better safeguarded against the short-, medium- and long-term effects of domestic abuse. Importantly it means that staff in education settings can understand what has happened and support the child according to their needs on that day.

14.

The **adults** around us...

- The need for support is not just in young people.
- Colleagues may be going home to domestically abusive relationships.
- Need to be mindful of changes in colleagues behaviour.
- What would you do if you had concerns?

The Safeguarding Network logo, featuring a colorful circular icon and the text 'safeguarding network'.

It is important that we also recognise that colleagues who we work with either day to day or on a less frequent basis may be victims of domestic abuse. We should therefore also be mindful that they may need support, and due to the close working relationships that we have, we may identify changes in them and their behaviour. Do you know what to do if you had concerns? We will look at this over the next few slides. **[It may also be appropriate for you to think about how any local procedures / supports can be introduced / discussed over this and the coming slides]**

A question often asked of victims (regardless of who they are) is why don't they leave / why don't they tell?

Abuse often gets worse over time. By the time somebody decides they no longer want to be in a relationship, it can be very difficult to get out. They might stay because they:

- are too scared to leave;

		<ul style="list-style-type: none"> • don't have money or anywhere else to go; • worry about taking their children out of school and moving them; • no longer have the strength to leave; • hope that the abuse will stop.
15.	<p>The hidden nature...</p> <ul style="list-style-type: none"> • Domestic abuse is a largely hidden crime. • Cultural perceptions linked to sexual stereotyping play a huge role. • 85% of victims of domestic abuse in contact with professionals numerous times before getting effective help. • Remember – domestic abuse is not just physical abuse / violence. 	<p>Domestic abuse does not only affect those in homes where there is abuse taking place. The perceptions of roles and rights, often linked to sexual stereotypes means that there is a far wider impact.</p> <p>As we have already mentioned, domestic abuse is a largely hidden crime by its nature. However underlying this there are many stereotypes and cultural perceptions linked to what are “men's” roles and what are “women's” roles in the home and in the relationship. We have already seen why victims may not say what is happening / leave their relationships, however there specific groups can experience additional pressures. For example, men who are victims of domestic abuse can find it more difficult to disclose what is happening, often believing that being a man they should be able to sort it out, and this sort of thing doesn't happen to real men. For disabled people, people in same sex relationships and those who define themselves as transgendered there can be additional barriers to overcome around their perceived difference before they can disclose that they are victims of domestic abuse.</p> <p>The impact of this is far reaching and there is a need to consider how we are addressing stereotyping and cultural perceptions in our school. A Girl Guiding survey found that 67% of girls aged 11-21 say that they change their behaviour because they don't feel safe out alone</p>

		<p>and experience intimidation by groups of boys, unwanted sexual comments and street harassment. How do we address this through the curriculum and through the culture within the school?</p> <p>What we do know is that there is often a significant level of contact between victims and professionals (including education settings) before effective support is provided, and that 85% report having at least 5 different contacts around domestic abuse before they got effective help.</p>		
16.	<div data-bbox="220 831 735 1120" style="border: 1px solid black; padding: 5px;"> <p>How do you respond?</p> <table border="0"> <tr> <td style="vertical-align: top;"> <p>If a child discloses</p> <ul style="list-style-type: none"> • Deal with it as with any other disclosure: <ul style="list-style-type: none"> • Let the child talk • Don't lead them • Keep calm and reassure • Don't judge • Follow safeguarding policy and report to your designated lead.  </td> <td style="vertical-align: top; padding-left: 20px;"> <p>If a colleague / adult discloses</p> <ul style="list-style-type: none"> • Be honest • Don't offer opinions; • Don't criticise / blame the abuser; • Let them retain control of what they want to tell you; • You don't need to have all the answers; • Listening is important. </td> </tr> </table> </div>	<p>If a child discloses</p> <ul style="list-style-type: none"> • Deal with it as with any other disclosure: <ul style="list-style-type: none"> • Let the child talk • Don't lead them • Keep calm and reassure • Don't judge • Follow safeguarding policy and report to your designated lead. 	<p>If a colleague / adult discloses</p> <ul style="list-style-type: none"> • Be honest • Don't offer opinions; • Don't criticise / blame the abuser; • Let them retain control of what they want to tell you; • You don't need to have all the answers; • Listening is important. 	<p>If a child either discloses domestic abuse in the home, or you are concerned about changes in their behaviour / presentation, then you must follow the usual procedure for dealing with disclosures and reporting concerns. As always, it is not your job to prove the disclosure is true – leave that to the relevant authorities.</p> <p>Do not tell the alleged abuser, however unlikely the story seems to you – follow school procedures and a decision will be made on available information.</p> <p>As set out in Part 1 of Keeping Children Safe in Education – there are three potential outcomes to a concern being identified:</p> <ul style="list-style-type: none"> • managing any support for the child internally via the school or college's own pastoral support processes; • an early help assessment; or • a referral for statutory services, for example as the child might be in need, is in need or suffering or likely to suffer harm. <p>If it is an adult or a colleague who talks to you about their experiences, it is important that we remember the bullet points shown here. It is not our place to judge, make excuses for either the</p>
<p>If a child discloses</p> <ul style="list-style-type: none"> • Deal with it as with any other disclosure: <ul style="list-style-type: none"> • Let the child talk • Don't lead them • Keep calm and reassure • Don't judge • Follow safeguarding policy and report to your designated lead. 	<p>If a colleague / adult discloses</p> <ul style="list-style-type: none"> • Be honest • Don't offer opinions; • Don't criticise / blame the abuser; • Let them retain control of what they want to tell you; • You don't need to have all the answers; • Listening is important. 			

		<p>victim or the perpetrator or demand that they end the relationship. We know from research with victims that in the first instance it is about talking and then over time they may consider moving to doing something about it. They do not expect you to have the answers, but to listen.</p> <p>If someone is worried about their partner, then they can make a request under Clare’s Law. Active from 8 March 2014, the domestic violence disclosure scheme was implemented across England and Wales. Under the scheme an individual can ask police to check whether a new or existing partner has a violent past. This is the ‘right to ask’. If records show that an individual may be at risk of domestic violence from a partner, the police will consider disclosing the information. A disclosure can be made if it is legal, proportionate and necessary to do so.</p> <p>Remember the ‘one chance rule’ – you may only have one chance to act to help the victim and their family. If a person at risk is not listened to or taken seriously and walks out of the door without immediate support and if necessary, protection being offered, that one chance might be lost, and potentially a life lost too.</p>
17.	 <p>A purple resource card with the text: 'keep learning', 'for more information visit https://safeguarding.network/domestic-abuse', and the Safeguarding Network logo.</p>	

Comments / Feedback:

<https://safeguarding.network/domestic-abuse>
confidence in safeguarding

We welcome your comments and feedback and will use these to help improve the services that we provide. Please email us at contact@safeguarding.network.