



**HullDAP**

working in partnership  
to tackle domestic abuse

# Domestic Abuse

An information guide for you

Helping you regain control of your life

**Domestic Abuse is about the misuse of power and the exercise of control by one person over another within an intimate relationship or a family type relationship.**

It can begin at any time during a relationship, is rarely a one-off event and often increases in frequency and severity over a period of time.

Domestic Abuse occurs in all groups and sections of society and may be experienced differently due to, and compounded by gender, race, sexual orientation, disability, age, religion, culture or class.

# WHAT IS DOMESTIC ABUSE?

**Domestic Abuse can take many forms:**

**Physical abuse or the threat of, Coercive and controlling behaviour, Harassment and stalking, Threats, Continual put downs and name calling, Forced sexual abuse, Threatening to take the children, Isolation, Economic control, Emotional abuse, Forced marriage and 'honour crimes'**

**IT'S NOT ALL PHYSICAL**



**Recognising if you are in an abusive relationship is the first step to getting help**

Everyone has arguments, and everyone disagrees with their partners, family members, and others close to them from time to time. We all do things at times which we regret, and which cause unhappiness to those we care about. But if this begins to form a consistent pattern, then it is an indication of domestic abuse.

It might not be easy to identify domestic abuse at first. While some relationships are clearly abusive from the outset, abuse often starts subtly and gets worse over time.

# Is your relationship healthy?



## Loves me...

- I feel safe
- I feel comfortable
- listens to me
- values my opinions
- supports what I want to do in life
- is truthful with me
- admits to being wrong
- respects me
- always tries to understand how I feel
- likes that I have other friends
- laugh together
- trusts me
- treats me as an equal
- respects my family
- understands my need for time alone or with family
- accepts me as I am

These are all qualities of a healthy relationship.  
**Everyone deserves to be loved.**  
**YOU DESERVE a healthy relationship.**



## Loves me not...

- threatens to hurt me, my family or pets
- is jealous or possessive
- isolates me
- tries to control me
- gets abusive or hits me
- always blames me
- is sexually demanding
- keeps me from seeing my friends and family
- makes all the decisions
- embarrasses me in front of others, teases, bullies and puts me down
- makes me cry
- makes me feel afraid
- is always checking up on me
- takes my money and other things
- threatens to leave me if I don't do what I'm told
- destroys my property and possessions
- takes or stops me seeing my child

If you recognise even **ONE** of these warning signs, you may be experiencing domestic abuse...  
**You are not alone, call for help now!**

### 1

#### “It is my fault”

It never is, no-one deserves to be abused in a relationship that is meant to be based on love and respect.

### 2

#### “It will stop soon”

Domestic abuse is very rarely a one off event. It does tend to get worse and to happen more often over time.

### 3

#### “They are only abusive when they drink”

Alcohol is not an excuse for abusive and unacceptable behaviour.

### 4

#### “I wouldn't be able to leave or cope on my own”

People often lose their confidence as a result of abuse, but many people do leave, and with the right help and support feel much better in the long run.

### 5

#### “I love my partner and they love me”

Abuse has no place in a loving relationship.

# 12

## THOUGHTS THAT MAY STOP SOMEONE SEEKING HELP OR LEAVING

### 6

#### “I can't deprive my children of their parent and home”

Children are always affected by domestic abuse. They need to feel safe.

### 7

#### “What if Social Services take my children”

It is acting responsibly to seek help for yourself and your children, and you are not to blame for someone else's abuse. It is important that you – the non-abusing parent – are supported so that in turn you can support your children and ensure that they are safe.

### 8

#### “I am not ready to end this relationship”

Domestic abuse agencies do not expect you to leave your partner in order to receive help and support from them.

### 9

#### “What will other people think?”

People can be very concerned about what others may think and about the possible loss of friends, family and their community. There is support available to look at all these matters.

### 10

#### “It is not domestic abuse as it does not happen all the time”

It does not matter if you experience domestic abuse daily, weekly, monthly or infrequently – it is still abuse.

### 11

#### “If my partner only does these things occasionally, am I still being abused?”

Domestic abuse can vary in how often it happens and what actually happens.

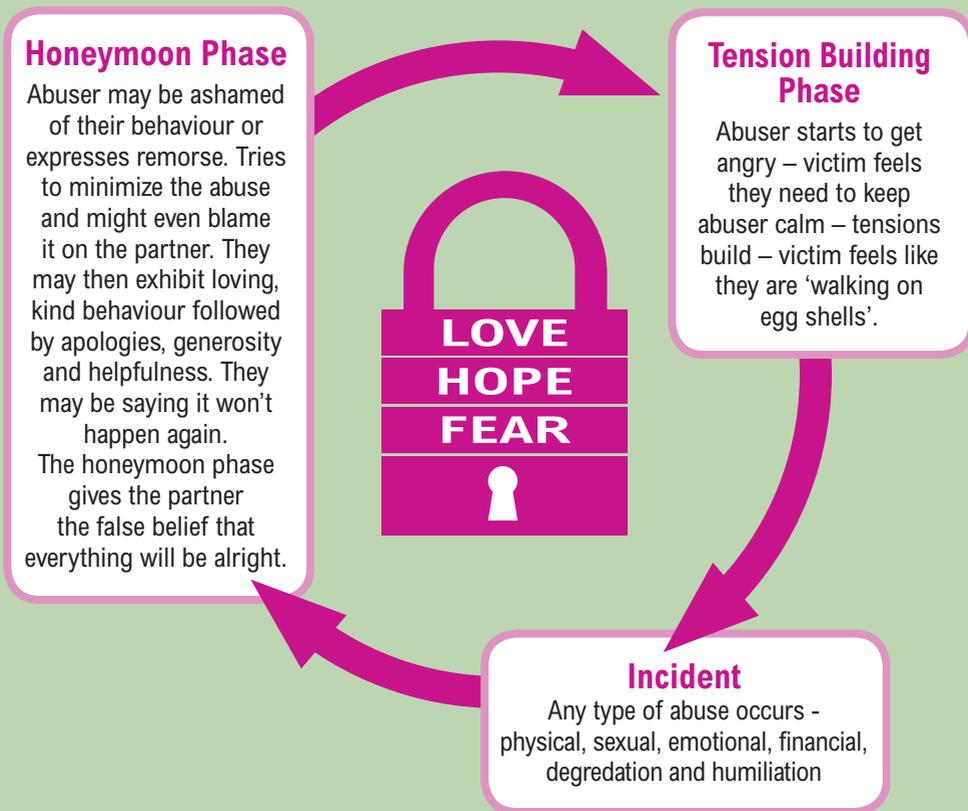
You may not think you are a victim of domestic abuse because there is no obvious pattern to the abuse. It may not happen every day or every week or even every month.

### 12

#### “What if nobody believes me?”

Agencies will always believe you and will support you to explore your options.

The diagram below shows that sometimes abuse happens in a cycle. It is different for every relationship and not all relationships follow the cycle – many report a constant stage of tension and patterns of incidents.



Adapted from Dr. Lenore Walker's 'Cycle of Violence'

**Love, hope and fear, keep the cycle in motion and make it hard to end an abusive relationship. Love for their partner, the relationship has its good points and hope that it will change for the better or fear that the threats to kill or harm you or your family will become reality all lock a person in the cycle.**

## Has my own behaviour changed to try and cope with the abuse?

### YOU MIGHT FIND YOU ARE:

-  Not socialising with friends or family because your partner doesn't like it.
-  Staying at home and not wanting to leave the house
-  Relying on your partner for money/having little control over finances
-  Constantly trying to change to be what your partner wants (constantly walking on eggshells).
-  Using alcohol or drugs as a coping strategy.

  
**FACT**

Abuse rarely happens only once. In fact, it's much more usual for the abuse to get more serious the longer it goes on. Despite their abusing and dominating ways, many perpetrators appear to go to pieces after an assault/incident or if their partners threaten to leave them. They can be very remorseful and promise to stop the abuse, give up drinking etc. Partners sometimes feel sorry for them and agree to stay, but the abuse very rarely stops without the perpetrators gaining help with their abusive behaviour.

  
**FACT**

If your partner is concerned about his abusive behaviour and would like support he can contact **Strength to Change** which is a specialist service based in Hull for men who are concerned about their abusive behaviour towards their partners.

  
**FACT**

**There is life after an abusive relationship:** Although this may seem very difficult, there are many benefits. Many people start new and rewarding lives and report that their quality of life has improved.

  
**FACT**

**Break the silence – don't remain isolated. You have nothing to be ashamed of. Get help from someone you trust or you can contact Hull DAP or any of the organisations on the back of this leaflet.** You can phone them even if you just want to talk. You don't actually have to do anything. The more isolated you are, the harder it becomes to take action. Don't suffer alone, there's lots of help out there.

  
**FACT**

Hull DAP can support you regardless of age, gender, religion, race, culture, ability, sexual orientation and social class.

# CHILDREN AND DOMESTIC ABUSE

Despite the best possible efforts of a child's non abusive parent or carer to protect and shield them from the abusive partner, it is now well known that any child living in a household where domestic abuse occurs could have their physical health, development, or emotional well-being affected.

It is very important to remember that for any child, seeing or hearing the ill-treatment of others can be extremely distressing, resulting quite often in them not being able to make sense of what is happening in their home.

In a household where domestic abuse occurs, children can also be at serious risk of physical injury themselves, which could range from bruises, broken bones to serious multiple injuries. The emotional impact on children could include anxiety, bedwetting, difficulty sleeping, changes in eating habits, behavioural changes, decreased self-esteem, insecurity, fear or aggression. For some children self-harming can occur, issues with schooling might develop and some children can place themselves at risk by avoiding coming back to their chaotic and unpredictable homes.

**At DAP we can take time to discuss with you any worries that you may have about your child. These might range from exploring the options available to support you as a parent to rebuild the stability back in your child's life, individual therapeutic work for your child or by supporting you with any parenting matters.**

## Young people's relationships and domestic abuse

All relationships go through rocky patches and hopefully, talking to your boyfriend or girlfriend about what is upsetting you will help sort any issues or problems out.

**However some relationships aren't healthy; the NSPCC interviewed over a hundred teenagers and found that:**

- **1/4 of girls and 18% of boys reported physical partner violence**
- **3/4 of girls and 1/2 of boys reported emotional partner abuse**
- **1/3 of girls and 16% of boys reported sexual partner violence**

### It might be abuse if:

- Your boyfriend/girlfriend calls you names and puts you down
- He/she constantly calls and check up on you and is angry if you turn off your phone
- He/she hurts you
- He/she threatens you
- He/she accuses you of seeing other people
- It's easier just to stop seeing friends or going to places, because of the arguments if you go
- You feel as if you are losing yourself
- You are under pressure to have sex before you're ready or do anything sexual which makes you feel uncomfortable
- You are afraid of them
- Family and friends are worried about you
- You are a girl with a much older boyfriend (as research shows that this is a high risk factor for abuse).

It is never OK for your boyfriend or girlfriend to hurt, scare or bully you or to pressure you into sex. If you feel this is happening to you contact DAP on 01482 318759 and they will listen to you, help you make sense of it all and offer advice and support. There are other agencies listed at the back of this booklet who can also offer advice and support and the website below also have lots of useful information for you to consider. The Hideout: [www.thehideout.org.uk](http://www.thehideout.org.uk) Women's Aid website for young people experiencing abuse.

# GET HELP AND SUPPORT

**Break the silence –  
don't suffer alone, there's  
lots of help available**



## HULL DAP SUPPORT

The domestic abuse support services will contact you if consent has been given by you to the referring agency. You can also contact Hull DAP yourself. Please note that if you are dialling locally the telephone number will not show up on your bill. However, if you use a mobile phone the number will show up on your bill and in your dialled numbers if you do not delete it. If we ring you, the number will not show up on your phone.

We understand how difficult it can be to access support and understand the support you need varies at different times. We will value your thoughts, wishes and feeling and work with you at your pace.

The support we can offer you can include any of the following:

- Emotional support
- Telephone advice/support
- Welfare calls
- Housing advice/support
- Legal options and support in attending solicitors or court
- Specialist support throughout the Criminal Justice System
- Safety planning for you, your children and your immediate family
- Financial advice and options
- BRAVE Group work or 1-1 support
- Home security/fire safety
- Referral to specialist services e.g. health, substance use services
- Referral to specialist support services for children/young people
- Support to access emergency accommodation and to explore your housing options
- Advocacy support
- Support to attend appointments
- Signposting to other agencies who can assist with meeting your needs.

## Effects of domestic abuse

Experiencing domestic abuse can have a significant impact on your emotional well-being, as well as sometimes affecting other relationships or your ability to live your life as you'd want to. Everyone reacts differently but some of the effects of domestic abuse include:

- depression and low mood
- trouble sleeping
- fear, anxiety and panic attacks
- loneliness and isolation
- a lack of confidence and self esteem
- feelings of guilt or self-blame
- experiencing difficulties at work or in your other relationships.

It's important to remember that all of these reactions are normal and this is not your fault – only your partner/abuser is to blame for their behaviour.

## Is Hull DAP a confidential service?

The service is confidential to the Hull DAP team; however, there may be times when we need to share relevant information with other agencies in your absence. In such cases consent from yourself would always be sought first.

The only time that anything would be shared without your consent (or your identity disclosed) would be in circumstances where there are safeguarding issue for yourself, or your children. Where possible you will always be informed.

## How long will the support last?

There is no time limit set for the support we offer, everyone's needs differ and it may be that

the support identified together will be for a short period of time or may last several months or even longer.

In either case, the decision to end support will be made jointly with you. However, you are welcome at any time to tell us that you no longer require our support, and if you change your mind at a later date you are welcome to contact us again if you require further support and advice.



## SANCTUARY SCHEME

The Sanctuary Scheme is available to anyone experiencing or threatened with domestic abuse.

The scheme enables victims/survivors of domestic abuse to choose to remain in their own home if this is what they want.

If a victim/survivor feels compelled to move then the disruption to family and other support networks, schools, further/adult education and employment can sometimes lead to homelessness.

## How the scheme works

Victims/survivors of domestic abuse who choose to remain living in their own home can have additional security measures provided for their home, this may typically include:

- Target hardening – increased security i.e. additional locks on external doors and windows
- Lifeline alarm
- Home fire safety check
- Mobile phone and/or sim card
- Personal safety alarm
- Home safety planning, legal measures and support.

There are also housing options for example, temporary housing or refuge accommodation available to you if you choose not to remain in your home. We can discuss all your options with you.

**If you feel that the Sanctuary Scheme will enable you to feel safer and to remain in your own home, please contact Hull DAP and they will discuss the scheme with you.**

## MULTI AGENCY RISK ASSESSMENT CONFERENCE (MARAC)

The MARAC is a meeting where agencies come together to discuss the risks of serious harm to people experiencing domestic abuse and make safety plans for those who may be at risk. The aim is to increase the safety and well-being of the adults and children involved and reduce the risk of them becoming repeat victims of abuse.

If you have been assessed as high risk and referred to the MARAC, a Domestic Abuse Practitioner/IDVA will contact you to offer support and ensure your wishes and feelings are taken into account at the meeting.

## FORCED MARRIAGE AND HONOUR BASED ABUSE

Forced marriage and honour based abuse is a serious crime and is often under reported.

If you are concerned for yourself, a relative or friend please seek help and support or call DAP who can explore your options available in confidence.

**In an emergency – always call the police on 999.**

## LESBIAN, GAY, BISEXUAL AND TRANSGENDER (LGBT)

DAP can provide support to lesbian, gay, bisexual and transgender individuals.

You're not alone, research shows that at least 1 in 4 LGBT+ individuals have experienced or are experiencing some form of domestic abuse.

## MENS SERVICE

DAP has a dedicated mens service. The men's workers provide services to men affected by domestic abuse. They provide a range of support service options as described in this booklet.

**There are a range of support options available, please contact DAP for further advice and support or to request more information.**

**Push out and keep the handy CONTACT DETAILS CARD at the back of this leaflet**

## Evaluation of Hull DAP Support Service

**At DAP we are constantly working towards improving our services and believe that the best way to do this is to ask our service users for their opinions. This is done using a simple questionnaire or a verbal evaluation if it is not safe to send you a questionnaire.**

We ask that you be totally honest when telling us about the service.

Regardless of whether you have a complaint or are happy with the service you received we want to hear your views.



# STAYING SAFE

How can you try and increase your safety?

Devising a safety plan will allow you to think about how you can improve your safety and that of any children if further abuse occurs.

It won't guarantee your safety, but could help improve it.

Your personal safety plan may include some of the following:

- **If you or your family are in immediate danger, call the police on 999, no credit is needed to call 999.**
- **Keep important and emergency numbers to hand** (push out the handy contact details card at the back of this leaflet).
- **If appropriate, teach your children to dial 999** and what to say; their name address and telephone number.

- **If arguments occur, you should try to move to a space that is low risk.** Stay away from the bathroom, kitchen, garage or anywhere else where weapons might be available. Stay in rooms with an outside exit or a window so you can yell for help.
- **Tell someone you can trust what is happening**, and think about setting up a code word with either a friend, neighbour or family member that you can use to explain there is an emergency and you need help quickly.
- **Pack an emergency bag that can be left with someone that you trust.** What you can include: some form of ID, Birth Certificates (for you and your children), rent information, mortgage statement, NI number, family photos, toys, money, clothes, toiletries. (A photocopy of documents is appropriate if it is not safe to remove the original).
- **Make an extra set of keys (house/car) and hide them** where you can get to them if you need to.
- **Keep a small amount of money on you at all times** – including change for the phone or bus fare.
- **Find out where the nearest phone box is, always have your mobile charged and with you.**
- **If it is safe to do so, think about hiding a mobile phone** in the home so you can call for help.
- **Make sure that your child knows that their priority is to always try and stay safe themselves.**
- **If you are planning to leave your partner, think about how you can do this as safely as possible.** Sometimes this can be the most dangerous time for you. Hull DAP can help you to devise a full safety plan and offer support.
- **Think about E-safety;** change your email accounts. Make it anonymous; don't use your real name or nickname an ex-partner would recognise.
  - Delete all online accounts – you don't know which accounts your partner/ex-partner has access to.
  - Create completely new, anonymous online profiles (e.g. on social networks, online shopping etc.)
  - Passwords – create completely new passwords.
  - Use a safe computer. Many victim/survivors computers have had spyware/monitoring software installed.
  - Turn off geolocation services in camera apps and your mobile settings.
  - Don't use apps that tell you where friends are, or 'check you in'. If you suspect someone has put a tracking app on your mobile go through your apps and remove any suspicious ones.

## Stalking and Harassment

Everyone should have the right to go about their daily business in safety and without fear. The constant worry of being stalked can take an enormous toll upon your health and emotional well-being. Nobody has the right to harass you or stalk you and the Police and Courts can take action against anyone who is doing such a thing.

### If you are being stalked or harassed:

- Keep a note of all incidents – dates, times, what occurred, any witnesses to what occurred etc.
- If you report any incidents to the Police, keep dates, times, names of person you spoke to and what was said and what action you were told would be taken.
- If you do receive malicious calls try not to react, place the phone off the receiver for a few minutes and then replace the receiver without saying anything.
- Report all malicious calls to the Police as they will work with KC/network provider to trace who is making these calls to you.
- If you are receiving malicious text messages always keep the text message and report this to the Police
- If you are being stalked try to avoid going out alone and keep to busy public places
- Get a personal alarm and carry that with you as well as a mobile phone. (Hull DAP can supply you with an alarm and mobile).
- If you think you are being followed make for a shop to get help. If you are not near a shop then knock on a house and ask the householder to contact the Police.
- If you notice cars following you or outside your house then always take make, model and registration (or take a photo of reg/car if possible) date, time etc. and report this to the Police if you keep seeing the same car take a photo.



## LEGAL HELP AND INITIATIVES TO HELP KEEP YOU SAFE

### Injunctions, Protection Orders and Non-Molestation Orders

Victims/survivors of domestic abuse can get protection from abuse under the civil law through a court order (called an injunction or protection order).

These orders can help prevent further abuse to the survivor and children, remove the abuser from the home and keep them away. The application is usually made through a solicitor, either to the family proceedings court or the county court.

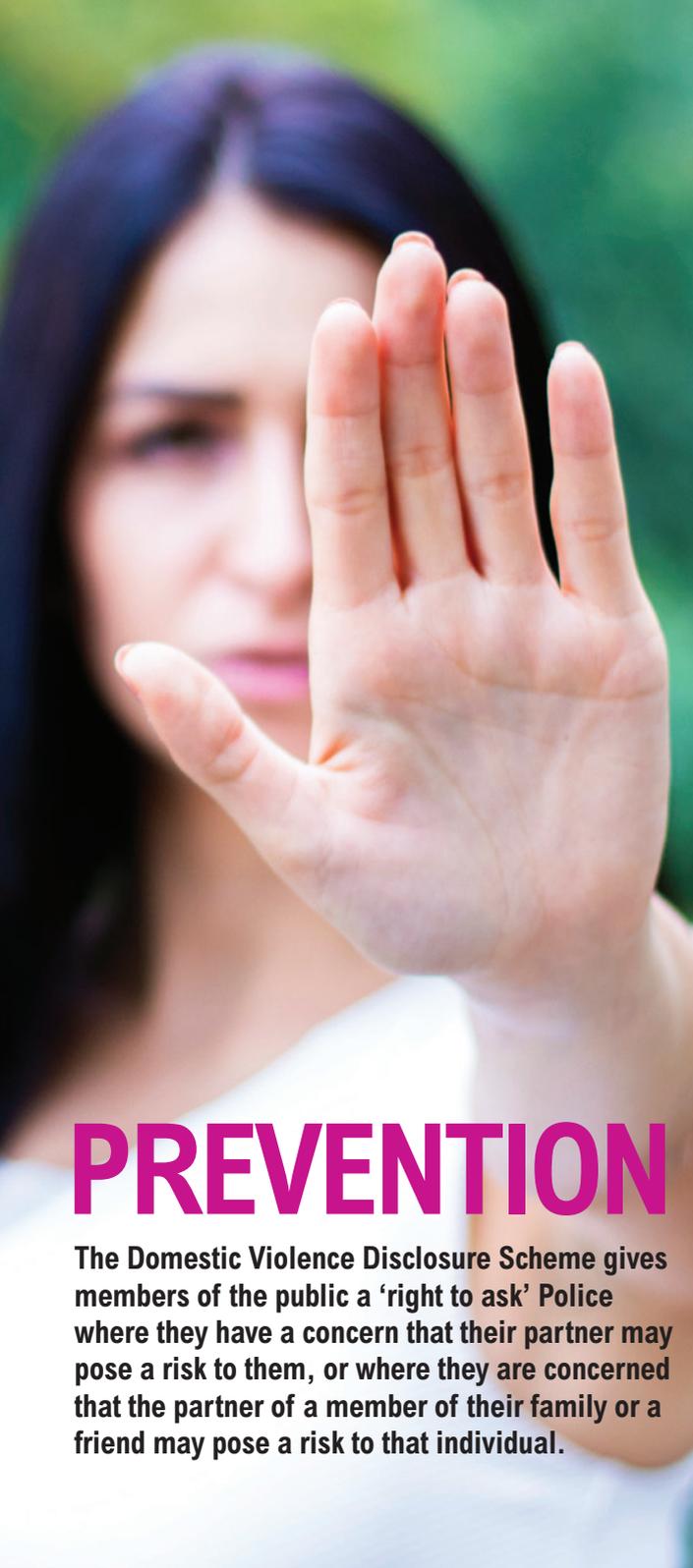
### Domestic Violence Protection Notices and Orders

Domestic Violence Protection Orders (DVPOs) are designed to give victims the time and space they need to make decisions about their options and future safety with the help of a support agency.

With DVPOs, a perpetrator can be banned with immediate effect from returning to a residence and from having contact with the victim for up to 28 days, allowing the victim/survivor time to consider their options and get the support they need.

The victim/survivor does not have to consent to the issuing of a DVPN, nor is it necessary for them to have given a statement to the police after the incident.

**If you require further information on any legal orders or initiatives please speak to DAP who can advise of the process or help you seek legal advice.**



# PREVENTION

**The Domestic Violence Disclosure Scheme gives members of the public a 'right to ask' Police where they have a concern that their partner may pose a risk to them, or where they are concerned that the partner of a member of their family or a friend may pose a risk to that individual.**

If an application is made under the scheme, Police and partner agencies will carry out checks and if they show that the partner has a record of abusive offences, or there is other information to indicate that there may be a risk from the partner, the Police will consider sharing this information.

## How to make an application

To make an application you will need to call 101 non-emergency police number or attend at a Police Station in person, where a Police Officer or member of Police Staff will take the details of what prompted your enquiry. A safe means of contacting you will be established and you will need to give your name, address and date of birth, and that of your partner. You will be invited to a face to face meeting to ensure your safety whilst the checks are being completed.

## What happens next?

The checks can take up to 35 days and if the Police feel that they have information to disclose, they will contact you to arrange a meeting and a disclosure will take place with a Domestic Abuse Officer and Domestic Abuse Support Practitioner whenever possible. If information is to be disclosed to you, you will be asked to sign a disclaimer that you will not share the information with anyone else before this is given.

## THE BRAVE WOMEN'S GROUP

*We would like to thank the survivors from the first pilot Women's Group who named the Group.*

The BRAVE women's group is a twelve week programme. During this time, we explore the impact of having lived with domestic abuse for both the adult survivor and her children. We also take time to consider what a healthy relationship is and what you want and expect from your future abuse free relationships. Alongside this, we complete skills building work around self-esteem, confidence and assertiveness.

The groups are small, informal and supportive. We also offer one to one sessions for women who are not able to access the group work programme.

## How to contact us?

**Hull Domestic Abuse Partnership (Hull DAP)**

**Tel: 01482 318759**

**Minicom: 01482 318 761**

**[www.hulldap.co.uk](http://www.hulldap.co.uk)**

**Remember to use a safe phone -  
calls can be traced**



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## Useful Contact Details

<b>Hull DAP</b>	01482 318759	<b>Police non-emergency</b>	101
<b>Hull DAP Male Support Service</b>	01482 613978	<b>National Centre for Domestic Violence</b> (free legal advice)	0800 9702070
<b>Hull Women's Aid</b>	01482 446099	<b>DeafHope</b>	020 8772 3241
<b>Preston Road Women's Centre</b>	01482 790310	<b>Respect</b> (National Helpline for Domestic violence perpetrators)	0808 802 4040
<b>The Samaritans</b>	01482 323456	<b>Dogs Trust Freedom Project</b>	
<b>Hull Rape Crisis</b>	01482 329990		0800 083 4322
<b>CASA Centre</b> (Care After Sexual Assault)	0330 223 0181	<b>Men's Advice Line</b>	0808 801 0327
<b>Lets Talk</b>	01482 247111	<b>Victim Support</b>	0300 303 1976
<b>Emergency Duty Team</b>	01482 300304	<b>Refuge 24-hour helpline</b>	0808 2000247
<b>Hull Advice</b>	01482 300300	<b>Childline</b>	0800 111111
<b>Renew Hull</b> (Substance Misuse Service)	01482 620013	<b>Home Office Forced Marriage Unit</b>	0207 008 0151
<b>Renew Bransholme</b>	0800 839009	<b>Galap</b> (LGBT+) support for victims and survivors	0800 9995428
<b>Strength to Change</b> (Working with perpetrators of Domestic Abuse)	01482 613403	<b>Mental Health Response Service</b>	01482 301701
<b>Blue Door</b> (sexual abuse)	0800 1974787	<b>Paladin (Stalking)</b>	020 3866 4107
		<b>Ashiana</b>	0800 5999247



This document can be made available in other formats (large print, audio, computer disk, British Sign Language and Braille as appropriate) and different community languages. Please phone 01482 300300.