



# Student Wellbeing Resource

Domestic Abuse

# Domestic Abuse

## Overview

The UK government's definition of domestic abuse is '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. The abuse can encompass, but is not limited to psychological, physical, sexual, financial, and emotional.' Domestic abuse is hardly ever a one off incident – it is a range of behaviours that may or may not lead to physical injury but is often characterized by coercive control – a crime since December 2015, which more resembles kidnapping than assault and is about preventing someone from having the freedom to do what they want to do, about isolation, intimidation and humiliation. The definition of domestic abuse also includes so called 'honour' based violence, female genital mutilation (FGM) and forced marriage, and is clear that victims are not confined to one gender or ethnic group.

Witnessing domestic abuse of a parent or carer is traumatising for children and young people. It can cause serious harm to their mental wellbeing and is very long lasting. There are many ways that children and young people may experience domestic abuse, these include, seeing the abuse; hearing the abuse from another room, seeing parents' injuries and distress after the incident and being injured themselves by being nearby or trying to stop the abuse.

As domestic abuse mainly happens in the home it is difficult to tell if it is happening. Children who witness domestic abuse may become aggressive, withdrawn, display anti-social behaviours, suffer from depression or anxiety and not do well at school. If you think a child is living with domestic abuse consider a referral to safeguarding.

## Key Facts

- An estimated 17,292 children have a female parent who is a victim of domestic abuse in Sheffield<sup>5</sup>.
- Around 1 in 5 children have been exposed to domestic abuse<sup>6</sup>.
- A third of children witnessing domestic abuse also experienced another form of abuse<sup>7</sup>.
- In 50% of cases domestic abuse continues even after the parents have separated<sup>8</sup>.
- 1 in 5 teenagers have been physically abused by their boyfriends or girlfriends<sup>9</sup>.
- In a 2009 NSPCC survey, one quarter of girls aged 13-17 reported experiencing intimate partner violence; one in nine female respondents had experienced severe physical violence; and almost three quarters of girls had experienced emotional abuse<sup>10</sup>.

## Young People - abuse within teen relationships

It is important to remember that young people can also experience domestic abuse in their own relationships. In fact both young women and young men (aged 16-19) are more likely to experience domestic abuse than adults<sup>2</sup>. Young adolescents are just as likely to experience abuse as older teenagers are. Research by Bristol University and the NSPCC showed that 27% of teenage girls aged 13-17 had experienced sexual violence in their relationships. Based on Sheffield population figures and applying national prevalence data, there could be around 3,500 young people (of which 2,300 of these are female) living in Sheffield who have been a victim of domestic abuse in the last 12 months.

YWAVE research in to Young People's Domestic Abuse Services in Sheffield<sup>3</sup> provides further insight into young people's awareness of domestic abuse:

- 5% of those surveyed did not know what a healthy relationship was.
- 17% would not be able to spot the signs of an unhealthy relationship
- Less than half (41.5%) would not know how to find information about healthy relationships.
- 4% did not know what the term domestic abuse meant.
- 44% said they would not know where to get help if they or someone else they knew was experiencing domestic abuse.
- One in five of the questionnaire respondents had experienced domestic abuse in their family life, their own relationship or both.

In 2017 questions about controlling behaviour were included in the Every Child Matters survey<sup>4</sup> for the first time for year 10s. The findings

were that boys and girls were equally likely to understand they were in a controlling relationship but the level of the control, how much the young person likes the person who is being controlling and individual confidence levels are all factors as to whether the situation is considered to be OK and whether action would be taken by the young person to act to change or end the relationship. Whilst the statistical differences between gender responses are only marginal, it appears boys are slightly more likely to consider controlling behaviour is OK if they really like the person but more likely to act than their female counterparts, whilst the opposite applied to females; they were more likely to think the controlling behaviour was wrong but have less confidence and are therefore less likely to act to change the situation.

## References

<sup>1</sup> <https://www.gov.uk/guidance/domestic-violence-and-abuse>

<sup>2</sup> Crime Survey of England and Wales 2016

<sup>3</sup> <http://www.chilypep.org.uk/resources-reports>

<sup>4</sup> [www.sheffield.gov.uk/ecm](http://www.sheffield.gov.uk/ecm)

<sup>5</sup> <http://sheffielddact.org.uk/domestic-abuse/resources/danac/>

<sup>6</sup> Radford, L. et al (2011) Child abuse and neglect in the UK today.

<sup>7,10</sup> *ibid*

<sup>8</sup> Stanley et al 2009

<sup>9</sup> Barter et al (2009) Partner exploitation and violence in teenage intimate relationships. NSPCC and Bristol University.

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## Resources

Sheffield Safeguarding Children Board procedures re. domestic abuse [http://sheffieldscb.proceduresonline.com/chapters/p\\_dom\\_abuse.html?zoom\\_highlight=sexual+abuse](http://sheffieldscb.proceduresonline.com/chapters/p_dom_abuse.html?zoom_highlight=sexual+abuse)

NSPCC <https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/domestic-abuse/>

Women's Aid Federation England <https://www.womensaid.org.uk/the-survivors-handbook/children-and-domestic-abuse/>

<http://thehideout.org.uk/> a page created to help young people and children understand domestic abuse. It includes short cartoons, other children's stories and how to get help if they need it.

<https://www.disrespectnobody.co.uk/> website made for teens about domestic abuse in their own relationships.

<http://www.lovedontfeelbad.co.uk/> website developed by Women's Aid and Avon young providing a guide to healthy behaviour in intimate relationships for girls and young women

Sheffield young people domestic abuse pathway <http://sheffielddact.org.uk/domestic-abuse/wp-content/uploads/sites/3/2013/05/Sheffield-Young-People-and-Domestic-Abuse-Pathway-September-2015.pdf>

Sheffield young people and domestic abuse traffic light tool <http://sheffielddact.org.uk/domestic-abuse/wp-content/uploads/sites/3/2013/05/Young-People-and-Domestic-Abuse-Traffic-Light-Tool-November-2015.pdf>

Sheffield Speaks Out (Chilypep) a short film about young people and controlling relationships <http://www.chilypep.org.uk/with-young-people/ava-domestic-abuse/>

Recovery and empowerment partnership project: <http://www.chilypep.org.uk/the-recovery-empowerment-partnership>

## Best Practice

- If a parent is a victim of domestic abuse/ a child is witnessing domestic abuse at home signpost the parent to the free Domestic Abuse Helpline 0808 808 2241 [help@sheffielddact.org.uk](mailto:help@sheffielddact.org.uk) or ring the Helpline yourself to get support as to next steps
- Refer to the Sheffield Safeguarding Hub if risk is ongoing or Early Help for children needing support after abuse
- Use the Sheffield Traffic Light tool for young people in abusive peer on peer relationships to assess risk
- Young people who are 16 or over and experiencing domestic abuse in their own relationships should be referred to the Independent Domestic Violence Advocacy Service - 0114 2493920 [IDVA.Group@actionorg.uk](mailto:IDVA.Group@actionorg.uk).

# Domestic Abuse

## Local Offers and Providers

Provider	What they offer	Cost	Contact details
Haven Project	<p>Haven specialises in providing to support to children and young people affected by domestic abuse. We provide a range of services including:</p> <ul style="list-style-type: none"> <li>• Group sessions for children (age 5-11 and 11-14, 14+) tailored specifically for children known to live with DA, or can be broadened out if the home situation is not known or confirmed. These can be delivered on the school's premises or offsite.</li> <li>• Awareness training for staff on the impact of DA on children.</li> <li>• Delivery training for staff to run group sessions themselves.</li> </ul> <p>Haven also takes individual referrals. Please contact the Domestic Abuse Helpline for advice.</p>	<p>Some free, some chargeable</p> <p>Please call to discuss</p>	<p><b>admin@havenorg.uk</b></p> <p>0114 213 0590</p> <p><b>www.havenorg.uk</b></p>
Sheffield Futures Domestic Abuse Project	<p>Groupwork training for YPs. One-to-one support for 16-18. Free training for professionals. Whole school staff/Safeguarding team. Twilight sessions available.</p>	Free	<p><b>cyt@sheffield.gov.uk</b></p> <p>0114 201 8572</p> <p><b>http://www.sheffieldfutures.org.uk/</b></p>
Local Authority - MAST	<p>Parenting courses for parents who have experiences domestic abuse.</p>	Free	<p>East MAST: 0114 205 3635, <b>eastmast@sheffield.gov.uk</b></p> <p>West MAST 0114 250 6865, <b>westmast@sheffield.gov.uk</b></p> <p>North MAST: 0114 233 1189, <b>northmast@sheffield.gov.uk</b></p>
Action	<p>Domestic Abuse training for professionals – courses on young people and domestic abuse (with Sheffield Futures) and Safeguarding Children Affected by Domestic Abuse.</p>	Free	<p><b>http://www.actionorg.uk/domestic-abuse-training/</b></p> <p><b>training.group@actionorg.uk</b></p>

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## Local Offers and Providers (cont)

Provider	What they offer	Cost	Contact details
YWHP Sexual Abuse Support Service (Young Women's Housing Project)	<p>Our "Protect Yourself" initiative includes group-work programmes and/or one to one sessions for girls and young women.</p> <ul style="list-style-type: none"> <li>• "Escape the Trap" Teenage Relationship Abuse Programme. 8 sessions (ASDAN accredited)</li> <li>• "Friend or Foe" Relationships &amp; Risk (CSE). 6 sessions</li> <li>• "Parent As First Teachers" programme for pregnant girls and young parents affected by abuse. PAFT support helps parents develop a positive relationship with their child</li> </ul>	FREE Donation welcome	0114 268 0580 <a href="mailto:ywhp@ywhp.org.uk">ywhp@ywhp.org.uk</a>
Golddigger Trust	<p>Golddigger Trust is a Sheffield based Charity, offering a variety of wellbeing projects, both within the school environment, and extra-curricular activities within the community, for young people aged 11-19.</p> <p>Services include:</p> <p><b>'Choose Your Own Adventure'</b> – an interactive 1hr lesson for Y9-13 (up to 30 students per lesson), addressing topics of CSE, E-safety, Domestic Abuse and risky relationships. Students journey through a life-sized board game, exploring risks and choices.</p> <p><b>'I'm The Girl I Want To Be' and 'Made Of More' Self-esteem and healthy relationships courses</b> (single gender groups of 8-12 students). Creative course exploring issues of esteem, identity, healthy sex and relationships and aspirations for the future, over 8 weeks (1.45-2hr session per week).</p> <p><b>1:1 Mentoring</b> – Bespoke, flexible programmes of mentoring for students addressing specific needs identified. Minimum 6 sessions (usual course approx. 8-14 sessions).</p> <p>Students accessing Golddigger Trust services via school can also access additional free services outside of school hours, including drop in youth clubs, sexual health clinic, sports and music sessions and online support.</p>	<p>Cost varies based on service and available charitable funding, contact for most up to date costings.</p> <p>Community based services are free, accessed by community referral (MAST, CAMHS, Self-referral etc). There is no charge to young people.</p>	0114 327 1191 Golddigger Trust Centre For Young People, 10 Psalter Lane, Sheffield, S11 8YN <a href="mailto:info@golddiggertrust.co.uk">info@golddiggertrust.co.uk</a> <a href="http://www.golddiggertrust.co.uk">www.golddiggertrust.co.uk</a>