

Welcome and thank you for taking the time to read Alma's Safeguarding Newsletter. This month we have chosen to address 'Domestic Abuse'. Anyone can be a victim of domestic abuse, regardless of gender, age, ethnicity, religion, socio-economic status, sexuality or background.

This month's newsletter addresses some of the questions below:

- What is domestic abuse and how is it different to domestic violence?
- What are the different types of domestic abuse?
- What are the effects of domestic abuse?

We would like to remind you that our school website contains more information on how to help you keep your children safe in education, online and at home. <https://almaprimary.co.uk/health-and-safety/>

### **What is domestic abuse?**

Domestic abuse is any type of controlling, bullying, threatening or violent behaviour between people in a relationship. It can seriously harm children and young people and witnessing domestic abuse is **child abuse**. It's important to remember domestic abuse:

- can happen inside and outside the home
  - can happen over the phone, on the internet and on social networking sites
  - can happen in any relationship and can continue even after the relationship has ended
- both men and women can be abused or abusers.

Does your partner, ex-partner or someone you live with:

- cut you off from family and friends and intentionally isolate you?
- bully, threaten or control you?
- take control of your finances?
- monitor or limit your use of technology?
- physically and/or sexually abuse you?

Domestic abuse can be emotional, physical, sexual, financial or psychological, such as :

- kicking, hitting, punching or cutting
- rape (including in a relationship)
- controlling someone's finances by withholding money or stopping someone earning
- controlling behaviour, like telling someone where they can go and what they can wear
- not letting someone leave the house
- reading emails, text messages or letters
- threatening to kill someone or harm them
- threatening to another family member or pet.

### **WHY LANGUAGE MATTERS**

The NSPCC has published a blog post on the term "domestic abuse" and "domestic violence" as part of the Why language matters blog series. The blog looks at how the term "domestic violence" can be limiting and explores the impacts of this on: professionals and family support services; people experiencing domestic abuse; and the perceptions of the general public.

**Read the blog post:** [Why language matters: domestic abuse is broader than domestic violence](#)

### **What are the signs of domestic abuse?**

If you believe that you are a victim of domestic abuse, there are signs that you can look out for. Some of the signs of domestic abuse include:

- being withdrawn, or being isolated from your family and friends
- having bruises, burns or bite marks on you
- having your finances controlled, or not being given enough to buy food, medication or pay bills
- not being allowed to leave your house, or stopped from going to college or work
- having your internet or social media use monitored, or someone else reading your texts, emails or letters
- being repeatedly belittled, put down or told you are worthless
- being pressured into sex or sexual contact
- being told that abuse is your fault, or that you're overreacting.

## HOW TO GET HELP AND SUPPORT?

All forms of domestic abuse are not acceptable in any situation.

If you're experiencing domestic abuse and feel frightened of, or controlled by, a partner, an ex-partner or family member, it's important to remember that it's not your fault and there is no shame in seeking help.

It may seem like a difficult step to take, but there is support available.

Free, confidential support and advice is available to victims and their concerned family members or friends, 24 hours a day.

Location	Helpline	Contact
England	<a href="#">Refuge's National Domestic Abuse Helpline</a>	0808 2000 247 <a href="#">Online live chat</a> <a href="#">Web form</a>
UK-wide	The <a href="#">Men's Advice Line</a> run by Respect is a confidential helpline specifically for male victims.	0808 801 0327 <a href="mailto:info@mensadvice.org.uk">info@mensadvice.org.uk</a>

### Women's Aid

If you are experiencing domestic abuse or are worried about friends or family, you can access the [Women's Aid live chat service](#) 7 days a week, 10am to 6pm.

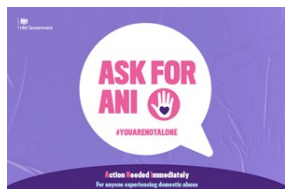
### Victim Support

Victim Support run these services for victims and survivors of any abuse or crime, regardless of when it occurred or if the crime was reported to the police: free, independent and confidential 24/7 Supportline 08 08 16 89 111 [live chat service](#)

### Ask for ANI codeword

If you are experiencing domestic abuse and need immediate help, ask for 'ANI' in a participating pharmacy. 'ANI' stands for **Action Needed Immediately**.

If a pharmacy has the 'Ask for ANI' logo on display, it means they're ready to help. They will offer you a private space, provide a phone and ask if you need support from the police or other domestic abuse support services.



### Safe Spaces

[Safe Spaces](#) are also available in Boots, Morrisons, Superdrug and Well pharmacies, TSB banks and independent pharmacies across the UK. Once you are inside, specialist domestic abuse support information will be available for you to access. Many Safe Spaces are also prepared to respond to the 'Ask for ANI' codeword, to provide victims with a discreet way to access help calling the police on 999 or specialist support services. Find your [nearest Safe Space](#).

### How to call the POLICE when you can't speak

If you are in danger and unable to talk on the phone, call 999 and listen to the questions from the operator and, if you can, respond by coughing or tapping on the handset.

### Call 999 from a mobile

If prompted, press 55 to [Make Yourself Heard](#) and this will transfer your call to the police. Pressing 55 only works on mobiles and does not allow police to track your location.

### Call 999 from a landline

If the operator can only hear background noise and cannot decide whether an emergency service is needed, you will be connected to a police call handler.

If you replace the handset, the landline may remain connected for 45 seconds in case you pick up again.

### Support someone you know

If you are worried that a friend, neighbour or loved one is a victim of domestic abuse, you can call the National Domestic Abuse Helpline for free and confidential advice, 24 hours a day on 0808 2000 247.

### Get a court order to protect you or your child

If you're a victim of domestic abuse you can apply for a court order or injunction to protect yourself or your child from:

- your current or previous partner
- a family member
- someone you currently or previously lived with

This is called a non-molestation or occupation order.

You can apply online, by email or by post.

[Get a court order if you've been the victim of domestic abuse.](#)