



Domestic Violence Handbook

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Definitions

Domestic abuse is a pattern of behavior on the part of the perpetrator designed to control their partner. It can happen at any point in a relationship, including after you have split up. Anyone forced to change their behavior because they are frightened of their partner or ex-partner's reaction is experiencing abuse. Domestic abuse can happen to anyone, regardless of age, background, gender, religion, sexuality or ethnicity.

*Domestic abuse is **never** the fault of the person who is experiencing it. Domestic abuse is a **crime**.*

Physical Abuse

Physical abuse is an act carried out intentionally to cause injury or trauma to either a person or an animal through various means of physical contact.

Physical abuse is **not limited** to hitting, it can include: unwanted touching, restraining, throwing objects at you, pinching, shoving and claiming the behaviour was “only a joke”.

Ending up with bruises, broken bones, burns, bitemarks, scarring, or swelling typically points to physical abuse

Sexual Abuse

Rape and sexual assault include forcing you to have sex or engage in any form of sexual act without your consent.

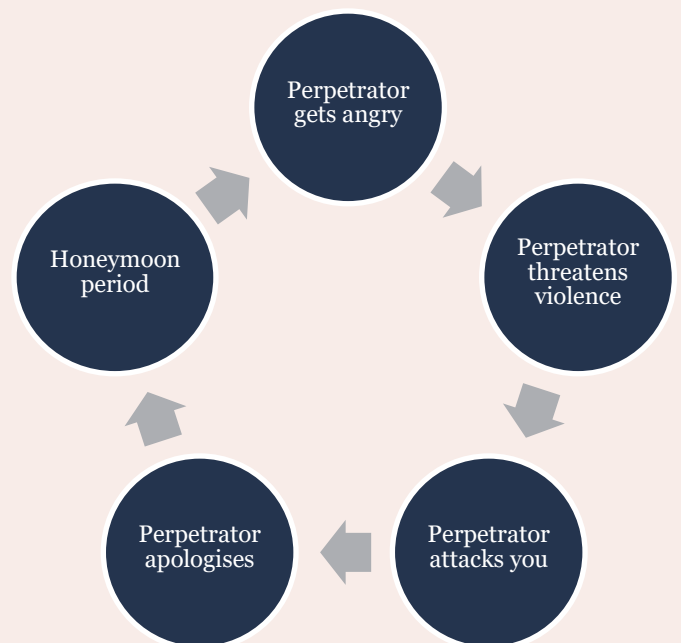
Any touching which you have not consented to can be classified as a **criminal offence**, most likely battery or sexual assault.

In the event that you have acted out, either verbally or physically against your perpetrator, it **does not** automatically mean you are the abusive partner, even if your partner paints you out to be, especially where you are acting in self-defence.

Cycle of Abuse

This cycle often leads to a trauma bond, and typically the longer you stay the worse the abuse gets.

The perpetrator begins to **falsely** believe that they can do whatever they want and you will never leave.



Psychological and emotional abuse

An emotionally abusive relationship is where a perpetrator controls their partner by using emotions to criticise, embarrass, shame, blame and manipulate.

This can be one of the hardest forms of abuse to recognise.

Signs of emotional abuse:

1. Name-calling
2. Threats
3. Manipulation
4. Derogatory pet names
5. Patronising
6. Insults

Gaslighting is also a form of emotional abuse. It is a severe form of manipulation, which involves the perpetrator making their partner question their own sanity.

Gaslighting can lead to the survivor losing their own sense of identity and self-worth.

Coercive and controlling behaviour

This is where a perpetrator uses a pattern of behaviour over time to exert power and control.

Coercive and controlling behaviour is a criminal offence.

Controlling behaviour

This 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.

Coercive control **is a crime**

Coercive behaviour

This includes acts or patterns of acts of assault, threats, humiliation and intimidation. Other forms can include abuse used to harm, punish, or frighten their survivor.



Figure 1 - glostakeastand

Economic Abuse

Economic abuse is a wider definition of financial abuse and can include the restriction of access to essential resources such as food, clothing, or transport, and denying the means to improve a person's economic status, such as: employment, education, or training.

The charity Surviving Economic Abuse states that economic abuse is used to reinforce or create economic instability. By doing so, the perpetrator limits your choice and ability to access safety.

Due to the nature of economic abuse, it is often extremely difficult to find the means to leave the situation, and as such individuals tend to stay with their perpetrators for longer and experience more harm as a result.

43.1% of respondents to the Domestic Abuse Report 2019 said they were in debt due to abuse, and over a quarter reported that they had lost sleep through worrying about debt.

Nearly a third of respondents said their access to money during their relationship was controlled by the perpetrator

It is important to appreciate that economic abuse does not rely on physical proximity, therefore it can **continue** even after you have separated from your perpetrator.

43.1%

1/3

Signs of Tech Abuse



Does your partner/perpetrator stalk or harass you on fake social media accounts?



Does your partner/perpetrator harass you, your employer and your clients through business social media pages?



Does your perpetrator /partner always know your or turn up unexpectedly wherever you go?

Tech Abuse

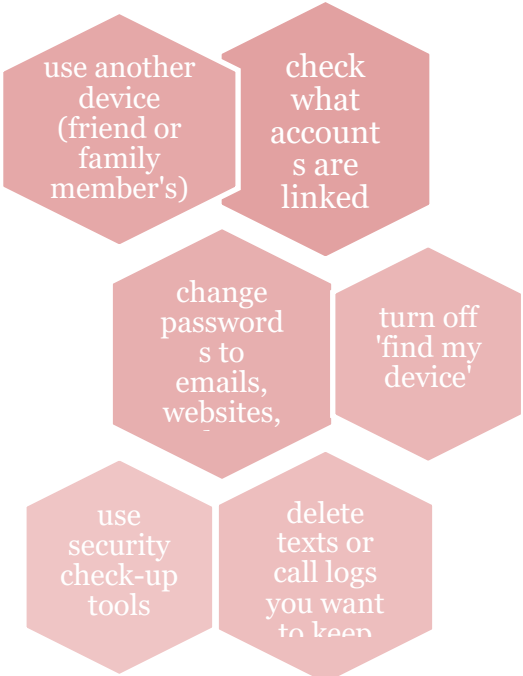
Tech abuse happens when the perpetrator uses technology to harm, harass, intimidate or control you.

Tech abuse can include the perpetrator: hacking your phone, cyberstalk you, or use social media or cameras, to harm or control you.

They may send abusive texts, constant messaging, demand access to your devices, or share images of you online.

How do I prevent tech abuse?

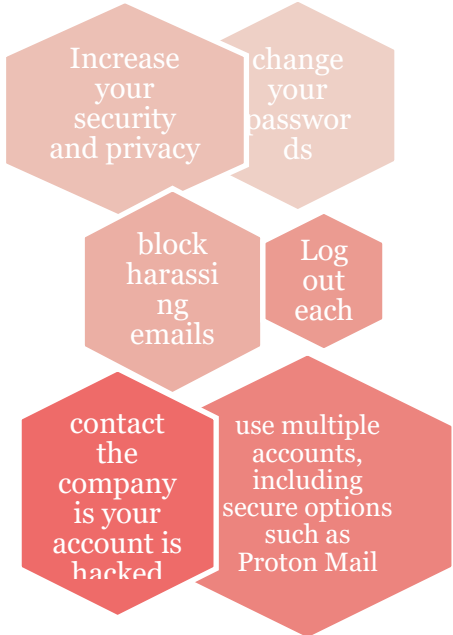
Secure your online account by:



Secure your social media by:



Secure your email by:



Support/help for survivors

If you think you may be a survivor of domestic abuse, there is support available and actions you can take to manage your situation:



You should find somewhere **safe** to stay such as a refuge or emergency accommodation from the local authority under homeless person's law so that you are safe from harm as you take the steps suggested below.

You can **report the abuse** to the police which is often an underused resource. Most police stations have Domestic Violence Units or Community Safety Units. Call 999 in an emergency or 101 for a non-emergency.

If you've been abused or threatened, the police can issue a Domestic Violence Protection Notice which protects you for 48 hours. The court can then issue a Domestic Violence Protection Order which protects you for 28 days. Under the Domestic Violence Disclosure Scheme, you can request information about a partner's history of domestic abuse from the police.

You can seek legal protection from the court to stop your abusive partner from harming or threatening you, referred to as a 'non-molestation order,' or an 'occupation order' to allow you to return to the family home or require an abusive partner to leave the home. These can be applied through [CourtNav](#) by [Citizens Advice](#).

You can also **take legal action** with regards to home ownership, children arrangement rights, and ending your marriage or civil partnership.

There are two types of orders which are used in civil law to tackle domestic violence:

1. Non-molestation order
2. Occupation order

Non-molestation order

A person experiencing domestic violence can apply to the court for this order, which is designed to give survivors of domestic abuse some control over the situation and prevent the perpetrator from further harming you or your children. This includes but is not limited to, physical, emotional, financial and sexual abuse, and it can also cover coercive

and controlling behaviour, intimidating behaviour, threats of physical abuse and harassment.

A person wanting to obtain a non-molestation order will have to seek legal advice and make a court application. It is also important to note that in some situations, **the perpetrator will not be notified** in advance of the application for a non-molestation order before it is made, but will only be told once the order is in place to protect you.

Who can apply for a non-molestation order?

1. Spouses
2. Civil partners
3. Cohabitants
4. Former cohabitants
5. Relatives
6. Those in an intimate relationship of significant duration

What happens if it is breached?

If the terms of the order are breached, there are now two mutually exclusive options for enforcement of the order:

Contempt of court

Breach of an injunction is contempt of court with a maximum penalty of 2 years imprisonment; however, imprisonment is not to be regarded as an automatic response to breach of an order and the court should consider alternatives to imprisonment such as a suspended sentence, especially where there is no violence.

Criminal sanctions for breach

If a non-molestation order is breached without reasonable excuse, the person subject to the order is guilty of *a criminal offence*. This means that breach of a civil law order is a criminal offence and can be prosecuted by the police with a maximum penalty of 5 years imprisonment.

Occupation orders

If the perpetrator is being aggressive in the home, one way of stopping the violence is to apply for an occupation order which will temporarily exclude them from that environment, limiting their ability to access the property and the scope of their abuse.

However, these are more difficult to obtain than a non-molestation order as it involves preventing someone from occupying a property that they may own or have a beneficial interest. It is easier to obtain an occupation order in circumstances where the perpetrator does not have an interest in the property.

Who can apply for an occupation order?

1. Spouses
2. Civil partners
3. Cohabitants
4. Former cohabitants
5. Relatives
6. Those in an intimate relationship of significant duration.

What is the effect of an occupation order?

The occupation order will regulate the occupation of the family home, potentially requiring the perpetrator to leave the home for a specified period, and it is designed to give the applicant the time and the opportunity to decide what to do next to resolve matters more permanently.

What happens if it is breached?

Breach of an occupation order is not a criminal offence unless a power of arrest has been attached to the occupation order. A power of arrest is normally attached if there is concern that the perpetrator has, or may threaten or use, actual violence against the survivor.

Charities

[Surviving economic abuse](#)

Call: 0808 2000 247
0808 801 0327 (men's advice line)

SEA is the sole charity for raising awareness of economic abuse in the UK. The charity works to ensure women and men are supported to not only survive, but to thrive after an abusive relationship.

Refuge

Call: 0808 2000 247

Refuge offers 24hr Freephone national abuse helpline.

The staff offer a confidential non-judgemental information and support for women and children who are experiencing domestic abuse.

Karma Nirvana

Call: 0800 5999 247

Email: info@karmanirvana.org.uk

Karma provides support for survivors of honour-based abuse and forced marriage. The charity runs a national helpline to support survivor in immediate danger and offers training to professionals. They work with the police, NHS and Social Services to refer problems and offer practical support.

Talk, Listen, Change

Call: 0161 872 1100

The charity offers support to anyone experiencing domestic abuse.

They provide a range of support such as

- Victim & Survivor Support: One-to-one support for the partners and ex-partners of perpetrators on our Bridging to Change or Women's Behaviour Change programmes.
- Children & Young People's Support: Counselling and youth work for the children of perpetrators on our Bridging to Change or Women's Behaviour Change programmes.

Mankind

Call: 01823334244

Opening Hours: Weekdays 10am to 4pm.

Confidential helpline for male victims of domestic abuse and domestic violence.

ManKind provides emotional support, practical information, and signposting for male victims to enable them to escape the situation they are in.

Mankind also welcomes calls from friends, family members, neighbours, colleagues, and employers of male victims seeking information.

Galop

Call: 0800 999 5428

Email: referrals@galop.org.uk

Galop offers support to those in the LGBT+ community who have experienced domestic abuse or sexual violence.

Sexual violence: Galop provides a confidential service, giving independent advice and support to the LGBT+ community. Giving survivors a safe space to talk regardless of their sexual orientation or gender identity.

Greater Manchester Domestic Abuse Helpline

Call: 0161636 7525

Opening Hours: Monday – Friday, 10am to 4 pm (excluding bank holidays)

This is a safe space to talk though what has happened without providing your name. The helpline will provide you with emotional support, practical information, and options in relation to your current situation.

Young Adults: Healthy Relationships

To be in a healthy relationship is a crucial aspect of your life. It is important to know what an unhealthy and an abusive relationship looks like, and ensure that you always maintain healthy boundaries. This ensures that you don't allow your partner to mistreat you, and you don't mistreat your partner.

To maintain a healthy relationship, you need a few factors.

- **Communication:** In a relationship, as problems arise, you should feel that you are able to talk openly with your partner. This involves listening, and respecting each other and their individual opinions.
- **Honesty:** Although it is normal to keep things private, you should be able to be honest to each other.
- **Trust:** Trust is crucial. You should be able to believe what they say, and not worry about who they are with or what they are doing in your absence.
- **Mutual respect:** You should not be trying to change each other, instead respect each other for the flaws

There are some boundaries and situations that are not okay. Even if this has been occurring in your household, movies, or someone has told you it is normal. Consider these and start setting your own boundaries of what you will and will not tolerate in your relationship.

What are the signs forms of abuse?

Type of abuse	Example
Physical abuse	Any type of physical abuse such as hitting or choking. This includes threats of violence. Typically, if you start fearing your partner, that is a negative sign.
Gaslighting	This is mental brainwashing. “I only did it because I love you” “I didn't cheat, you're just being paranoid”

	<p>“I am the only one that will ever love you”</p> <p>“You made me do this”</p> <p>“You’re too sensitive”</p>
Sexual	<p>If you are forced or convinced into any kind of sexual act that you do not want, this is wrong and it is a crime. If your answer to having sex is not an obvious yes, then please reconsider.</p> <p>You may be placed in vulnerable situations or have someone guilt you into having sex, but you do not have to do it if you do not wish to.</p> <p>Only do what you are 100% sure you want to do. This is your decision and not anyone else’s.</p>
Isolation	<p>Only spending time your partner and losing touch with your friends and family</p>
Cheating	<p>This can be extremely heart breaking and unfair, and if you are cheated on after setting boundaries for what cheating can look like, this indicates lack of respect.</p>

These are only some of the many, many signs of an unhealthy or an abusive relationship. Anything that makes you unhappy, anything that makes you feel bad, can all be red flags. Talk to a trusted adult, or receive additional support through charities and organisations.

You do not have to stay in a relationship if your boundaries have been disrespected. In the moment, it may be hard to walk away, but always chose your mental wellbeing first.

Support

Childline

Call: 0800 1111

Childline offer support to anyone under the age of 19 living in the UK.

Stop it Now!

Call: 0808 1000 900

They offer support to children who are survivors of sexual abuse. They provide a confidential helpline, live chat and secure messaging service for anyone with concerns about child sexual abuse and its prevention.

Callers do not need to identify themselves, you can remain anonymous during the call.

Preparing to Leave Domestic Violence:

There may come a time when your only option is to leave your partner. If you decide so, plan carefully.

Before You Leave:

Violence could escalate when you try to leave, hence be prepared beforehand.

1. Keep any evidence of physical abuse, such as pictures of injuries or photographs of property damage
2. Keep a journal of all violent incidents, recording dates, time, events and threats made, if possible. Keep your journal in a safe place.
3. Keep emergency numbers in your phone such as:
 - 999
 - Charity Aids Hotline (you may want to save the Charity Aids Hotline under different names, to prevent your partner from discovering them.)
 - Trusted family or friend's number
4. Ensure there is sufficient credit in your phone.
5. Tell someone you trust what is happening to you and that you are leaving.
6. Talk to your children beforehand about the possibility of leaving in an emergency if it's appropriate. You may want to agree a **code word** or a plan with them.

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7. Identify a safe place for your children, e.g. a room with a lock or a friend's house where they can go for help. Reassure them that their job is to stay safe, not to protect you.
 8. Pack a small emergency bag with important documents (either originals or photo-copies), money, spare clothes, spare car keys in case you have to leave quickly. Keep it somewhere safe. If you're afraid that it will be found, leave it at work or with a friend (avoid mutual family members or friends).
 9. Put a pin code on your phone if it is safe to do so
 10. Check for spyware on your phone by downloading free software SPYBOT
<https://www.safer-networking.org/>
 11. Turn off all locations on your phone if it is safe to do so.
 12. Only leave **when it is safe to do so**.

When You Leave:

Be prepared to leave in a hurry. Make a plan for how and where you will escape quickly, and what you need to bring.

1) Identification

Type of identification

Passport

Driver's license

Birth certificate and children's birth certificates

Financial information

Money and/or credit cards (in your name)

Bank account books

Immigration papers

2) Legal Papers

Passport

Non-molestation order

Copies of any lease or rental agreements, or the deed to your home

Car registration and insurance papers

Health and life insurance

Medical records for you and your children

School records

Work permits/visa

3) Emergency Numbers

999

Charity Aids Hotline

Family members' and friends' numbers

4) Other

Medications

Extra set of house and car keys

Emergency money

Sentimental items

Several changes of clothes and toiletries for you and your children

After You Leave:

Take particular care with any actions and devices that can expose your location.

1. Change your locks and phone number.
2. Change your work hours and the route you take to work.
3. **Change the route taken** to transport children to school or consider changing your children's schools.
4. Alert school authorities of the situation.
5. If you have a non-molestation or restraining order, keep a copy of it with you at all times. Inform friends, neighbours and employers that you have an injunction order in effect.
6. Check that your phone is not tracked and withdraw any permission given to your partner to access your phone. If in doubt, especially if your partner bought the phone and the online account is in their name, change your phone.
7. Make sure your telephone number is untraceable by **dialling 141 before ringing**.
8. Make sure that your address does not appear on any court papers.
9. Consider **using the address of a friend for your mail** (be aware that addresses are on non-molestation orders and police reports, and be careful to whom you give your new address and phone number).
10. Avoid using joint debit or credit cards where the bank statements could be sent to your partner.
11. **Reschedule appointments** that the perpetrator is aware of.
12. Use different stores and frequently change different social venues.
13. Alert neighbours and request them to call the police if they think you may be in danger.

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14. Install security systems if possible.
 15. Inform people who take care of your children or drive them/pick them up from school and activities.
 16. If you later discover that you have left something behind, you can arrange the police officer to escort you- do not return to your house by yourself
 17. Change all your passwords and security questions for all your online accounts including bank accounts, social media and cloud accounts
 18. Block the perpetrator on social media and report any abusive threats and messages to the police
 19. Explain to your friends, family and co-workers that you are at risk and ask them to be careful about what they post about you online.
 20. How to keep safe during a violent incident:
 21. If you are able to, **dial 999 in an emergency**. Try to leave the phone off the hook so that the operator can still hear you
 22. Pre-arrange an SOS code word with a friend, relative or neighbour which you can telephone or text them in case you cannot ring 999 so that they can call the police for you
 23. Plan emergency escape routes **beforehand**
 24. If you have been injured, visit your GP or attend hospital as soon as possible. Request the medical practitioners to document your visit.
 25. If you have been sexually assaulted, do not take a shower or bath, keep all the clothing that you were wearing when you were assaulted and do not clean the house. Call the police if you want to. If you choose not to call the police, you should still go to the hospital or GP for a medical check.

How to keep safe if you decide to stay:

1. Seek help from support agencies in your neighbourhood

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2. Update the support agencies on how they can contact you e.g. at work or at a friend's address
 3. Remove all traces of contact with support agencies and delete your browsing history on every device if you have been on their website
 - 4. Erase all phone records**
 5. Use the internet or wifi hotspot in your local library or internet café so as not to leave trace, or delete all online browsing history to cover your tracks
 6. If you receive any medical treatment for any injuries, **ensure that they are recorded and photographed.** These may be used as evidence at a later date to support your case either in court or re-housing applications.

FAQ's

Can I access information to see if my partner has a history of domestic violence?

Yes. Clare's Law is the Domestic Violence Disclosure Scheme.

The scheme allows you to ask a police force about the information held on a person in relation to domestic abuse offences and convictions. If the individual has a record of domestic abuse, the police will consider letting you know that.

Domestic abuse or violence disclosure applications can be made by:

- Calling 101
- Visiting your local police station
- By speaking to one of our officers on the street.

How can I access support discretely, without raising the suspicion of my partner?

Asking for “ANI” at the pharmacy is a code scheme for domestic abuse that allows the victim to access support at their local pharmacy.

By asking for ANI, a trained pharmacy worker will offer a private space where they can understand if the victim needs to speak to the police or would like help to access support services such as a national or local domestic abuse helplines.

Can I stop my abusive partner from seeing their children?

If the court is convinced that it is entirely unsafe and not in the child’s best interests to see their abusive parent, the court may make an order to this effect.

What is taken into consideration by the court when deciding if it is in my child’s best interests to have a contact visit?

When determining what is in the best interests of the child, the court will consider several factors including:

- The ascertainable wishes and feelings of the child concerned (considered in the light of his/her age and understanding);
- Her/his physical, emotional and educational needs;
- The likely effect on him/her of any change in her/his circumstances;
- Her/his age, sex, background and any characteristics of her/his which the court considers relevant;
- Any ‘harm’ which she/he has suffered or is at risk of suffering;
- How capable each of her/his parents, and any other person in relation to whom the Court considers the question to be relevant, is of meeting her/his needs

Each decision depends on the facts and circumstances of the particular case. Currently only a small minority, about one in ten, of child contact cases reach the family courts and in only a tiny proportion of these (less than 1%) is contact to the applicant parent refused.

Which type of contact is the most appropriate for my child and their parent?

If there is a risk of harm to the child, the supervised contact may be the most appropriate one as it provides a safe environment where the abusive parent can communicate with

their child. Virtual contact is also a good option in this instance. Furthermore, indirect contact is also a good option if direct contact is unsafe or unworkable and it includes sending letters, cards or gifts.

However, if there is no risk of harm but if the communication between the child and parent is difficult, the supported service may be the most appropriate one as it can help rebuild the bond between the two.

There is also an option for preparatory sessions / assessment which may be suitable if you and your child have been separated with no or little contact for a long period of time. This helps to prepare the individuals for the contact and identify the issues that may have prevented the contact from happening in the past.

Lastly, community contact is offered by supervised centres and it takes place in locations such as restaurants, cinemas or play centres. However, this may not be suitable for all families.

This is a contact service offered by Supervised Centres. Sometimes this will have varying other names, “escorted contact” is one example. Community contact takes place in locations like restaurants, shopping centres, cinemas or soft play centres for example.

This type of contact is not available at all centres and is not appropriate for all families.

Lastly, community contact is a public contact which takes place in locations such as restaurants, cinemas or play centres and is offered by supervised centres. However, this may not be suitable for all families.

Can Contact Centers refuse referrals for contact?

Contact centres provide an environment in which contact visits between parent and child may be supervised and to some extent monitored. Contact centres have the power to refuse referrals for contact if they consider the contact between the parent and child to be unsafe.

How can I find a Contact Centre?

To find a safe contact centre for your child, access the [NACCC website](#).

This website includes maps of the various contact centres and the option to find your local contact centre. It also operates a secure online system to enable separated parents and other family members to self-refer to accredited child contact centres providing supported contact. Provides supervised visits if there is a potential risk of harm to the

child or a supported contact service if the communication between parent and child is difficult.

What is the cost of going to a Contact Centre?

The costs may vary for each Contact Centre. You may be able to check the prices when looking at your local contact centre. The prices depend on various factors such as how the centre is funded, the services they offer and the expertise of the staff. The cost may also be covered by Cafcass (Children and Family Court Advisory and Support Service) or Social Services.

CAFCASS represents children in family court cases in England. They advise the family courts about what is safe for children and in their best interests.

Support/Help for Perpetrators

Why does this need to be addressed?

Domestic abuse will not stop unless we engage directly with perpetrators.

Some perpetrators don't come into contact with the criminal justice system. Even if they are convicted and imprisoned, they will potentially be released back into the same community or family.

Perpetrators will have ongoing contact with their children even if the relationship has ended with the spouse.

When one relationship ends another starts meaning the cycle continues. Requests from victims indicate that they would like someone to work with their partner to help them change.

Charities

Respect

Call: 0808 802 4040

Respect offers support for those who are worried that they themselves are displaying violent and abusive tendencies in their relationships with loved ones.

Domestic Abuse Perpetrator Programme (DAPP)

DAPP aims to help people who have been abusive towards their partners to ex partners by changing their behavior. This support can make a difference to the children who have been affected.

There is **no charge** for service users taking part in DAPP when ordered by the court as a 'court ordered activity'

CAFCASS assesses the perpetrators suitability for the program and then check if it is available.

- Referral is **only made following a court order.**

Talk, Listen, Change

Call: 0161872110

Talk. Listen, Change provides professional relationship support. Aiming to create safe, healthy, happy relationships and greater community wellbeing.

This is an experienced counseling service with professional staff offering a tailored support program according to what you need and how you want to engage with it. It aims to improve relationships and emotional wellbeing and increase resilience.

#EndtheFear

Call: 0808 2000 247

A charity which provides support for both survivors of domestic abuse and to perpetrators. It supports you to make the changes you need to be safe around your partner and children if you have them.

FAQs

What do I do if I have been accused of domestic abuse?

If you have been accused of domestic abuse, **cooperate** best as you can with the authorities, typically the police, and the Crown Prosecution Service (CPS). It is recommend to receive legal advice through a solicitor, or through organisations such as [FACT](#) (Helpline: 08432892016)

Do not have contact with the accuser, or attempt to destroy evidence, as this can make situations worse.

The police may become involved, and you may receive an unannounced visit, and the police may have a search warrant for your property. You have the right of a phone call, and just that call to contact someone who is able to help you at that given moment. It is recommended to have a solicitor present, typically one well acquainted with family law.

Having a solicitor, and **being as transparent** as possible, is the best way to go about domestic abuse claims.

What do I do if I have been made homeless due to an occupation order?

If you are a person who has been made homeless as a result of an occupation order because you were violent, you are deemed to be intentionally homeless, i.e. you made yourself homeless by choice. In these circumstances, even if you have nowhere to go and no money to pay for it, the Local Authority only has to provide you with advice on housing, not an actual place to stay.

Do domestic abuse programmes work?

The Integrated Domestic Abuse Programme and Community Domestic Violence Programme are effective in reducing domestic violence and reducing any reoffending in the two year follow up period. These programmes are worth engaging with if they are offered to you.

How can I afford court costs without legal aid?

Although there is no legal aid offered to alleged perpetrators of domestic violence, there are options available to you to help with the cost of the court process:

1. Bar Pro Bono Unit: provides free legal advice and representation from barristers

2. Civil Legal Advice: provides information about whether legal aid is available for your case and whether you are eligible
3. Citizens Advice Bureau: provides free legal advice on a range of issues.
4. Law Centre Network: provides a directory of local legal advice centers in the UK
5. Resolution: provides access to a specialist, accredited family law solicitors.