

This is a short presentation designed to raise awareness of domestic abuse and how we can recognise it and begin to address some of the issues raised. It is a very simple slide based presentation. Progress through the slides by the left and right arrows on your keyboard to move backwards and forwards. On slides where there is an “i” icon, simply click on the icon to link to relevant online sources for the subject matter if you want to find out more.

Awareness of

Domestic Violence
and Abuse

Raising Awareness and Responding to Domestic Abuse.



- This is a short presentation intended to help us at Durham Cathedral understand what is meant by “domestic violence or domestic abuse” and who are those most affected.
- This presentation is also designed to give us a basic understanding of how to support those who may be facing domestic abuse and where help can be found.

Defining Domestic Abuse.

- Domestic abuse, or domestic violence, is any incident of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members, regardless of their gender or sexuality.
- Family members are defined as mother, father, son, daughter, brother, sister and grandparents whether directly related, in-laws or step-family. However, this is not an exhaustive list and may also be extended to uncles, aunts and cousins etc.
- 'Domestic abuse' covers a range of types of abuse, including, but not limited to, psychological, physical, sexual, financial or emotional abuse. The term 'Domestic abuse' is used to describe a range of controlling and coercive behaviours, used by one person to maintain control over another with whom they have, or have had, an intimate or family relationship.



Controlling and Coercive Behaviour.

- 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 the victim.
- 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 behavior.



The control exercised by the perpetrator over the victim can take many forms, some of which are not necessarily obvious. These can include;

- Role or status, within the family group or in wider society or specific groups.
- Financial – controlling access to funds for example.
- Gender – men can be victims too.
- Education or Social Class differences in a relationship.
- Ethnicity.
- Language.
- Political views.
- Age.



The Church of England View on Domestic Abuse.

- Teaching and Worship say clearly that domestic abuse is wrong.
- Inappropriate behaviour is to be challenged.
- Safety of individuals effected by domestic abuse is the first priority.
- All forms of abuse are irreconcilable with Christian Faith.
- Faith and scripture cannot be used to justify domestic abuse
- We must **ACT NOW** to tackle domestic abuse.

Before going on to the next slide, take a moment to consider the following:

- How many people in England and Wales are effected by domestic abuse?
- How long do people suffer before coming forward?
- Who are the most common victims?

Victims.

- In 2018/2019 2.4 million people in England and Wales reported being the victim of domestic abuse.
- Reports are increasing, this figure includes a 24% increase in reports of abuse constituting a crime compared to the previous year.
- Reporting of domestic abuse in the North East of England is significantly higher compared to the rest of England and Wales.

Suffering in silence?

Whilst it is impossible to be completely accurate when it comes to assessing how long a victim suffers domestic abuse, some sources suggest that in the most serious cases, a victim can suffer for over two years before reporting the abuse and in many cases the abuse can go on significantly longer.



Who are the victims?

Whilst it is important to remember that **anybody** can be a victim of domestic abuse, statistically domestic abuse is most commonly experienced by women with the perpetrator being an intimate male partner.



In England and Wales, the risk of becoming a victim is further heightened where any of the following circumstances exist;

- living in low income households.
- where there is pregnancy.
- Separation or divorce proceedings.
- where there is drug or alcohol abuse .
- where there is a presence of mental health issues.
- where there is a history of other criminal offending by the perpetrator.

Who are the victims?

Those in the under 25 age group are more likely to suffer physical violence in a domestic abuse setting and up to a third of this age group are said to have suffered some form of coercive control. (refuge.org)

Nationally, it is estimated that in excess of 64% of domestic abuse situations there are children present in the household and as many as 1 in 5 children have been exposed to domestic abuse in some form. (safelives.org)



Some signs that a person might be a victim.

- Overly Anxious.
- Explaining away injuries –“I walked into a door”.
- Never allowed to be alone or becoming isolated.
- Partner always talks over them, they are never allowed to speak.
- Constantly being belittled or put-down by partner in public.
- Never have access to money.
- Unexplained absences from work or regularly misses social engagements.



Some signs that a person might be a perpetrator.

- Constantly putting down partner, treats as a slave or servant.
- Constantly minimizes their own behavior as “only a joke”.
- Controls access to family finances.
- Making constant demands on the victim’s time.
- Checking up on victim constantly.
- Rude to visitors to the home or in other social encounters.

The root cause of domestic abuse is the abuse of power over another person and the desire to control that person.

Myths about Domestic Abuse.

- Despite the statistics pointing to increased risk factors, domestic abuse is not limited to such circumstances. **Anybody** can be a victim and **anybody** can be a perpetrator.
- Being violent towards another person is **not** as a direct result of having grown up in a violent household, being violent towards another person is a **choice** made by the perpetrator.
- Domestic abuse is **not** a private matter. People think what goes on in the home is private, and not their problem. Domestic violence is **a crime**. It is against the law. We are **all** affected by domestic violence; we all have a **responsibility** to speak out against it. Only then will it end.



It couldn't happen here.....could it?

- A survey in 2017, aimed specifically at churchgoers found that 42% of those who took part had experienced domestic violence during their lives.
- 1 in 4 of those taking part were experiencing domestic violence in their relationships at the time of the survey.
- Nearly 3 quarters of those spoken to said they knew someone who they believed to be suffering domestic abuse.



What can we do?

- Be alert to the existence of domestic abuse in all its forms.
- Be aware of the factors that might increase the risk.
- Acknowledge that **anybody** can be a victim, **anybody** can be a perpetrator.
- Recognise potential signs and symptoms of abuse.
- Offer support within the limits of your own experience and abilities.
- Sign post to professional help and support.

Where can we get help?

Some useful resources for people suffering domestic abuse;

If the issue is urgent, do not delay, contact emergency services by use of the 999 system.

There is a National Domestic Violence Helpline 08082000247.

There are many charities such as those listed below who exist purely to help and support victims of domestic abuse, many of them have “safe” reporting procedures which don’t show up on internet history.

www.myharbour.org.uk

www.victimsupport.org.uk

www.womensaid.org.uk

www.safelives.org.uk



Andy Bond ,the Cathedral Safeguarding Officer can be contacted for advice on 07951624103 or by email safeguarding@durhamcathedral.co.uk.

Thank you for taking the time to look through these slides.

If you take nothing else away from them remember these key points;

- domestic abuse is wrong and must stop.
- We can all play a part in helping to stop domestic abuse.