

Domestic Abuse and Violence

Please note, this is a sensitive topic that impacts many people. If you find that this has caused you any upset or distress, please stop and seek appropriate support or feel free to reach out to the Safeguarding team.

Safeguarding support options

Ways to access support if you are worried for yourself or someone else:

- Email safeguarding@qa.com
- Complete a [Safeguarding Self-Referral Form](#) if the concern relates to you.
- Complete a [Safeguarding Referral Form](#) if you are worried about someone else.



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What is Domestic Violence?

The UK government's definition of domestic violence 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, emotional.'* <https://www.victimsupport.org.uk/crime-info/types-crime/domestic-abuse/>

Domestic Abuse and Violence can include, but is not limited to, the following:

- Coercive control (a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence)
- Psychological and/or emotional abuse
- Physical or sexual abuse
- Financial or economic abuse
- Harassment and stalking
- Online or digital abuse

How to recognise Domestic Abuse and Violence

Although every situation is unique, there are common factors that link the experience of an abusive relationship. Acknowledging these factors is an important step in preventing and stopping the abuse. This list can help you to recognise if you, or someone you know, are in an abusive relationship.

- **Destructive** criticism and verbal abuse: shouting; mocking; accusing; name calling; verbally threatening.
- **Pressure** tactics: sulking; threatening to withhold money, disconnecting the phone and internet, taking away or destroying your mobile, tablet or laptop, taking the car away, taking the children away; threatening to report you to the police, social services or the mental health team unless you comply with his demands; threatening or attempting self-harm and suicide; withholding or pressuring you to use drugs or other substances; lying to your friends and family about you; telling you that you have no choice in any decisions.
- **Disrespect**: persistently putting you down in front of other people; not listening or responding when you talk; interrupting your telephone calls; taking money from your purse without asking; refusing to help with childcare or housework.
- **Isolation**: monitoring or blocking your phone calls, e-mails, and social media accounts, telling you where you can and cannot go; preventing you from seeing friends and relatives; shutting you in the house.

For more information visit the women's aid website - <https://www.womensaid.org.uk/information-support/what-is-domestic-abuse/recognising-domestic-abuse/>

Who to contact - Support services

- [Domestic abuse - Victim Support](#) If you need to speak to someone, we're available every day, night and day. Call our free and 24 hour Support line now on [08 08 16 89 111](tel:08081689111) or [start a live chat](#) any time.
- [Homepage - National Domestic Abuse Helpline](#) Women can call The Freephone National Domestic Abuse Helpline, run by Refuge on 0808 2000 247 for free at any time, day or night.
- Talk to a doctor, health visitor or midwife
- [Domestic Abuse Helpline for Men | Men's Advice Line UK](#) Men can call Men's Advice Line on 0808 8010 327 (Monday to Friday 9am to 8pm), or visit the webchat at Men's Advice Line (Wednesday to Friday 10am to 11am and 3pm to 4pm)
- Men can also call ManKind on 0182 3334 244 (Monday to Friday, 10am to 4pm)
- If you identify as LGBT+ you can call Galop on 0800 999 5428 for emotional and practical support
- In an emergency, call 999

Activity - Video

Please watch the following videos. They will provide you with further awareness and context to this learning. Questions related to this can be found below. If watching this video has caused you any upset or distress, please stop and seek appropriate support or feel free to reach out to the Safeguarding team at safeguarding@qa.com

Facing It Together: The Male Survivors of Domestic Abuse | Loose Men

<https://youtu.be/-UOQkIVV0dM?t=8>



Brenda opens up for the first time to share her own emotional story of domestic abuse, and how she survived it. <https://youtu.be/gwvY52nbJ5s?t=9>



Questions:

1. What signs might you see if someone is a victim of Domestic Abuse and Violence?
2. What help is available for men and women?

Further Resources

Visit our learner portal for Information, advice and activities to help prioritise your wellbeing during your apprenticeship programme, including workload management, handling stress, and external support services. [Apprentice learner's portal](#)

Reminder:

For safeguarding support please contact safeguarding@qa.com for further advice and support or make a referral via these links:

- [Staff/Employer/Peer Referral](#)
- [Learner Self-Referral](#)
- [Low level & Behavioural Concern](#)

