

# Welfare Awareness Topic: Domestic Abuse/ Violence

**Overview:** *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.'*

Domestic Violence can occur between any family members and not just partners in a relationship. It can be very difficult to speak out about this situation as victims may feel speaking out is a betrayal to their partners or they may blame themselves. They may hope that the abuser will change, and it may be easy to be persuaded to give second chances given the level of coercive control that is usually present.

Domestic abuse can take different forms, including:

- Physical abuse
- Mental abuse
- Coercive control/emotional abuse
- Digital/online abuse
- Honour based Violence
- Forced Marriage
- Female Genital Mutilation

## Article/Source / Find out more

Victim Support have compiled this information re domestic violence - [Surviving Domestic Abuse \(pdf\)](#).

If you need help to leave a domestic situation you can speak with [Refuge - The National Domestic Abuse Helpline](#)

If you are a man wanting to leave a domestic situation that you are not comfortable with you can get support [Here](#).

[Womens Aid](#) can help you to leave and also support you if you aren't yet ready to leave.

[Galop](#) have support and helplines for anyone in the UK who is LGBT+ and has experienced domestic abuse or hate crime.

[Domestic abuse - Victim Support](#) helps Middle-Eastern and Afghan women to escape honour based violence, forced marriage, FGM and DV.

[Karma Nirvana](#) – They provide a national Honour Based Abuse Helpline, trained professionals, gather data to inform policies and services, and campaign for change.

## Support

If you would like to talk to the safeguarding team about anything you have just read, we will listen without judgement and signpost you to support. If you would like to talk to a member of the Safeguarding Team then please get in touch: [safeguarding@bpp.com](mailto:safeguarding@bpp.com)