

# Welfare Awareness Topic: Abuse within the Family Unit

**Overview** – *Family should be a safe space where you feel comfortable, supported, and free to be yourself. Sometimes this isn't the case, and the family unit can become a toxic environment.*

With complicating factors such as power dynamics, culture clashes, religion, finances, honor-based abuse/ violence, addiction, secrecy, breaking trusts and possible involvement from outside agencies (social services, police etc.) it can be an incredibly harmful place and can impact on the survivor's life forever. It is often unseen by other people outside of the family home and very difficult to speak up about as it is loved ones that are the abusers.

**Here are some figures that show the impact of abuse:**

- The Crime Survey for England and Wales (CSEW) estimated that one in five adults aged 18 to 74 years experienced at least one form of child abuse, whether emotional abuse, physical abuse, sexual abuse, or witnessing domestic violence or abuse, before the age of 16 years (8.5 million people).
- In addition, an estimated 1 in 100 adults aged 18 to 74 years experienced physical neglect before the age of 16 years (481,000 people); this includes not being taken care of or not having enough food, shelter or clothing, but it does not cover all types of neglect.
- An estimated 3.1 million adults aged 18 to 74 years were victims of sexual abuse before the age of 16 years; this includes abuse by both adult and child perpetrators.

**Article/Source / Find out more**

- Visit the NSPCC's website to find out more about [types of abuse](#), there are also help and resources.
- [Karma Nirvana](#) are an organization helping victims and survivors of Honour Based Abuse, including child marriage, virginity testing, enforced abortion, forced marriage, female genital mutilation, as well as physical, sexual and economic abuse and coercive control. They have a dedicated helpline on 0800 5999 247.
- Citizens Advice also has a page outlining how to get help if you are worried about domestic abuse, and steps to take, available [here](#).
- [Stonewall](#) have a wide range of services to provide help and support to those from the LGBTQ+ communities and their allies. [Galop](#) have support and helplines for anyone in the UK who is LGBTQ+ and has experienced domestic abuse or hate crime. [The Proud Trust](#) have resources for LGBTQ+ young people, and advice on staying safe.

**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)