

## **Domestic Abuse**

"Any incident or pattern of incidents 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 gender or sexuality. This can encompass but is not limited to the following types of abuse:

- psychological
- physical
- sexual
- financial
- emotional

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 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 their victim.\*

\*This definition, which is not a legal definition, includes so called 'honour' based violence, female genital mutilation (FGM) and forced marriage, and is clear that victims are not confined to one gender or ethnic group."

(Home Office, 2013)

### **What is domestic abuse?**

If your partner or a family member:

- threatens you by saying "I will leave you", "I will kill myself"
- shoves, pushes you or is otherwise violent towards you
- makes you fear for your physical safety
- puts you down, calls you names, plays mind games
- stops you seeing your family and friends, saying they cause the problems
- controls where you go, what you do, your money, how you dress
- is jealous and possessive, looking through your phone / facebook / constantly texting or calling you, going past your house or place of work
- treating you like a servant

- preventing you from getting a job
- frightens you, shifts the blame of abuse “it was your fault”
- You HAVE to have sex with your partner because you did so once

**Co-coercive and controlling behaviour is a criminal offence.**

Take a look at the power and control wheel to see other controlling and abusive behaviour:

<http://www.ncdsv.org/images/powercontrolwheelnoshading.pdf>

**What you can do if you are worried about someone?**

**Domestic Violence Disclosure Scheme (Clare’s Law)**

If you are worried about a friend or family member or your new partner, you have the right to make an application to the Police to find out if their/your partner has a history of abuse.

To make the application, visit the police station or call 101.

**What are Domestic Violence Protection Notices and Orders?**

The police can issue a Domestic Violence Protection Notice in order to prevent further violence or an escalating threat of violence in certain domestic situations.

Both the notices and the order act as temporary restraining orders. They place certain conditions on the subject which can include:

- prohibiting you from entering, and being within a certain distance, of your home;
- prohibiting you from making the other person leave or excluding them from your home;
- requiring you to leave your home

Usually this will be between two people who are in a relationship or have previously been in a relationship.

A notice can be served on anyone aged 18 or over who the police reasonably believe has been violent or has threatened violence against the other person.

The magistrate can then issue a Domestic Violence Protection Order that will last for between 14 and 28 days.

**Please note: The police can serve a Domestic Violence Protection Notice or Domestic Violence Protection Order even if you do not agree to it. You will not have to go to court or give evidence if you do not want to.**

If you feel in immediate danger phone 999, or call 101 for advice.

## **Harassment and Stalking**

Harassment can be any repeated behaviour that is unwanted and makes you feel threatened, scared or upset.

### **What is harassment?**

You could be a victim of harassment if someone is:

- frequently contacting or attempting to contact you
- driving past your home or work
- following or watching you
- sending you unwanted letters or gifts
- damaging your property

### **What is stalking?**

Stalking is a particular kind of harassment and generally describes a long term pattern of persistent and repeated behaviour.

You could be a victim of stalking if someone is:

- following, watching or spying on you
- persistently contacting or attempting to contact you
- publishing a statement or other material about you, pretending to relate to you, or appearing to originate from you
- monitoring you online (internet, email or social media)
- loitering in any place (whether public or private)
- interfering with or damaging your property

## **Helplines & Links**

National Domestic Abuse Helpline Number 0808 2000 247.

National Stalking Helpline 0808 802 0300

National Male Victims: Mankind 01823 334244

National Men's Advice Line: 0808 801 0327

If you feel in immediate danger phone 999, or call 101 for advice.