

Mowbray Safeguarding Bulletin – December 2020

Dear Parents and Carers,

Christmas can be a wonderful time to spend with family, it can also be a very stressful time for some. Incidents of Domestic Abuse typically rise over the duration of Christmas holidays however calls have already begun to escalate during Coronavirus (COVID-19) lockdown period. NSPCC have stated that calls to their organisation about Domestic Abuse have risen by 50% during the lockdown.

What is Domestic Abuse?

Domestic abuse is any type of controlling, bullying, threatening or violent behaviour between people in a relationship. It can seriously harm children and young people and witnessing domestic abuse is child abuse. It's important to remember domestic abuse:

- can happen inside and outside the home
- can happen over the phone, on the internet and on social networking sites
- Can happen in any relationship and can continue even after the relationship has ended
- Both men and women can be abused or abusers.
- Witnessing Domestic Abuse is child abuse. It can seriously affect children's physical and mental wellbeing.

Domestic Abuse can take different forms including.

- Physical: for example, hitting, punching, pushing, biting burning or choking
- Psychological/Emotional: for example, putting a person down, controlling them with threats and intimidation, blaming them for the abuse or denying it
- Sexual: any form of sexual activity that takes place without the other person's full consent (e.g., physical contact, withholding contraception, or pressuring into sexual activities)
- Financial: controlling the partner's ability to earn and use their own money and resources (e.g., stopping them going to work, spending or taking their money)
- We know, for some children and families, home might not be a safe place and staying there will be extremely challenging. Some may already be experiencing domestic abuse or worried an adult's behaviour is changing and escalating.
- If you and your family are in immediate danger call **999**. If you're unable to talk press 55 after dialling. **It is okay to leave your home during lockdown if you're experiencing abuse.** The police can also remove the person harming you from your home.

Below is a list of some organisations that can offer support and advice

For children and young people – you can call Childline on 0800 1111 (its free and confidential)

- [Relate](#)
[0300 003 0396](tel:03000030396)
You can talk to Relate about your relationship, including issues around domestic abuse.
- [National Domestic Violence Helpline](#)
[0808 2000 247](tel:08082000247)
A 24 hour free helpline run in partnership between Women's Aid and Refuge.
- [Men's Advice Line](#)
[0808 801 0327](tel:08088010327)
Advice and support for men experiencing domestic violence and abuse.
- [National LGBT+ Domestic Abuse Helpline](#)
[0800 999 5428](tel:08009995428)
Emotional and practical support for LGBT+ people experiencing domestic abuse.

Or call NSPCC, who are there to support all. 0808 800 5000 or email help@nspcc.org

Help if you're worried about your behaviour

If you are, or think you might be, domestically abusing a member of your family, there's help available.

You can call us for information and advice on [0808 800 5000](tel:08088005000), email help@nspcc.org.uk or fill in our [online form](#).

[Respect](#) offers information, advice and support to perpetrators of abuse.

- Call Respect – People living in England, Wales, Scotland and Northern Ireland can call for free on [0808 802 4040](tel:08088024040) (Monday – Friday 9am-5pm).
- Email Respect – You can email Respect on info@respectphoneline.org.uk. They aim to reply to emails within two working days.
- Chat online – Respect have a [webchat service](#) available on Tuesdays and Thursdays 10am-4pm.