

UNDERSTANDING DOMESTIC VIOLENCE AND ABUSE

THE SIGNS, FEELINGS AND IMPACT...

THE BOOK IS AIMED FOR 9-YEAR-OLD CHILDREN IN ORDER TO HELP THEM UNDERSTAND WHAT DOMESTIC VIOLENCE AND ABUSE ARE, WHETHER IT IS OCCURRING WITHIN THEIR HOUSEHOLD OR TOWARDS THEM, THE INDICATORS, HOW THEY MAY FEEL, AND THE IMPACT IT MAY HAVE. HOW TO SPEAK UP ABOUT ABUSE AND WHAT MIGHT HAPPEN IF ABUSE IS BROUGHT TO LIGHT.

THERE IS NO SET STATISTIC FOR HOW MANY CHILDREN HAVE WITNESSED OR BEEN SUBJECTED TO DOMESTIC VIOLENCE AND ABUSE SINCE, AT SUCH A YOUNG AGE, CHILDREN DO NOT RECOGNISE THAT THESE ACTS ARE WRONG AND ARE TAKING PLACE, AND THEY ARE TOO EMBARRASSED OR AFRAID TO TELL SOMEONE WHAT IS GOING ON.

THE FIGURES SUPPLIED ARE COMPILED FROM DATA GATHERED BY CHILDREN'S SERVICES, POLICE, THE CRIMINAL COURT SYSTEM, AND, SADLY, RECORDS OF DEATHS CAUSED BY DOMESTIC VIOLENCE/ABUSE. THE ESTIMATES ARE STILL AN UNDERESTIMATION BECAUSE MUCH ABUSE IS CONCEALED AND NOT DISCLOSED. (STATISTICS ON CHILD ABUSE | NSPCC LEARNING, 2021) 1 IN 7 YOUNGSTERS (14.2%) UNDER

THE AGE OF 18 HAD WITNESSED DOMESTIC ABUSE IN THEIR YOUTH. (CHILDREN AND DOMESTIC ABUSE - WOMENS AID, 2021)

ACCORDING TO GOVERNMENT STATISTICS, THERE HAS BEEN A 4% INCREASE IN VIOLENCE IN 2020 COMPARED TO THE PREVIOUS YEAR OF 2019, WITH A TOTAL OF 1,288,018 DOMESTIC VIOLENT OFFENCES AND OCCURRENCES REGISTERED BY THE POLICE. OVER 40% OF PEOPLE WERE VICTIMS OF DOMESTIC VIOLENCE PERPETRATED BY THEIR PARTNER IN HOUSEHOLDS WHERE AT LEAST ONE CHILD UNDER THE AGE OF 16 WAS PRESENT..(DOMESTIC ABUSE: DRAFT STATUTORY GUIDANCE FRAMEWORK (ACCESSIBLE VERSION), 2021)

(CHLDRN - LOCAL AND NATIONAL DATA ON CHILDHOOD VULNERABILITY | CHILDREN'S COMMISSIONER FOR ENGLAND, 2021) IT IS ESTIMATED THAT IN 2019, 66 OUT OF 1,000 0-17 YEAR OLDS LIVED IN HOMES WHERE A PARENT WAS SUBJECTED TO DOMESTIC ABUSE /VIOLENCE.

Chapter 1

What is Domestic violence and Abuse?



Domestic abuse is defined as emotionally and mentally abusing a person in order to make them feel guilty, terrified, threatened, and dominated, whereas domestic violence is defined as physical hurt and abusive behaviour such as sexual assault that are not consented directed at another person in order to gain and maintain control over them. This frequently occurs between people who are in tight relationships, such as family members or intimate partners (for example, a mother and a father) (ActionAid,2021).

Domestic violence and abuse occur between all genders, men and women, although it primarily affects women who are victimised by men, and it generally does not occur once but is a recurring pattern (winter. 2014).

Chapter 2

The signs of Domestic violence and Abuse

- kicking, punching hurting someone physically
- Threatening
- Controlling behaviour
- Inappropriate touching and sexual contact
- Invasion of privacy
- Asking for inexplicit photos
- Talking inapprpriatley

Domestic abuse and violence can be infilicted by friends, family members and even online. (What Is Domestic Abuse? | The Children's Society, 2021)

Chapter 3

How you may feel experiencing domestic violence and abuse

- Anxious
- Angry
- Insecure
- Frightened
- Become aggressive or withdrawn
- Feel Alone (dont think that no one will understand or is experiencing the same as you)
- Powerless
- Confused
- Have mixed feelings towards to the victim and abuser

(Signs of domestic abuse in children and young people, 2021)



Chapter 4

The effect and impact

Children who have observed or been victims of domestic violence and abuse emotional, sexual abuse and physical are at a high risk of developing long-term mental and physical health issues such as feelings of depression and anxiety. Because they experienced the violence between their parents, they are more likely to be involved in violent relationships or become perpetrators. For example, a boy who has witnessed his mother being subjected to domestic violence approximately 10 times is more likely to become an abuser to his female partner as an adult, whereas a girl who has grown up with her father being an abuser to her mother in the household more than 6 times is more likely to become a victim of sexual abuse than a girl who has grown up in a non-abusive household. (Effects of domestic violence on children | Office on Women's Health, 2021)

Chapter 5

Lets Talk about it



- Talk to a friend, teacher or anyone that you feel comfortable to talk to in confidence.
- Can call childline for help and advice
- who you talk to will listen, ensure you that you have done the correct thing in disclosing the information, take you seriously let you know that it is not your fault. explain whta will happen next.
- You need to be aware that any any infomation disclosed may need to be disclosed. the secret cannot be kept, the information needs to be shared to get the help needed.

(Protecting children from domestic abuse | NSPCC Learning, 2021)



Chapter 6

What Next

once a disclosure of the abusehas happened support will be given and the relevant people contacted to help, and to ensure the safety of the child. (Child Family Community Australia, 2015)

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