

What topic are  
we exploring  
today?

- **1 million women experience it a week in the UK**
- **750 000 children witness it a week in the UK**
- **2 woman die from this a week in the UK**
- **Before seeking help, women on average experience it 35 times**
- **One in four women experience it**
- **One in six men experience it.**



# Domestic Violence

Abuse in relationships

Starter-  
Recap from year  
9

- **What is a healthy relationship**
- **What is an unhealthy relationship**



## Recognising Abuse

### **Warning:**

**As we discussed last lesson, this section covers topics you may find distressing.**

**If at any time you need a break and a safe space, step outside and we will arrange this.**

**Due to the nature of the topic today, a lot of the content will be teacher led. If you have questions, please put your hand up but bear in mind that your teacher might answer it later on if they feel that is more appropriate.**

## Recognising Abuse

- **What word or short sentence would you use to sum up relationship abuse?**

**Abuse isn't always physical violence**

A man is severely assaulted  
by his wife/girlfriend every  
**14.6 SECONDS**

## Facts

- Every minute in the UK, the Police receive a call for help with relationship abuse.
- It can happen at ANY age
- Relationship abuse is when someone hurts or upsets someone else that they are in a relationship with
- It can happen to males or females, although girls and generally the victim and males are the abusers.
- At least 750000 children a year witness domestic violence in their families
- On average, two women a week are killed each year by a current or former male partner.
- 25% of young woman (aged over 13) experience physical violence and 72% experience emotional abuse in their own relationships.

Relationship abuse  
can include:

### Emotional Abuse:

- Constant insults and name calling
- Isolation from their friends and family
- Controlling what the person wears/where they go
- Checking up on the person all the time (checking emails, texts, social networking sites etc)
- Making the person feel responsible for the abuse

### Physical Abuse:

- Hitting, punching, pushing, biting, kicking. Using weapons etc.

Relationship abuse  
can include:

### Sexual abuse

- Forcing the person to have sex
- Unwanted kissing or touching
- Being made to watch pornography against their will
- Pressure not to use contraception

### Financial abuse

- Taking/controlling money
- Forcing the person to buy them things
- Forcing the person to work or not to work



## Warning signs of domestic violence?

These may not always mean domestic abuse is occurring but may be warning signs:

- Depressing and anxiety
- Isolation from family and friends
- Not doing so well at school or college
- Argumentative
- Fearful
- Concerns about making your/their boyfriend or girlfriend angry
- Physical signs such as bruisers
- Use of drugs and alcohol
- Frequent cancelling of plans
- Changes in appearance
- Sexual risk taking

What should a  
person do?  
If you are worried  
about your own  
relationship

- Remember it is not your fault and there is support to help you
- Talk to friends, family and trusted adults about what is happening to you
- Seek help from the support available (number on a later slide)
- Think about safe places you know that you can go to
- Keep your mobile charged at all times so you can ring the police or emergency services if you need to
- Have a code word that will let your friends and family know you need help
- Make sure you don't go anywhere on your own
- If you are getting emails or instant messages that are abusive, you should save them or print them for evidence to give to the police if you choose to report it. You can also change your email address

If someone tells you they are in an abusive relationship or you suspect it, what can you do?

- If you want to approach them, do it in a sensitive way, such as 'I am worried about you because...'
- Don't judge them, believe them
- Let them know they are not alone, that it is not their fault and that you know how hard it can be to speak about
- Help them to recognise that what is happening is not acceptable and that they don't have to put up with it
- Decide together what to do – this can involve making a safety plan
- Think up a code word that your friend can use on the phone to let you know they need help and agree what you will do if you get a call
- Make a list of all the great things about your friend to help improve their confidence
- Be patient. Ending a relationship can be hard for anyone, but particularly for someone who is being abused.

Where can a  
person get help?

- In an emergency call the police on 999 for immediate help or 112 for less immediate help.
- Childline 0800 1111
- NSPCC 08088005000
- National Domestic Violence Helpline 08082000247
- The Hideout [www.thehideout.org.uk](http://www.thehideout.org.uk)
- Respect Not Fear [www.respectnotfear.co.uk](http://www.respectnotfear.co.uk)
- Rape Crisis [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

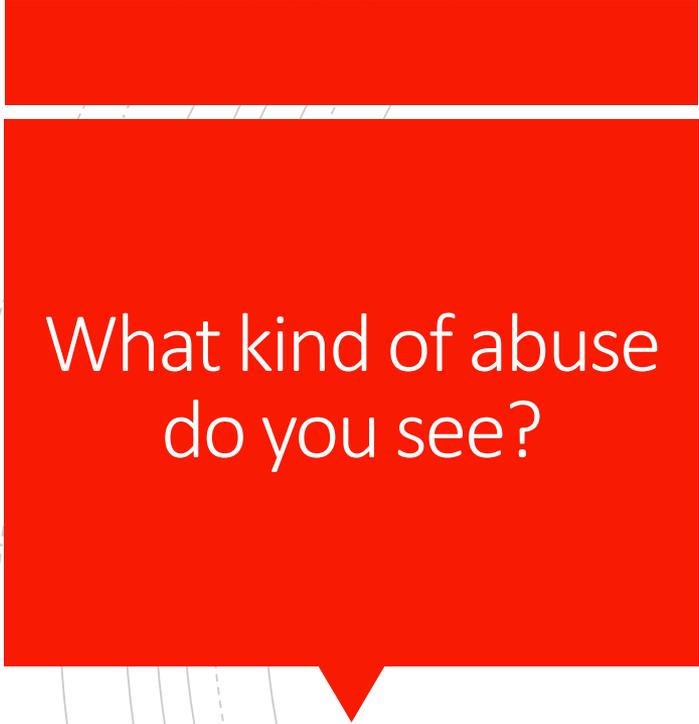
**Relationship abuse can happen to anyone.**

**Remember – it is never your fault and you never have to deal with it on your own.**



Do you think this woman is receiving domestic violence?  
What does it tell you?





What kind of abuse  
do you see?



What  
excuses  
do...

...Abusers give

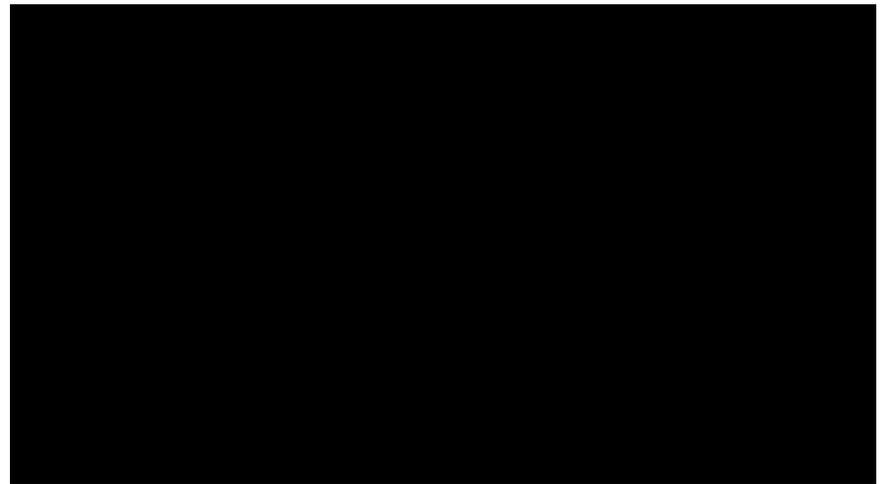
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People who are being  
abused give

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A red speech bubble with a white outline, containing the text "What do children think about domestic violence?". The bubble has a tail pointing downwards and to the left.

What do children  
think about  
domestic violence?



A red speech bubble graphic with a white outline, containing the text 'Official Statistics'. The bubble has a tail pointing downwards and to the right.

Official Statistics

**The police and abuse charities believe that official statistics understate the true extent of domestic violence. Why?**



- **Victims may be unwilling to report it to the police for a number of reasons (fear, children in the home etc.)**
- **Stephanie Yearnshire (1997) found that on average a woman suffers 35 assaults before making a report. Domestic violence is the violent crime most likely to go unreported.**

# Murdered by my boyfriend

- <https://www.youtube.com/watch?v=xCCBeqLZEVw>

