You may read some descriptions relating to ‘victim’ or ‘survivor’. I think it is important to clarify from the beginning how I might use the meaning behind each of these terms:

* Victim – I use this to refer to someone who has just recently experienced some form of abuse, when there is a reference to a particular crime event or maybe characteristics of the criminal justice system
* Survivor – is how I would reference someone who is near to or has gone through the process of recovery or when discussing the effects of the abuse

However, please be aware that someone may identify as either ‘victim’ or ‘survivor’ and if in doubt as to which terminology to use you should always use a touch of humility and respect the individual by asking for their chosen preference.

*“The National Domestic Abuse helpline has seen a 25% increase in calls and online requests for help since the lockdown, the charity Refuge says.”*

Sadly, during the lockdown from the pandemic and Covid-19 began we have all heard about the increase in Domestic Abuse (DA). Some people may have a history of or just recently become a victim to the abuse directly and those who are left to witness the abuse inevitably are themselves victims of the abuse. This ‘quick’ guide is aimed at anyone needing further information relating to DA and how to safeguard either someone you may know or even yourself.

Let’s make it clear from the start that there is a danger in thinking that the victims in this are only female’s, although we wouldn’t argue that the majority may indeed be the case in question. However, we also know that men become victims of DA as do adolescents and couples in same sex partnerships (<https://www.stonewall.org.uk/help-advice/criminal-law/domestic-violence>) from the LGBTQ+ community.

Organisations involved in supporting people who have experienced or been witness to DA have found an increase in household tensions due to forced cohabitation, financial stresses as work became furloughed, not forgetting the fears of the virus itself. A reduction in the number of visitors to the household due to the restrictions are likely to see a decrease of abuse being noticed and the isolation of individuals created by the restrictions may mean the victim is less likely to ask for help. This is of course exasperated as access to many of the support services such as Social Care, Police and the Justice system were also reduced. The NHS have found themselves stretched with tackling the pandemic as other routines were also negated.

The cross-government definition of domestic abuse is

*“any incident or pattern of incidents of controlling, coercive or threatening behaviours, damage to property, 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 include, but is not limited to:

* psychological
* physical
* sexual
* financial
* emotional.

Adolescent to parent violence and abuse (APVA) is included and while this definition applies to those aged 16 or above, APVA can equally involve children under 16 Child or Adolescent Parent Abuse (CAPA), however, there is currently no legal definition of adolescent to parent violence and abuse. It is though, recognized as a form of domestic violence and abuse.

It is likely that there is a pattern of behaviour which could include physical violence from the adolescent to the caregiver along with a number of differing types of abusive behaviours. Abuse or violence can occur separately or together. Abuse could take the form of [but not limited to] threats, humiliation of caregiver, theft and damage belonging to the caregiver and intensified sexualised behaviours. Please note the patterns of the family unit may see siblings being abused or being abusive and it is important to acknowledge the history of/or the current DA experiences within the family unit.

In a study conducted some years ago by the University of Oxford, (2010 to 2013) (<http://apv.crim.ox.ac.uk/>) they found that a pattern involving belligerent, abusive and violent behaviour for a sustained period of time, including assaulting parents and destroying their [parents] property whilst administering threats to their parents resulted in the caregivers/parents living in fear of their child.

Families felt that there were no single rational but rather a variety of reasons for what they believed to have caused this problem citing mental health, substance misuse, learning difficulties or the family history or current experiences of domestic violence (DV) and self-harm. There was also confusion as to why this particular child behaved like they did after they [parents] had raised other children who did not display this type of behaviour/s towards them [parents].

Remember, you can’t stop your partners abuse, only they have the power to do that. However, you can aim to protect yourself and/or children living at the same address by creating a safety plan.

In case of an emergency always contact the police on 999



If you or someone else is in immediate danger, please call 999 and ask for the police. If you are unable to speak you can use the [Silent Solution](https://www.policeconduct.gov.uk/sites/default/files/Documents/research-learning/Silent_solution_guide.pdf) system from a mobile phone: call 999 and then press 55. The operator will then put you through to the police.

The police will try to communicate with you by asking simple yes or no questions. If you are not able to speak, listen carefully to the questions and instructions from the call handler so they can assess your call and arrange help if needed.

For all non-emergencies call South Yorkshire Police or your local area on 101

**Plan, Plan, Plan… “how you would respond in an emergency:”**

* Plan in advance how you might respond in different situations, including crisis situations.
* Think about the different options that may be available to you.
* If you suspect that your partner is about to attack you, try to go to a lower risk area of the house - for example where there is a way out and access to a telephone. Avoid the kitchen or garage where there are likely to be knives or other weapons; and avoid rooms where you might be trapped, such as the bathroom, or where you might be shut into a cupboard or other small space.
* Keep with you any important and emergency telephone numbers (e.g. your local IDAS number or their 24-hour helpline number 03000 110 110; the police domestic violence unit; your GP; your social worker (if you have one); Samaritans 116 123, your children's school; your solicitor etc.)
* Teach your children to call 999 in an emergency, and what they would need to say (for example, their full name, address and telephone number).
* Think about where you might go in an emergency. Are there neighbours you could trust? If so, tell them what is going on, and ask them to call the police if they hear sounds of a violent attack.
* Rehearse an escape plan, so in an emergency you and the children can get away safely. Think about the safest routes in and out of your house.
* Pack an emergency bag with some money for yourself and your children, and hide it somewhere safe (for example, at a neighbour's or friend's house). Try to avoid mutual friends or family. (see ‘what to pack’)
* Try to keep a small amount of money on you at all times - including change for the phone and for bus and rail fares. Please note; "Rail to Refuge" is for victims of Abuse who can contact the charity Women's Aid, or a domestic abuse helpline or local outreach service, and if necessary a refuge space will be found and the train ticket obtained on the woman's behalf free of charge.
* Know where the nearest phone is, and if you have a mobile phone, try to keep it with you.
* Be prepared to leave the house in an emergency.

<https://www.idas.org.uk/our-services/domestic-abuse/safety-plan/>

**What to pack if you are planning to leave your partner**

Ideally, you need to take all the following items with you if you leave. Some of these items you can try to keep with you at all times; others you may be able to pack in your 'emergency bag'.

* Some form of identification.
* Birth certificates for you and your children.
* Passports (including passports for all your children), visas and work permits.
* Money, bankbooks, cheque book and credit and debit cards.
* Keys for house, car, and place of work. (You could get an extra set of keys cut, and put them in your emergency bag.)
* Cards for payment of Child Benefit and any other welfare benefits you are entitled to.
* Driving licence (if you have one) and car registration documents, if applicable.
* Prescribed medication.
* Copies of documents relating to your housing tenure (for example, mortgage details or lease and rental agreements).
* Insurance documents, including national insurance number.
* Address book.
* Family photographs, your diary, jewellery, small items of sentimental value.
* Clothing and toiletries for you and your children.
* Your children's favourite small toys.

You should also take any documentation relating to the abuse - e.g. police reports, court orders such as injunctions and restraining orders, and copies of medical records if you have them. <https://www.idas.org.uk/our-services/domestic-abuse/safety-plan/>

**Protecting yourself if you stay in your home**

If you stay or return to your home after your partner has left, then you might need some form of legal protection. There are other things that can be done to help you feel safer, for instance:

* Changing the locks on all doors.
* Putting locks on all windows if you don't have them already.
* Installing smoke detectors on each floor, and providing fire extinguishers.
* Installing an outside light (back and front) which comes on automatically when someone approaches.
* Informing the neighbours that your partner no longer lives there, and asking them to tell you - or call the police - if they see him nearby.
* Changing your telephone number and making it ex-directory.
* Using an answering machine to screen calls.
* Keeping copies of all court orders together with dates and times of previous incidents and call-outs for reference if you need to call the police again.
* Consider Smart Internet Connected Devices and whether or not these could be used to monitor you, e.g. wearable items, phones, laptops and tablets, remote control heating, lighting, door security, audio recording, voice controlled devices, the wifi router, security cameras and TVs and smart security.

<https://www.idas.org.uk/our-services/domestic-abuse/safety-plan/>

**Local and National Resources**

Barnsley, Doncaster and Rotherham who can offer you support, for both men, woman and LGBT+ communities.

**Sheffield**

Independent Domestic Abuse Service (IDAS)  
Website: [www.idas.org](https://www.idas.org.uk/)

Helpline: 0808 808 2241

Domestic Abuse Coordination Team (DACT)

Website: [www.sheffielddact.org.uk/domestic-abuse](https://sheffielddact.org.uk/domestic-abuse/)

**Barnsley**Independent Domestic Abuse Service (IDAS)  
Website: [www.idas.org](https://www.idas.org.uk/)  
Helpline: 03000 110 110 North Yorkshire and Barnsley   
  
**Rotherham**  
Rotherham Rise  
Website: [www.rotherhamrise.org.uk](http://rotherhamrise.org.uk/)  
Helpline: 0330 2020571

**Doncaster**  
Doncaster Domestic Abuse Hub  
Website: [www.doncaster.gov.uk/domesticabuse](https://www.doncaster.gov.uk/services/crime-anti-social-behaviour-nuisance/domestic-abuse-2)  
Helpline: 01302 737080  
  
LGBT+  
Say It  
Website: [www.sayit.org.uk/callitout](http://sayit.org.uk/callitout/)  
  
**National**  
National Domestic Abuse helpline  
Helpline: 0808 2000247

LGBT+ Galop  
Website: [www.galop.org.uk](http://www.galop.org.uk/)  
Helpline: 0800 999 5428

There are a number of services that can provide further advice and help, some are listed below:

* [Child or Adolescent to Parent Abuse (CAPA)](http://youthjusticeboard.newsweaver.co.uk/yots2/15ptj4731281vnlnztvy7y/external?email=true&a=5&p=56721827&t=21098815)
* [RISE - Child to parent violence](http://youthjusticeboard.newsweaver.co.uk/yots2/1jbmjkdksgt1vnlnztvy7y/external?email=true&a=5&p=56721827&t=21098815)
* [Who’s in Charge?](http://youthjusticeboard.newsweaver.co.uk/yots2/yefbzxgwcdp1vnlnztvy7y/external?email=true&a=5&p=56721827&t=21098815) Working with: Child to Parent Violence & Abuse
* [Non Violent Resistance UK](http://youthjusticeboard.newsweaver.co.uk/yots2/5amygt150vy1vnlnztvy7y/external?email=true&a=5&p=56721827&t=21098815)
* [SafeLives](http://www.safelives.org.uk/)
* [Gov.uk](https://www.gov.uk/government/publications/domestic-abuse-get-help-during-the-coronavirus-covid-19-outbreak-translations?utm_source=920d474b-2441-480e-b25d-f76475d84f71&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate) - Guidance on advice during the COVID-19 outbreak

<https://www.southyorks.police.uk/find-out/advice-for-victims/domestic-abuse/>