



Safeguarding Newsletter



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.

Types of domestic abuse:

Domestic abuse can be emotional, physical, sexual, financial or psychological, such as:

- Kicking, hitting, punching or cutting
- Rape (including in a relationship)
- Controlling someone's finances by withholding money or stopping someone earning
- Controlling behaviour, like telling someone where they can go and what they can wear, reading emails, text messages or letters.

Signs of domestic abuse:

It can be difficult to tell if domestic abuse is happening and those carrying out the abuse can act very differently when other people are around. Children and young people might also feel frightened and confused, keeping the abuse to themselves. Signs that a child has witnessed domestic abuse can include:

Aggression or bullying, anti-social behaviour like vandalism, anxiety, depression or suicidal thoughts, attention seeking, bed-wetting, nightmares or insomnia, constant or regular sickness, drug or alcohol use, eating disorders, problems in school and social withdrawal.

If a child reveals abuse:

Listen carefully to what they're saying and let them know they've done the right thing by telling you. Tell them it's not their fault, take them seriously and explain what you will do next. Report what the child has told you as soon as possible.

This can be done through the Bay House safeguarding disclosure form and reporting directly to the DSL. You can also use the NSPCC helpline 0808 800 5000, email address help@nspcc.org.uk or fill in the NSPCC online form.

Designated Safeguard Lead (DSL) - Steve Kitchen