

Domestic and Emotional Abuse



**Telford &
the Wrekin**

A presentation by
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Did you know?

Nationally:

- An average of homicide rates over the last 10 years showed that on an average 2 women a week and 30 men a year are killed by a current or former partner in England and Wales alone
- In the year ending March 2019, an estimated 2.4 million adults aged 16 to 74 years experienced domestic abuse in the last year (1.6 million women and 786,000 men)
- In the year ending March 2019, approximately 1.6 million women and 685,000 men had experienced domestic abuse
- Over 10% of 16-19 year old women are affected by domestic abuse each year
- According to Age UK, an estimated 200,000 people aged 60-74 experiences domestic abuse in England and Wales during one year
- Immigrants are especially vulnerable to domestic abuse
- On average domestic abuse victims will be assaulted 35 times before reporting it to the police
- Domestic abuse is the single most quoted reason a person becomes homeless

Did you know?

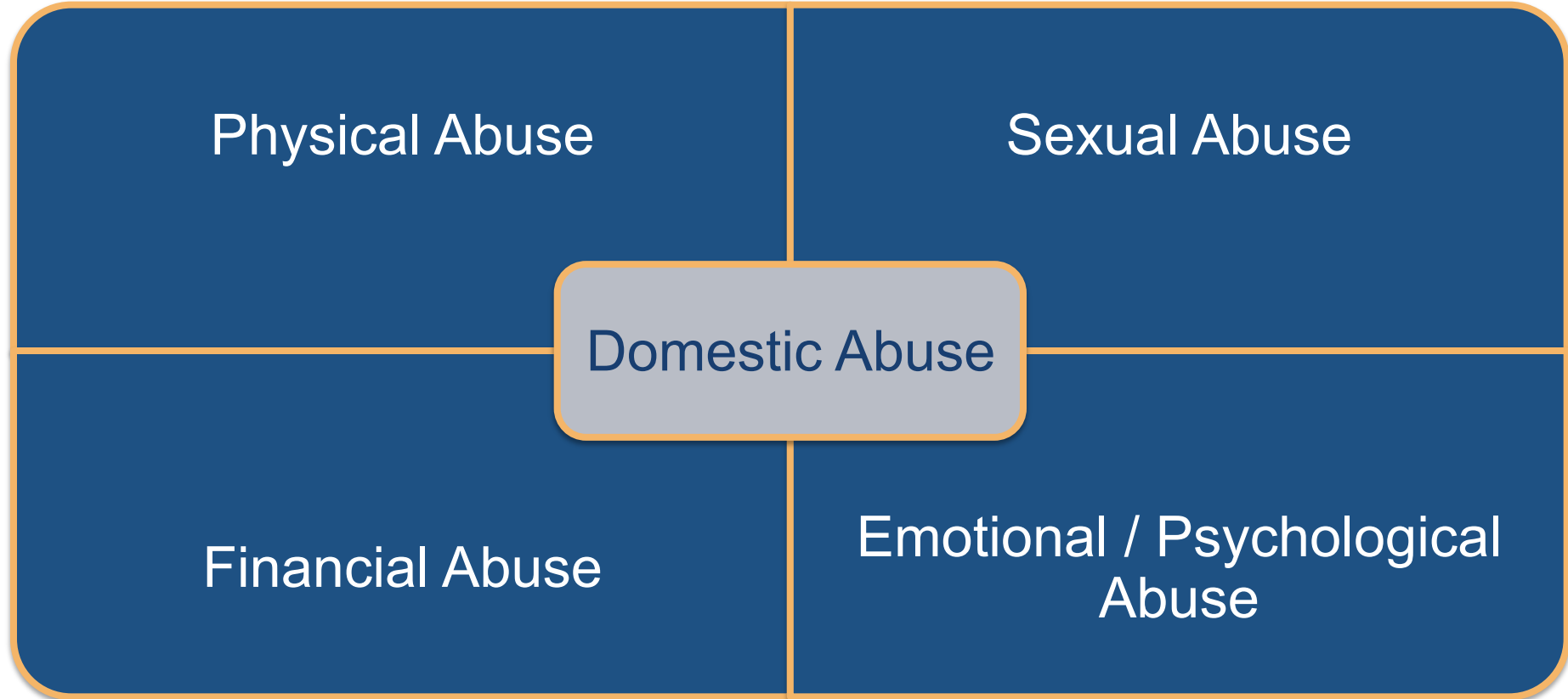
Locally:

- By the end of 2018, more than 4800 incidents of domestic abuse were reported across Telford & Wrekin
- The town has been reported to have the highest rate of domestic abuse offences within West Mercia
- 45% of the domestic abuse offences were emotional abuse

Since the Covid-19 shutdown....

- There has been a surge in domestic violence
- The UK's largest domestic abuse charity, Refuge has reported a 25% increase in calls and online requests to its helplines since lockdown began in March 2020
- Counting Dead Women, a pioneering project that records the killing of women by men in the UK, has identified at least 16 killings between 23rd March and 12th April 2020, including those of children
- The COVID-19 outbreak has also curtailed access to support services for survivors, particularly in the health, social care, police and justice sectors

What is domestic abuse?



Physical Abuse...

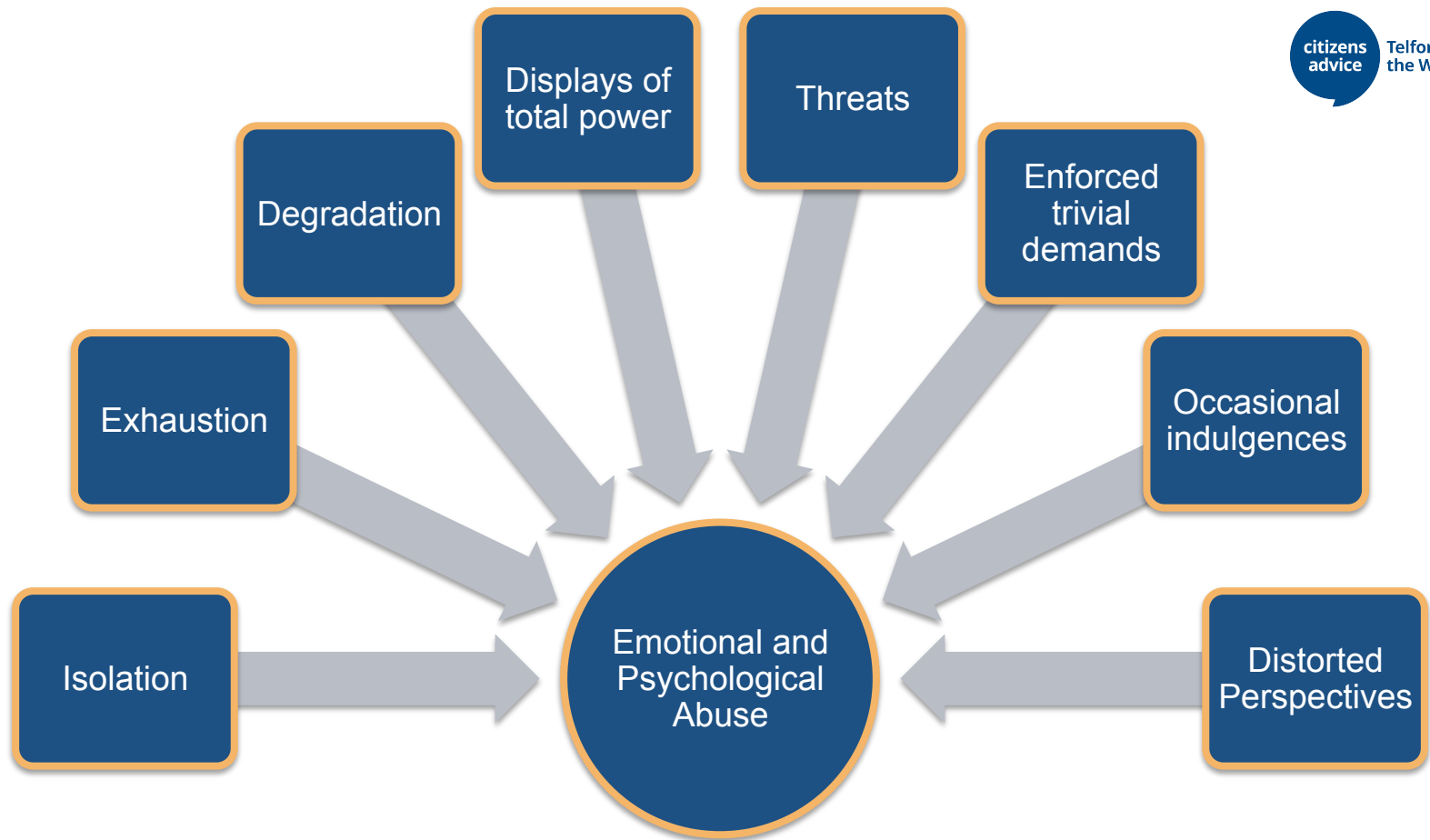
- **Any physically aggressive behaviour, withholding of physical need, indirect physically harmful behaviour and/or threat of physical abuse**
 - Hitting, kicking, biting, slapping, shaking, pushing, pulling, punching, choking, beating, scratching, pinching, pulling hair, stabbing, shooting, drowning, burning, hitting with an object, threatening with a weapon, or threatening to physically assault
 - **Withholding of physical needs including interruption of sleep or meals, denying money, food, transportation, or help if sick or injured, locking victim into or out of the house, refusing to give or rationing necessities**
 - Abusing, injuring, or threatening to injure others like children, pets, or special property
 - Forcible physical restraint against their will, being trapped in a room or having the exit blocked, being held down
 - The abuser hitting or kicking walls, doors, or other inanimate objects during an argument, throwing things in anger, destruction of property
 - Holding the victim hostage

Sexual abuse...

- **Sexual abuse is using sex in an exploitative fashion or forcing sex on another person. Having consented to sexual activity in the past does not indicate current consent. Sexual abuse may involve both verbal and physical behaviour. This may include, but is not limited to:**
 - Using force, coercion, guilt, or manipulation or not considering the victim's desire to have sex. This may include making the victim have sex with others, have unwanted sexual experiences, or be involuntarily involved in prostitution
 - Exploiting a victim who is unable to make an informed decision about involvement in sexual activity because of being asleep, intoxicated, drugged, disabled, too young, too old, or dependent upon or afraid of the perpetrator.
 - Laughing or making fun of another's sexuality or body, making offensive statements, insulting, or name-calling in relation to the victim's sexual preferences/behaviour.
 - Making contact with the victim in any non-consensual way, including unwanted penetration (oral, anal or vaginal) or touching (stroking, kissing, licking, sucking or using objects) on any part of the victim's body.
 - Exhibiting excessive jealousy resulting in false accusations of infidelity and controlling behaviours to limit the victim's contact with the outside world
 - **Having affairs with other people and using that information to taunt the victim.**
 - **Withholding sex from the victim as a control mechanism**

Financial abuse...

- **Financial abuse is a way to control the victim through manipulation of economic resources**
 - Controlling the family income and either not allowing the victim access to money or rigidly limiting their access to family funds
 - Keeping financial secrets or hidden accounts
 - Putting the victim on an allowance or allowing the victim no say in how money is spent, or making them turn their pay check over to the perpetrator.
 - Causing the victim to lose a job or preventing them from taking a job. The abuser can make the victim lose their job by making them late for work, refusing to provide transportation to work, or by calling/harassing/calling them at work
 - Spending money for necessities (food, rent, utilities) on nonessential items (drugs, alcohol, hobbies)



How physical and psychological stress is deliberately induced by perpetrators of domestic abuse based on Bidderman's model on coercive controls used to torture prisoners of war

“ He had got what he wanted by doing that... and OK, he’d only have to do it occasionally, but then I was living with this constant watchfulness, anxiety, you know self regulation and I would do anything to make sure that couldn’t happen. But at the same time, there was nothing I could do to make sure it couldn’t happen, because it was so random...”

“ He made me feel it was all my fault, it was me, I didn’t know anything, I wasn’t behaving right”

“ It was like constantly walking on eggshells...”



Controlling behaviour is:

- a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour

Power and Control Wheel (Duluth Model)

What is Domestic Abuse?

- Any incident or pattern of incidents of controlling, coercive or threatening behaviour, 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 encompass, but is not limited to psychological, physical, sexual, financial and emotional
- Also includes different forms of family violence such as forced marriage, female genital mutilation and so called “honour crimes” that are perpetrated primarily by family members, often with multiple perpetrators.



Coercive control

- A criminal offence in England and Wales (The Serious Crime Act 2015)
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- It is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim
- It is about:
 - creating control
 - Undermining the psychological and physical resistance of the victim
 - The transfer of the sense of responsibility for the abuse to the victim/survivor
- Fundamental glue that entraps people in abusive behaviour
- Causes significant harm

The impact of domestic and emotional abuse...



DOMESTIC ABUSE AND MENTAL HEALTH



ONE IN 4 WOMEN ARE
AFFECTED BY DOMESTIC
ABUSE (DA)

1 IN 8

SUICIDES AND SUICIDE
ATTEMPTS BY WOMEN ARE
DUE TO DOMESTIC ABUSE

1 IN 3

CHILDREN WHO ARE
AFFECTED BY
DOMESTIC ABUSE
WILL SUFFER
MENTAL HEALTH
PROBLEMS

DOMESTIC
ABUSE IS THE
GREATEST
CAUSE OF
FEMALE
DEPRESSION IN
THE UK

73%

OF WOMEN WHO
EXPERIENCE
DOMESTIC
ABUSE SUFFER FROM
DEPRESSION OR
ANXIETY

13%

OF WOMEN WHO HAVE
EXPERIENCED DOMESTIC
ABUSE HAVE SUBSTANCE MISUSE
ISSUES

30%

OF PSYCHIATRIC PATIENTS
HAVE REPORTED EXPERIENCING
SEVERE DOMESTIC ABUSE IN
THEIR LIFETIME

The cost of domestic abuse

- The cost of domestic abuse is estimated to be approximately £66 billion for victims of domestic abuse in England and Wales for the year ending March 2017
- This includes the cost to the criminal justice system, to the health service, to social care and to housing.
- It is widely accepted however that this figure is an under-estimate as there are so many costs that can not be measured.
- The Home Office estimates that each domestic abuse murder costs the country just over £1 million and totals £112 million per annum.

Why don't they just leave???

- Because leaving isn't black and white
- It is known for risk of harm to increase on post-separation
- Some of the barriers or situations that may prevent someone leaving an abusive relationship:
 - Economic dependency
 - Children
 - Community / family pressures
 - Hope
 - Fear
 - Denial
 - Responsibility
 - Shame, embarrassment and humiliation
 - Isolation / low self-esteem
 - Survival

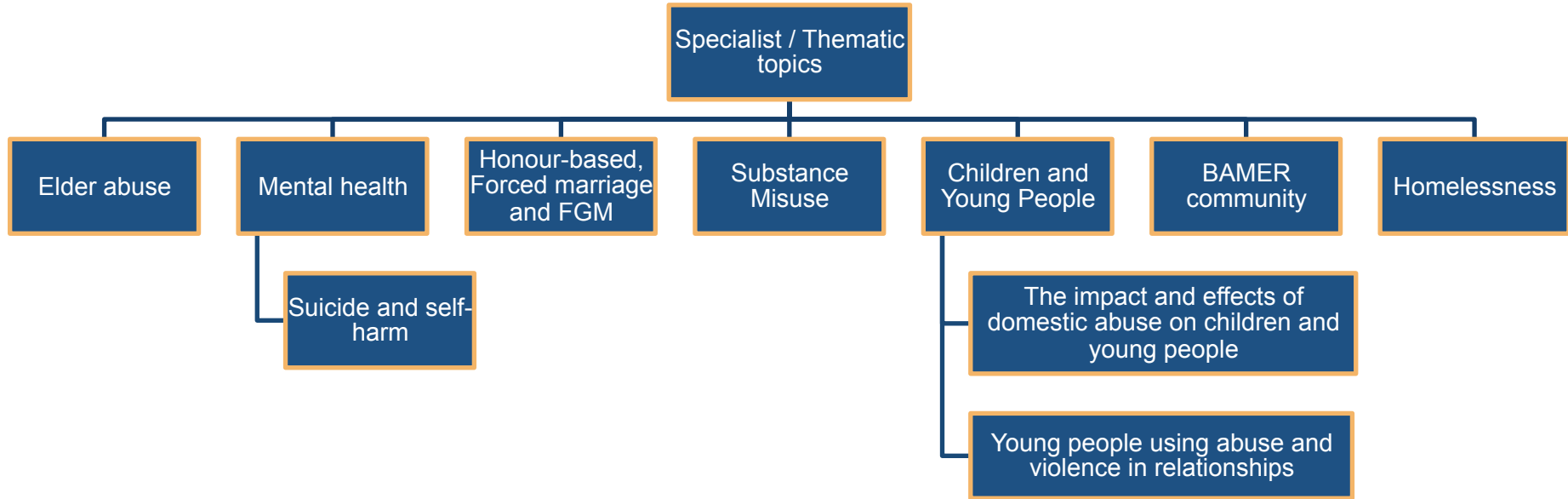
Aim of the Domestic and Emotional Abuse Project (D&EAP)

- Working in partnership with local community groups and partner organisations to raise awareness of the incidents and effects of domestic, emotional and financial abuse in Telford and The Wrekin
- Develop and deliver a suite of specialist domestic and emotional abuse training courses, workshops and talks to a cross section of partner organisations and community groups across Telford and The Wrekin
- Bring together a range of specialist expertise with the aim of creating a 'knowledge commons' on the wider thematic issues
- Develop the Domestic Abuse Champion role
- Bringing local people together to improve greater awareness across the Telford and Wrekin community of what domestic abuse is and how we can best shape and deliver a more coordinated response to domestic abuse

Domestic and Emotional Abuse Awareness Raising

Intended learning outcomes of the awareness raising sessions and presentations:

- Understand what is meant by domestic and emotional abuse
- Recognising the dynamics and context within which domestic and emotional abuse manifests itself in real life
- Understand the impact of domestic and emotional abuse on its victims and survivors and recognising the various coping mechanisms
- Understand the barriers faced by victims when recognising abuse, making a disclosure and accessing support
- Implementing best practice tools when responding to identification and/or disclosures of abuse
 - Talking about domestic abuse
 - Safety planning
 - Signposting to local and national support services



Train the trainer – Champions Against Domestic Abuse

- The aim of the training
 - Equip the ambassadors and champions with skills and knowledge to effectively deliver and/or co-facilitate domestic abuse awareness raising workshops and presentations in the community
- Two day training:
 - Day 1 – Domestic and Emotional Abuse Awareness Training
 - Day 2 – Being an effective trainer
 - An introduction to the role and its objectives
 - Benefits of the role
 - Networking opportunities
 - Support
 - Facilitation skills – how to deliver a strong community based preventative education on domestic and emotional abuse
 - Barriers and challengers
 - Managing personal and professional boundaries
 - Creating a safe and comfortable learning environment
 - Managing conflicts
 - Keeping safe and responding to safeguarding concerns and/or disclosures of abuse
 - Hands-on-practice on the use of materials
- All participants will receive a facilitator's handbook which is reflective of the contents of the two-day training including supporting notes and guidance on how to deliver the sessions and facilitate different activities and discussions

Thank you

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