

## Hurst Green Primary School fourth Safeguarding newsletter

*Safeguarding is all about us working together to make sure that children, young people and adults are safe and protected, free from harm, abuse or neglect. If you are worried, concerned or scared about the way you, or someone you know is being treated, or is treating themselves, don't keep it to yourself, tell us.*

### **This newsletter looks at Domestic violence and the effect on children**

Domestic abuse means *an incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse by a partner, ex-partner or family member*. It is based on one person having power or control over another, and it often gets worse over time. Domestic abuse does not just mean physical violence, and it can include:

- **Coercive control:** a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence;
- **Psychological** and/or **emotional** abuse;
- **Physical** abuse;
- **Sexual** abuse;
- **Financial** abuse;
- Harassment and stalking;
- **Online or digital** abuse

Anyone can be abused, regardless of his or her social background, age, gender, religion, sexuality or ethnicity. Domestic abuse doesn't just happen between partners, it can also happen within families or in shared homes. Domestic Violence doesn't always mean physical violence. If someone feels scared of their partner or someone at home because of things that they say and do, or are forced to change their behaviour because they are frightened of their reaction, they might be experiencing domestic abuse.

#### **These are some of the signs of abuse:**

- Criticise you, put you down or call you names?
- Make you feel scared to disagree with them or anger them?
- Constantly check up on you or follow you?
- Make it difficult for you to see family and friends?
- Ever hit you?

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- Withhold money, food or affection from you?
- Make you do things you are uncomfortable with?
- Stop you from going to work or college?
- Threaten you by telling you that you could be deported because of your immigration status?
- Threaten to take your children away?

**There is growing evidence that children who live in families where there is domestic abuse can suffer serious long-term emotional effects.**

A child's fear and anxiety will affect their self-confidence and often make them depressed, withdrawn or violent. Even if they are not physically harmed, children may experience emotional and psychological damage as a result of witnessing violence, becoming frightened and distressed when they see a parent, brother or sister beaten or abused.

Younger children may become anxious. They may complain of tummy-aches or start to wet their bed. They may find it difficult to sleep, have temper tantrums and start to behave as if they are much younger than they are. They may also find it difficult to separate from their abused parent when they start nursery or school.

Older children react differently. Boys seem to express their distress much more outwardly, for example by becoming aggressive and disobedient. Sometimes, they start to use violence to try to solve problems, and may copy the behaviour they see within the family. Older boys may play truant and start to use alcohol or drugs (both of which are a common way of trying to block out disturbing experiences and memories).

Girls are more likely to keep their distress inside. They may become withdrawn from other people, and become anxious or depressed. They may think badly of themselves and complain of vague physical symptoms. They are more likely to have an eating disorder, or to harm themselves by taking overdoses or cutting themselves. They are also more likely to choose an abusive partner themselves.

### **Support services:**

National Domestic Violence Helpline: 0808 2000 247 - 24 hour National Domestic Violence

Black Country Women's Aid is an independent charity, which has supported survivors of domestic abuse and sexual violence in the West Midlands for 30 years. [0121 553 0090](tel:01215530090)

CHADD: Domestic abuse refuge in Dudley  
<http://www.chadd.org.uk/>

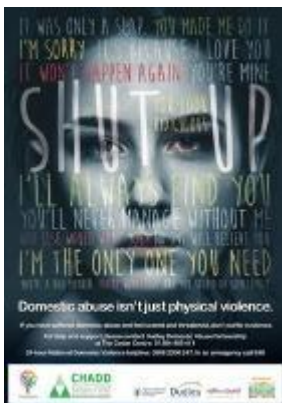
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For male victims of Domestic Abuse: [www.mensadvice.org.uk](http://www.mensadvice.org.uk) M.A.L.E: Men's Advice Line & Enquiries: M.A.L.E: Men's Advice Line & Enquiries: M.A.L.E: Men's Advice Line & Enquiries: Confidential helpline for male victims of domestic violence 0808 801 0327

National LGBT+ Domestic Abuse Helpline 0800 999 5428

Emotional and practical support for LGBT+ people experiencing domestic abuse.

### Domestic Abuse - Single Point of Contact (SPOC)



The Single Point of Contact (SPOC) number is 01384 455411 and gives those who need help a direct line to a range of domestic abuse support services offered by providers.

The service was developed by Dudley's community safety partnership, safe and sound and CHADD domestic abuse services in partnership with Black Country Women's Aid.

The number is open to victim's, families and professionals and helps people get to the right service as quickly and easily as possible as and when support is needed.

The single point of contact is in line with Safelives Standards and West Midlands Domestic Violence and Abuse Standards

<https://www.dudleysafeandsound.org/.../domesticabuse>

If you are concerned about a child or young person, please call the telephone numbers below. Alternatively, you can raise a concern with one of our Designated Safeguarding Leads in school, but please do not delay seeking help from the numbers below if the school is closed.

- During office hours call the children's services service on **0300 555 0050 selecting option 4** (9:00 – 5:00 Mon-Fri).
- Out of office hours contact the Emergency Duty Team on **0300 555 8574**.
- **In an emergency call 999.**

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If you contact Dudley safeguarding you will speak to a professional who will listen to your concerns. They may take a few details and might need to contact you again but your concern will be dealt with quickly and appropriately.

You do not need to provide your name or give contact details if you do not wish to do so. Anonymous calls will not be ignored.

Alternatively you can contact the NSPCC on **0800 800 5000** or email them by visiting their website <https://www.nspcc.org.uk/>

### **Safeguarding Leads in school:**

Mrs Mauchline

Mrs Kelly

Mrs Webb

Mr Lander

Mr South