

## Domestic Abuse - Information and Resources

The Ipswich Borough Council Community Safety Team have been sharing resources as part of our social media campaign to support victims during the restrictions. This is a difficult and worrying time for everyone but particularly for people living with abuse.

During the next phase of the campaign, we are sharing information with schools to provide teachers, parents, carers, children and young people with access to relevant information including healthy relationships and accessing support.

This document contains a range of information from the current Home Office Campaigns and will take you to external websites.

### **What you can do to help:**

#### **Teachers-**

- Send the information below to parents
- Display the National Domestic Helpline number on your school's website- 0808 2000 247
- Ask teachers to take part in the #YouAreNotAlone campaign by taking a photo of a love heart on their hand and share on social media, the school's website or place photos in the school windows
- Speak to your pupils about what a healthy/unhealthy relationship looks like using the links included in this document.
- If you are experiencing domestic abuse reach out using the helpline numbers provided

#### **Parents/Carers-**

- Speak to your children and young people about what a healthy/unhealthy relationship looks like – details included in the links below
- Take part in the #YouAreNotAlone campaign by taking a photo of a love heart on your hand and share on social media or place a photo in your window
- If you are experiencing domestic abuse reach out using the helpline numbers provided

**Important information: if you or anyone you pass this information to is worried about someone knowing that you have visited any of the websites below, please read the women's aid safety information before visiting any websites**  
<https://www.womensaid.org.uk/cover-your-tracks-online/>



### **Suffolk Domestic Abuse Helpline:**

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Suffolk County Council have been working with Anglia Care Trust to extend its Domestic Abuse Helpline to offer 24-hour support during the pandemic and is urging anyone experiencing, or at risk of, domestic abuse to make contact, when safe to do so. With lockdown measures still in place, it is important that those who may find themselves at risk of abuse at home, can access the right support at whatever time they need. The existing Domestic Abuse Outreach Service have therefore extended its 0800 977 5690 freephone number to be available 24hours a day, seven days a week. Anyone with concerns including professionals who may be supporting clients, as well as friends and families who are concerned for loved ones, can access this local support.

### **#YouAreNotAlone Campaign:**

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The Home Secretary launched a new public awareness raising campaign highlighting that if anyone is at risk of, or experiencing domestic abuse, help is still available.

The aim of the campaign is to encourage members of the general public to show their solidarity and support for those who may be suffering, by sharing government digital content or a photo of a heart on their palm, and asking others to do the same, to show victims that they are not alone and to convey to perpetrators that domestic abuse is unacceptable in any circumstances.

The campaign publishes support available including the freephone, 24 hour National Domestic Abuse Helpline number – 0808 2000 247 – run by Refuge, and [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk).

<https://www.gov.uk/government/news/home-secretary-announces-support-for-domestic-abuse-victims>

### **Disrespect Nobody Campaign:**

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- The Disrespect NoBody campaign includes resources to help young people: understand what a healthy relationship is re-think their views of controlling behaviour, violence, abuse, sexual abuse and what consent means within their relationships
- The campaign is targeted at 12 to 18 year old boys and girls and aims to prevent them from becoming perpetrators and victims of abusive relationships.
- What is relationship abuse? (includes video)  
<https://www.disrespectnobody.co.uk/relationship-abuse/what-is-relationship-abuse/>
- What is sexting? (includes video)  
<https://www.disrespectnobody.co.uk/sexting/what-is-sexting/>



- What is sexual harassment? (includes video)  
<https://www.disrespectnobody.co.uk/harassment/what-is-sexual-harassment/>
- Signs to spot an abusive relationship  
<https://www.disrespectnobody.co.uk/relationship-abuse/signs-to-spot/>

### The Hideout:

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- Helps children/young people understand what domestic abuse is  
<https://thehideout.org.uk/children/home/>
- Helps children/young people understand what they can do  
<https://thehideout.org.uk/children/what-can-i-do/>
- Helps children/ young people to deal with their feelings  
<https://thehideout.org.uk/children/what-can-i-do/dealing-with-feelings/>
- Helps children/ young people understand the different types of feelings they may experience  
<https://thehideout.org.uk/children/what-can-i-do/different-feelings/>
- How domestic abuse effects children  
<https://thehideout.org.uk/children/adults-children-and-domestic-abuse/effect-on-children/>

### NSPCC- useful resources for teachers/parents/carers:

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- Promoting healthy relationships- Early Years  
<https://learning.nspcc.org.uk/safeguarding-child-protection-schools/promoting-healthy-relationships>
- Promoting healthy relationships- 5-11 year olds  
<https://learning.nspcc.org.uk/safeguarding-child-protection-schools/promoting-healthy-relationships>
- Promoting healthy relationships 12-18 year olds  
<https://learning.nspcc.org.uk/safeguarding-child-protection-schools/promoting-healthy-relationships>
- Promoting healthy relationships with children and young people who have special educational needs and disabilities  
<https://learning.nspcc.org.uk/safeguarding-child-protection-schools/promoting-healthy-relationships>

### Childline

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- Healthy and unhealthy relationships  
<https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/healthy-unhealthy-relationships/>
- Domestic abuse in the home- coping, safety plans, getting support  
<https://www.childline.org.uk/info-advice/home-families/family-relationships/domestic-abuse/>



## Helplines:

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- National Domestic Abuse Helpline is run by Refuge and offers free, confidential support 24 hours a day to victims and those who are worried about friends and loved ones- 0808 2000 247
- Suffolk Domestic Abuse 24/7 Helpline – Freephone 0800 977 5690
- Norfolk and Suffolk Victim Care: 0300 303 3706 Mon-Fri between 8am-5pm. For support outside of these hours call the Victim Support 24 hour line on 0808 168 9111. Crimes do not have to be reported to access this free and confidential service. Victim Support have also recently launched a 24/7 online Live Chat service [www.victimsupport.org.uk/live-chat](http://www.victimsupport.org.uk/live-chat)
- Mankind Initiative (Male Victims): 01823 334244 <https://www.mankind.org.uk/>
- Men's Advice Line (Male Victims): 0808 801 0327 <http://www.mensadviceline.org.uk/>
- GALOP (LBGT): 0800 999 5428 <http://www.galop.org.uk/>
- Lighthouse Women's Aid: 01473 228270 [www.lighthousewa.org.uk](http://www.lighthousewa.org.uk)
- Respect (for perpetrators): 020 3559 6650 <http://respect.uk.net/>

## Useful links:

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- Women's Aid guidance documents on domestic abuse and coronavirus for victims, family and friends, and community members of those affected <https://www.womensaid.org.uk/covid-19-coronavirus-safety-and-support-resources/>
- [https://www.gov.uk/guidance/domestic-abuse-how-to-get-help?gclid=EAlalQobChMIp2lr9X86AIVC-ztCh2soAdvEAYASAAEgInXfD\\_BwE&gclsrc=aw.ds](https://www.gov.uk/guidance/domestic-abuse-how-to-get-help?gclid=EAlalQobChMIp2lr9X86AIVC-ztCh2soAdvEAYASAAEgInXfD_BwE&gclsrc=aw.ds)
- <https://safelives.org.uk/news-views/domestic-abuse-and-covid-19>



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