

**catch
22**

DOMESTIC ABUSE

Self-help booklet



What is Domestic Abuse?:

The UK Government outline a statutory definition under the Domestic Abuse Act (2021):



An incident or series of incidents involving controlling, coercive, threatening behaviour between two people aged 16 and over in a relationship. The persons in the abusive relationship could be relatives (e.g., siblings), or they could be, or could have been, part of an intimate personal relationship (e.g. marriages, civil partnerships)."

Domestic abuse can take many forms:

Physical – this may involve hitting, punching, or using weapons.

Psychological and Emotional – includes the use of words and/or non-verbal actions to intimidate, scare, or cause harm. For example, an abuser may attempt to convince you that your version of events is wrong, making you question your own sanity.

Coercive Control – a form of emotional abuse that is a criminal offence under the Serious Crime Act (2015).

Coercive behaviours involve the deliberate humiliation, intimidation and degradation of a person, who may be threatened with violence to do things they do not want to do.

Controlling behaviours are those which control the aspects of someone's life, in-turn reducing their independence, such as controlling what they wear, when they sleep, or who they see. They may be cut off entirely from friends or family, making it difficult to leave an abusive relationship.

Sexual – including incidents of rape or sexual assault such as forced kissing and degradation.

Financial – where your ability to obtain or use money is negatively affected.

Harassment and Stalking – unwanted behaviour that is persistent, threatening, and upsetting, such as excessive contact or uninvited visits to your home.

Forced Marriage – when a person is illegally forced into entering a marriage they do not consent to. Abuse or pressure may be used to force the person to marry.

What can you do?

Be Aware:

Some people do not always recognise that they are in an abusive relationship. If you feel like you may be experiencing domestic abuse but are unsure, ask yourself the following questions:

How does the relationship make you feel?

Do you feel:

Threatened and/or scared by the other person in the relationship?

A sense of dread, like you're walking on eggshells around them?

Guilty if you choose not to spend time with them?

Violated or degraded by their actions? For example, they may invade your privacy by searching through your social media or embarrass you when around friends.

These are just some of the feelings that people experience in abusive relationships. If you have ever felt like this, then it may be a sign of domestic abuse.

Do they make you do things you don't want to do?

You should never be made to do anything against your will. If someone else forces you to do these things, like buying items you don't want, or making you have sex when you don't want to, then your relationship with them is abusive.

How does the relationship affect your day-to-day life?

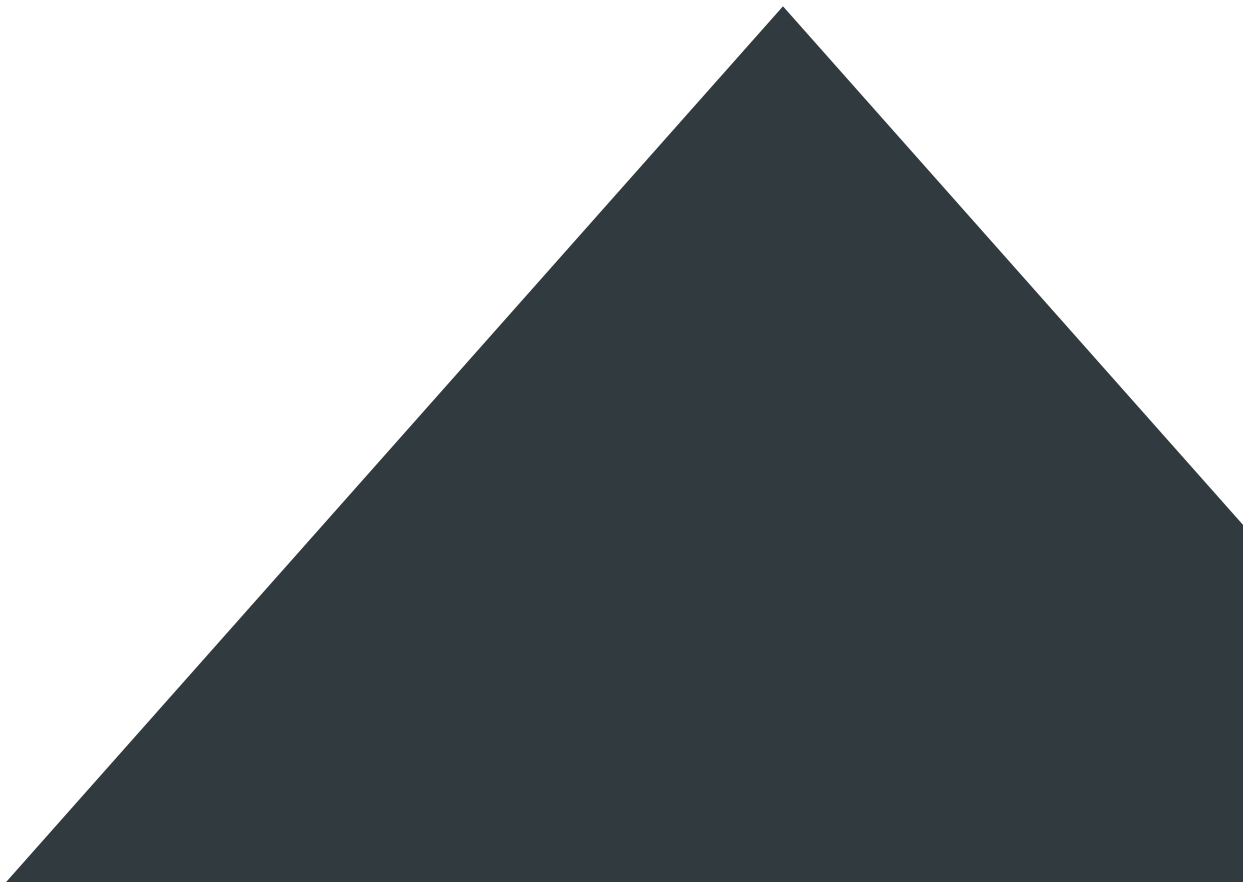
If you are experiencing domestic abuse, you may find that you worry and stress more often. This can negatively affect your sleep patterns and your ability to engage in everyday activities, like being able to focus in the workplace, or enjoy your hobbies.

Clare's Law

If you are worried about a current partner, you have the right to know if your partner has an abusive past under Clare's Law, also known as the Domestic Violence Disclosure Scheme. To find out more about this visit - [Clare's Law](#). To make an application, google Clare's Law and your local area, the application is made with your local police force.

Safety Planning:

If you are in immediate danger, dial 999. Check out the safety plan below for more information on staying safe.



General Safely Planning	Pre-and post separation	Packaging an Emergency Bag
<p>Identify Risks: Consider what risks you may be exposed to in your day-to-day life and home environment</p> <p>Plan Escape Routes: Identify safe routes to use in the home in threatening situations. Consider where your nearest exits are and rooms to avoid, like the kitchen, which contains sharp-edged objects</p> <p>Code Words/ Behaviours: Establish codes with trusted adults like friends or neighbours so they know when you might be in danger. For example:</p> <ul style="list-style-type: none"> • Turning lights on/off in a specific room • Saying specific words or sentences <p>Safety at Work: Are your employers aware of your situation? You may want to establish code words with a trusted colleague, diary any contact the abuser makes with you whilst at work, do not travel alone.</p>	<p>Separation Planning: If you are planning on leaving an abusive relationship:</p> <ul style="list-style-type: none"> • Think about your daily schedule. Are there locations/ events you attend each week, such as your workplace? If so, you might use this as your window to leave. • Consider safe places you can go, like the house of family, friends, or emergency accomodation which may be accessed through support services. • Pack an emergency bag. <p>Post- separation: Keep yourself safe.</p> <ul style="list-style-type: none"> • If living in the same area, change your routine, e.g, visit the shops at a different time of day. • Plan escape routes • Install CCTV or window alarms at home. • Keep a log of any attempts the abuser makes to contact you. 	<p>What to include:</p> <ul style="list-style-type: none"> • Change of clothes for yourself and child(ren). • Documents: • Passports/birth certificates; • Money - bank cards, chequebooks etc; • Driving licence; • House and car keys; • National Insurance number; • Family photos; • Toys for children; • Medication and prescriptions <p>Keep the emergency bag in a secure location which would not put you at risk.</p>
	<p>Children</p>	<p>Support Services and Contacts</p>
	<p>Consider what support your children need. If appropriate, teach them important escape routes, and to call 999 in an emergency. Keep school or nurseries informed about the situation.</p>	<ul style="list-style-type: none"> • Consider seeking support or medical help. Afterwards, delete any record of it, e.g, delete phone log • Keep emergency contacts in phone or memorise them

Injunctions

Injunctions can be used to protect you from the abuser, if an abuser breaches an injunction, it can be an arrestable offence. There are three types of orders available within civil courts.

- Non molestation order, prohibits a specific behaviour or limits actions
- Occupation order regulates the occupation of the family home
- Prohibited steps order, prohibits someone with parental responsibility for your children from taking them out of your care.

To learn more and apply for an injunction visit - [Domestic Violence & Abuse · Emergency Injunction Service](#)

Seek Support:

No matter who you are, or how recent (days, months, or years) you experienced domestic abuse, you will always be able to access support. Catch22 Victim Services can support you; we may also signpost you to a local specialist service where there are Independent Domestic Violence Advisors (IDVA'S). IDVAs are specialist domestic violence professionals who support survivors of domestic abuse, IDVAs provide emotional and practical advice, guidance and support to help you and your family to become and remain safe

If you have experienced sexual abuse in a relationship, you can obtain specialist medical support and advice from a Sexual Assault Referral Centre (SARC). To find a SARC in your local area, visit the NHS's website: <https://www.nhs.uk/service-search/sexual-health-services/find-a-rape-and-sexual-assault-referral-centre>.

Restorative Justice

Restorative justice is a voluntary process which offers you the opportunity to potentially communicate with the offender. You may be able to talk about the incident, the harm caused and ask any questions that you may have. To access Restorative Justice, speak to your local Catch22 Victim Service.

Security Measures

Carrying a personal alarm might help to make you feel safer when going out in public, it will allow you to alert passers-by that you are in danger. Catch22 Victim Services may be able to provide you with one of these.

What can Catch22 Victim Services do?

Through our victim services, we are here to support anyone who has been affected by domestic abuse. Our person-centred approach aims to empower and build resilience; we provide the necessary tools to navigate your recovery journey and move forward from the impact of crime. Support offered by our victims' services is free, independent and confidential, and available to victims and witnesses regardless of whether the crime has been reported or not.

We can help in the following ways:

Emotional support

Practical Support including crime prevention and safety advice

Advocacy

Support through criminal justice processing

Signposting and onward referrals

Access to Restorative Justice

Useful organisations

[Home - Women's Aid](#) (Women only)

[Homepage - National Domestic Abuse Helpline](#) (Women only)

[Domestic Abuse Helpline for Men | Men's Advice Line UK](#): (Men only)

[ManKind Initiative - Supporting Male Victims of Domestic Abuse](#): (Men only)

[Galop - the LGBT+ anti-abuse charity](#): Provides support for members of the LGBTQ+ community

[Surviving Economic Abuse: Transforming responses to economic abuse](#): an organisation providing information and support around economic abuse.

[NHS England » Bright Sky](#): The Bright Sky app offers support to those experiencing domestic abuse, it can be downloaded from your app store.

[Domestic Violence & Abuse · Emergency Injunction Service](#): Can assist with emergency legal protection

Reporting

You can also report to the police:

- In an emergency always call 999.
- In a non-emergency call 101
- Report online - [Contact us | Police.uk](#)
- Visit a local police station
- To report a crime anonymously, contact Crimestoppers at 0800 555 111, or visit [Independent UK charity taking crime information anonymously | Crimestoppers](#)

How to contact our victim services:

Catch22 Victim Services

To find out more about the victim services that we deliver and to access support visit:

[Victim services | Catch22](#)

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