

**catch
22**

SO-CALLED HONOUR BASED ABUSE

Self-help booklet



What is So-Called Honour-Based Abuse?:

So-Called Honour-Based Abuse (SCHBA) involves actual harm, threats of harm, intimidation, coercion or abuse that have been committed to defend the so-called 'honour' of an individual, family or community, after an individual has allegedly or perceivably acted in a way that the family and/or community disapprove of.

It is often referred to as 'so-called' because there is no honour in abusing someone in any way, be it psychological, sexual, physical, financial, and/or emotional abuse.

Examples of perceivably 'shameful' behaviours that may lead to SCHBA are:

- **Refusing to enter an arranged marriage;**
- **Seeking divorce from a marriage;**
- **Being pregnant outside of marriage;**
- **Accessing employment or education;**
- **Identifying as a member of the LGBTQ+ community;**
- **Interacting freely with men in public;**
- **Being in an inter-faith relationship;**

What can you do?

If you are unsure:

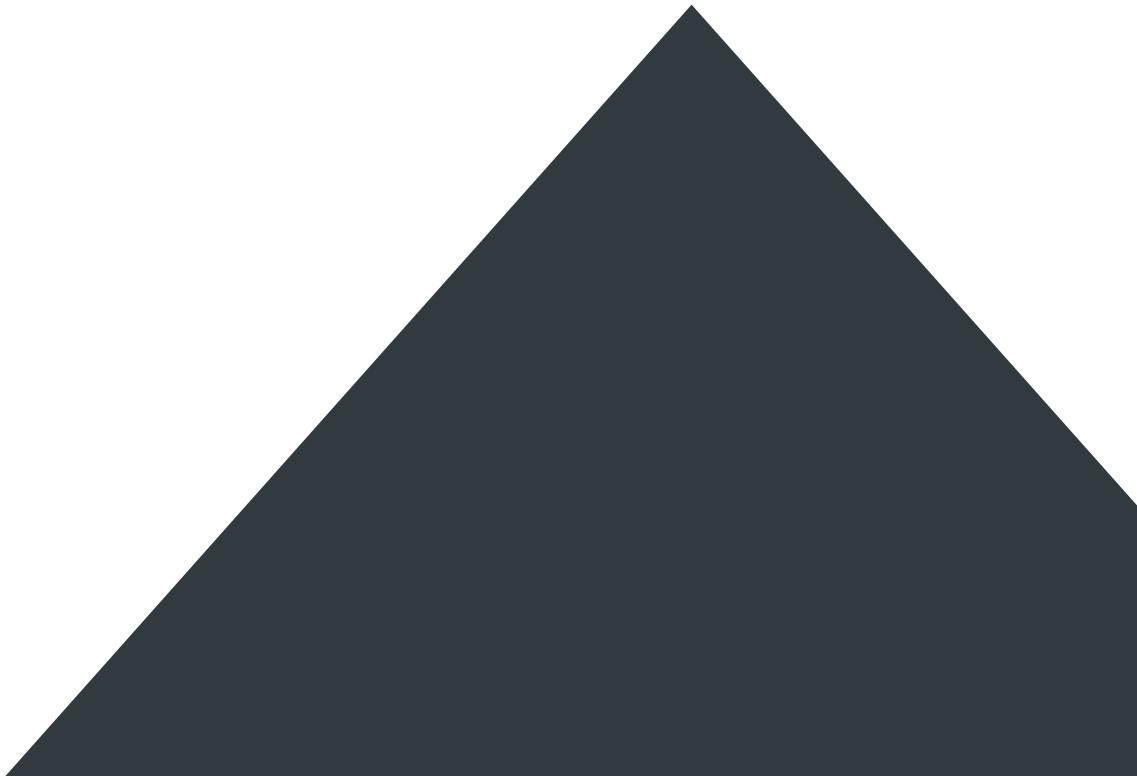
SCHBA is often misunderstood, and individuals may not be aware that what they are experiencing is a crime. The first step you can take is to identify what the signs SCHBA are. This can help you to identify it in your own life, or in the lives of people you know.

The list below details some common signs of SCHBA in individuals, though this is not exhaustive:

- **Evidence of injuries that cannot be explained;**
- **No independence;**
- **History of missing family members;**
- **Insufficient access to finances, social media, etcetera;**
- **A strict daily routine.**

Seek Support:

It is important to remember that SCHBA is not your fault, and there is no excuse for violence or abuse. It might be worth speaking to someone you trust about what you are experiencing, this could be a teacher, friend or caseworker from your local Catch22 Victim Service.



Stay Safe:

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

General Safety 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> <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
	<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>	

What can Catch22 Victim Services do?

Through our victim services, we are here to support anyone who has been affected by so-called honor based 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

[Karma Nirvana](#): run the free national So-Called Honour-Based Abuse helpline in the UK.

[Forced Marriage and Honour Based Violence Charity - Halo Project](#): operate a support line for those who are experiencing or know of someone experiencing So-Called Honour-Based Abuse.

[Home - Savera UK](#): operate a helpline and provides support for So-Called Honour-Based Abuse

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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