

CONTACT NUMBERS

Berkshire Women's Aid 0118 950 4003
www.berkshirewomensaid.org.uk

Bracknell Forest Council 01344 352000
www.bracknell-forest.gov.uk
www.itsneverok.co.uk

Broken Rainbow 0300 999 5428
National Lesbian, Gay, Bisexual and Transgender (LGBT) domestic abuse helpline
www.brokenrainbow.org.uk

Childline 0800 1111
www.childline.org.uk

Connexions Berkshire 0845 408 5001
www.adviza.org.uk/services/connexions-berkshire

The Dash Charity (formerly Berkshire East & South Bucks Women's Aid) 01753 549865
Supporting women, men and children
www.thedashcharity.org.uk

Emergency Duty Team 01344 786543
(5pm - 9am and weekends)

The Hideout website
Women's Aid website for children and young people
www.thehideout.org.uk

Men's Advice Line 0808 801 0327
Support for men experiencing domestic abuse
www.mensadviceline.org.uk

National Centre for Domestic Violence 0800 970 2070
Providing free, fast injunction service
www.ncdv.org.uk

National Domestic Violence Helpline (24 hours) 0808 2000 247
www.nationaldomesticviolencehelpline.org.uk

National Stalking Helpline 0808 802 0300
Support for victims of stalking
www.stalkinghelpline.org

NSPCC 0808 800 5000
www.nspcc.org.uk

Respect Phonenumber 0808 802 4040
Advice for perpetrators, partners and professionals
www.respectphonenumber.org.uk

Royal Borough of Windsor and Maidenhead 01628 683800
www.rbwm.gov.uk
www.rbwmdvf.org.uk

Slough Borough Council 01753 475111
www.slough.gov.uk

Slough Domestic Abuse Services 0800 9232852

Thames Valley Police
Emergency 999
Non Emergency 101
www.thamesvalley.police.uk

This is Abuse
Website aimed at teenagers who are experiencing physical or sexual abuse, or for teenagers who think a friend might be risk.
<http://thisisabuse.direct.gov.uk/>

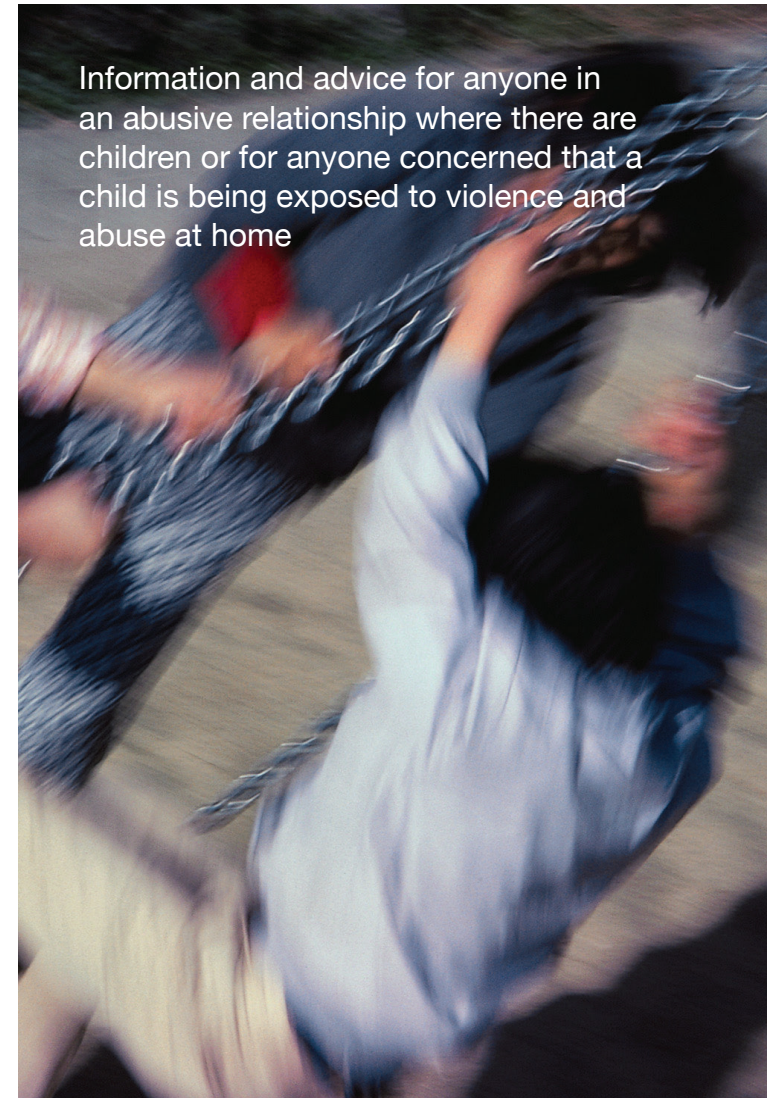
Victim Support 0845 38 99 528
www.victimsupport.org.uk

www.slough.gov.uk
Slough
Borough Council



Domestic Abuse: the effects on children

Information and advice for anyone in an abusive relationship where there are children or for anyone concerned that a child is being exposed to violence and abuse at home



What is domestic abuse?

- Does your partner stop you from seeing friends and family, or from working?
- Is your partner excessively jealous and possessive?
- Does your partner constantly criticize and humiliate you and put you down at home and in public?
- Does your partner hurt you, or threaten to hurt you?
- Does your partner force you to have sex?
- Does your partner limit your access to money, the phone or the car?
- Does your partner constantly check up on where you are?
- Do you feel afraid of your partner much of the time and unable to do anything right?

These are all signs that you are in an abusive relationship. What may start as emotional abuse, can escalate to slaps, shoves and onto frequent beatings and violence, even leading to death.

This can happen to anyone in any relationship, regardless of social group, class, age, race, disability, sexuality or gender. It can occur at any time; in a new relationship or after many years, whilst a couple are still in a relationship, during separation, or even after separation. Separation is sometimes the most dangerous time in an abusive relationship.



How does domestic abuse affect children?

If you have been experiencing domestic abuse you will probably have tried to protect your child(ren) from it as much as you can. However in the majority of families where there is domestic abuse going on, the children are aware of it, even if they do not show it or talk to you about it.

For children witnessing or hearing one of their parents being abusive or violent towards the other, it can be a very distressing, painful and damaging experience which can have long lasting effects.

An estimated 130,000 children in the UK live in households with high-risk domestic abuse; that is, where there is a significant risk of harm or death¹. 6% of all children are estimated to be exposed to severe domestic abuse between adults in their homes at some point in childhood².

30% of domestic abuse starts or can intensify during pregnancy or new birth.

Living in an abusive home will affect children differently, dependent on age, race, sexuality, culture, stage of development, and their individual personality. Your child(ren) may feel that they are to blame, or they may feel angry, insecure, alone, frightened, confused. They may be unsure how to feel towards the abuser and the non-abusing parent.

Effects on children can include:

- Feeling frightened, becoming withdrawn, bedwetting, running away from home, becoming aggressive, behavioural difficulties, problems at school, poor concentration and emotional turmoil.
- The longer children live with domestic abuse, the more severe the effects can be, including:
 - lack of respect for the non violent parent; loss of self confidence, effecting a child's ability to form relationships in the future; loss of childhood; learnt and copied behaviour, thinking violence and abuse is acceptable and something that you have to put up with.

Children learn how to behave from examples parents set for them. Domestic abuse teaches children negative things about relationships and how to interact with people, for example:

- It can teach children that violence is an acceptable way to resolve conflict and control other people.
- It 'normalises' abuse and violence.
- They learn how to keep secrets.
- They learn to mistrust those close to them, or become scared to form friendships, fearing they may have to move away.

What can I do?

If you are a victim of domestic abuse, talk to someone you trust – this could be a friend, family member, colleague or local domestic abuse support service.

If you are an abusive partner and wish to change your behaviour, there is help available.

Children should be offered a positive role model.

Seek support and help as soon as possible, whether you are a victim or perpetrator. The longer the abuse goes on, the more damaging it is on all of those involved.

If you are worried that your child might be affected, do not be afraid to talk to them about what is happening.

Children need time to discuss the feelings they have about what is going on. Children need to know it is not their fault and that this is not the way relationships should be.

¹. CAADA (2012), CAADA Insights 1: 'A place of greater safety'. Bristol: CAADA

². Radford, L., Corral, S., Bradley, C., Fisher, H., Basset, C., Howatt, N. and Collishaw, S. (2011), 'Child abuse and neglect in the UK today'. London: NSPCC.

