

## Reporting Domestic Abuse

You may choose to report to the police, although many victims find this difficult.

Call Cleveland Police on **101** or **999** in an emergency.

If you have care and support needs and are unable to protect yourself because of these needs, your local adult social care team may be able to help:

Hartlepool	01429 523 390
Middlesbrough	01642 065 070
Redcar & Cleveland	01642 771 500
Stockton-on-Tees	01642 527 764
Evenings and Weekends	01642 524 552

If you are unsure about this, talk to your local adult social care team who will listen and give you advice. You can talk without giving your name.

If you have concerns regarding children in an abusive household you should contact your local children social care department:

<https://www.teescpp.org.uk/>

### Messages from Survivors:

"No one should live in fear in their own home"

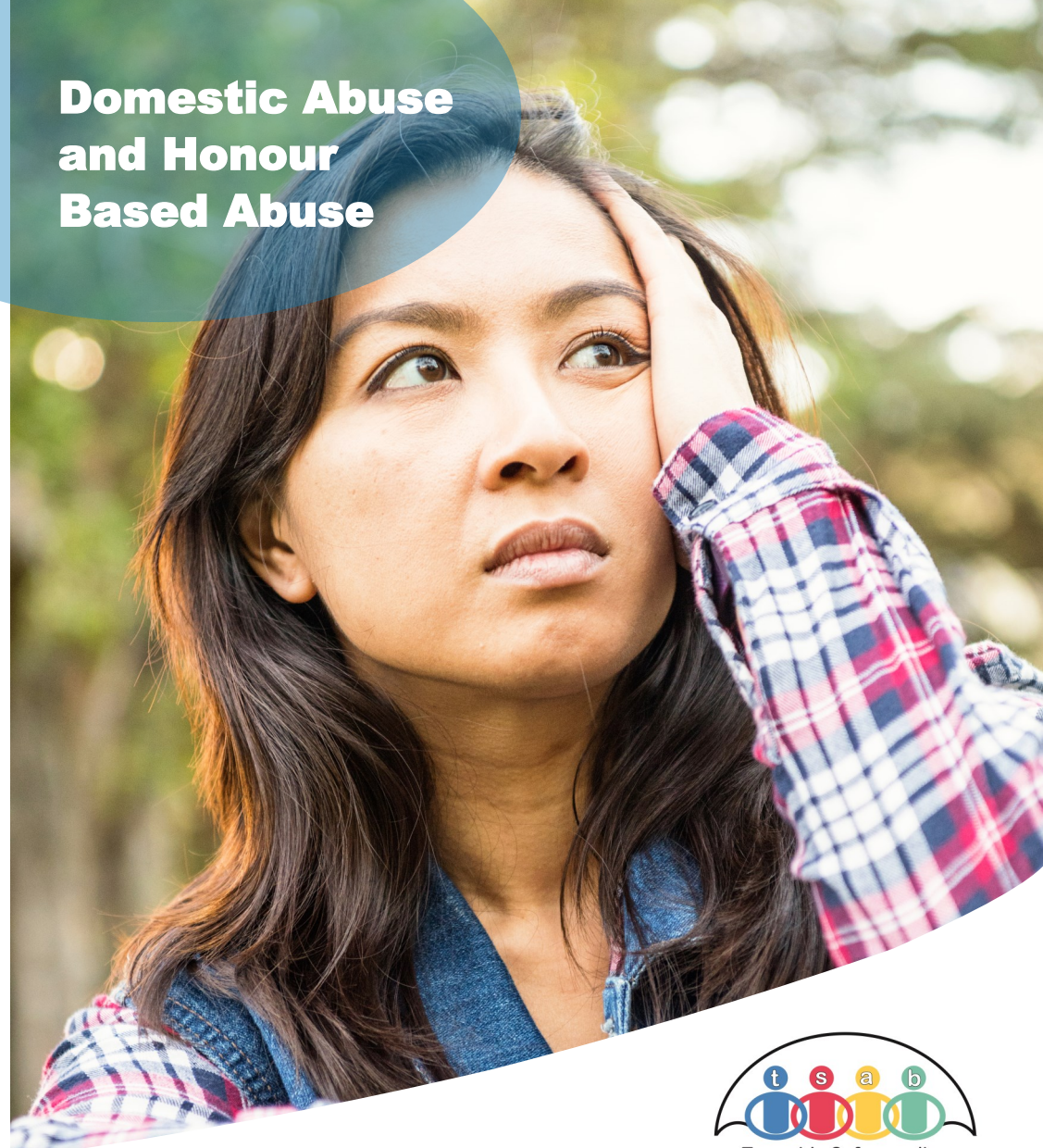
"You might not think you are strong enough to leave, but you are. You might not think you can cope, but you can. Look at what you're coping with already. There is a brighter future without abuse, where you can be yourself. Reach out, ask for help. Change your life"

"Talking to someone openly and honestly about what I have experienced helps me understand that I am not to blame"

Thank you to Cleveland Police and the local domestic abuse charities and survivors who have helped to create this leaflet.

Thank you to Aurora New Dawn for their helpful resources

## Domestic Abuse and Honour Based Abuse



[www.tsab.org.uk](http://www.tsab.org.uk)

A useful guide on what Domestic Abuse is, how to recognise the signs, how to keep yourself and others safe and includes local support services available in Teesside.

## What is Domestic Abuse?

Domestic Abuse is when people (aged 16 or over) are personally connected to each other and the behaviour within that relationship is abusive.

Domestic Abuse can occur in intimate relationships (including between ex-partners) and can also be perpetrated by family members; it can affect anyone, regardless of their gender, religion or sexuality.

The abuse can be a one-off incident or a pattern of controlling, coercive, violent, threatening behaviour. Domestic Abuse can take different forms including; physical, sexual, psychological, emotional and financial/economic abuse.

## What is Honour Based Abuse?

Honour Based Abuse (HBA) is an incident or crime involving violence, threats, intimidation, coercion or abuse, which has or may have been committed to protect or defend the honour of an individual, family and/or community for alleged or perceived breaches of the family and/or community's code of behaviour. HBA can also include Forced Marriage and Female Genital Mutilation.

## What is Coercive Control?

Coercive control is a criminal offence and is a range of acts designed to make someone submissive, dependent or isolated by using threats, humiliation intimidation and any other abuse that is used to harm, punish, or frighten their victim.

## What is Stalking?

Stalking is a criminal offence and is classed as any behaviour from another person which is persistent, unwanted, threatening or harassing; anything that causes any kind of fear or anxiety. Victims often know their stalker (such as a partner or ex-partner).

## How do you know if it is Domestic Abuse?

Sometimes it can be difficult for victims to recognise that they are in an abusive relationship or family environment. Not all abuse is physical and in almost all known cases of Domestic Abuse, coercive control plays a key part in the perpetrator's ability to 'keep control' over their victim.

For intimate partner abuse, the beginning of the relationship can sometimes feel like a positive experience, however over time the perpetrator might show signs of controlling, jealous behaviour, or the victim may start to adapt their own behaviour to please their partner or to prevent confrontation.

**Local Specialist Support Services**—some services also offer support to children who have experienced domestic abuse.

A Way Out (Domestic Abuse / Sexual Abuse)	Stockton and Middlesbrough	01642 655 071
Arch Teesside (Sexual Abuse)	Tees	01642 822 335
EVA Women's Aid (Domestic Abuse)	Redcar & Cleveland	01642 490 677
Foundation	Redcar & Cleveland	07718707505
Halo Project (Honour Based Abuse)	Tees	01642 683 045
Harbour (Domestic Abuse)	Tees	03000 20 25 25
Hart Gables (LGBTQ+ Domestic Abuse)	Tees	01642 675 509
My Sister's Place	Middlesbrough	01642 241 864
Victim Care and Advice Service	Tees	0303 040 1099

**“If you leave, I'll make sure you never see your children again. I'll tell social services you're a bad mother. Who's going to believe you over me?”**

**“You will not go outside looking like that, what will people think? Do you really want to disgrace our family like that?”**

National Helplines:	
Refuge (Domestic Abuse)	0808 2000 247
Hourglass (Domestic Elder Abuse)	0808 808 8141
Karma Nirvana (Honour Based Abuse)	0800 5999 247
National Stalking Helpline	0808 802 0300
Respect (Men's Advice Line)	0808 801 0327





## Online Safe Spaces

Any website which displays this logo is participating in the scheme (such as [www.royalmail.com](http://www.royalmail.com))

You can click on the logo, which brings up a separate pop-up box and displays important information about domestic abuse and where to find local support. Pressing the 'escape' button quickly shuts down the page and the domestic abuse pop up page does not appear in any internet history, making it much safer for victims to find help.



Here are some red flags that may indicate that you are in an abusive relationship in our household. Perpetrators may...

- Isolate you from friends and family, prevent/limit your freedom or restrict your contact with others
- Make you feel that people do not care about you and that you can only depend on them
- Deprive you of your basic needs, such as food or prevent you accessing support such as medical or counselling services
- Monitor your time, be jealous, possessive or stalk you
- Monitor you via online tools, cameras or read your messages / emails
- Take control over aspects of your every day life, such as where you can go, who you can see, what you can wear and when you can sleep
- Repeatedly put you down, humiliate you, degrade or make you feel worthless or stupid
- Control your finances or make you pay for things/ get you into debt
- Make threats towards you or your family, bully or intimidate you
- Tell you that you are responsible for the abuse or that you are overreacting
- Make you doubt your memory or that you've misinterpreted things (gaslighting) or manipulate you
- Pressure you to do things you don't want to do
- Physically and/or sexually abuse you
- Engage in online abuse / verbal abuse / harassment
- Share or threaten to share private, sensitive or intimate information without your permission.

## Find Support in Your Area

You can access support from local charities who are specialists in supporting victims of domestic abuse.



For a full list of support available in Teesside visit <https://www.tsab.org.uk/campaigns-and-initiatives/find-support-in-your-area/> where you can find out what type of practical and emotional support is available for victims, perpetrators, men, women, older people and the LGBTQ+ community.

**"You're not allowed to talk to anyone else. You can only leave the house to go to university, then you must come straight home"**

**"I told you not to tell anyone about arguments we have, now your family hates me and it's all your fault. What happens between us stays between us"**

**"You can't leave, I don't know what I'd do without you. I'd have to kill myself"**

**"You're absolutely crazy! That didn't even happen, you're making it all up"**

If you're not sure. Women's Aid have produced a series of questions which might help to identify if you are in an abusive relationship.

<https://www.womensaid.org.uk/information-support/the-survivors-handbook/am-i-in-an-abusive-relationship/>

**"I don't want you to go out tonight with your friends because I'll miss you too much and will get jealous if anyone flirts with you"**

## How to Keep Safe

Abusive relationships are complicated and for a whole variety of reasons it can be so difficult for victims to ask for help or to leave the relationship/family household. My Sister's Place have pulled together a useful image called 'Why Don't They Just Leave?' which shows why it can be so difficult to leave. <https://www.tsab.org.uk/key-information/posters/>

Victims are often closely monitored by the perpetrator(s) and it can seem almost impossible to find help in the first place. If victims do take that brave step, it can feel overwhelming and frightening of how they will be able to keep themselves safe.

If you are thinking of leaving, it is important to make a safety plan. Women's Aid have developed an online tool to help you: <https://www.womensaid.org.uk/information-support/the-survivors-handbook/making-a-safety-plan/>

## Clare's Law

If you suspect your partner has a violent or abusive past, you have the right to ask if the police hold any records of previous domestic abuse incidents. Police will consider disclosing the information if it is legal, proportionate and necessary. <https://www.cleveland.police.uk/advice/advice-and-information/daa/domestic-abuse/alpha/request-information-under-clares-law/>

## Domestic Abuse/Violence Protection Notices/Orders

Domestic Abuse is a criminal offence and perpetrators can be arrested and charged. There may be some instances where victims do not want to press charges and in these cases Domestic Abuse/Violence Protection Notices/Orders can be issued which provides temporary protection following a domestic abuse incident. Perpetrators can be prohibited from coming within a specified distance of the victim's home or other specified premises. The perpetrator may also be offered support to change their behaviour or referred to drug/alcohol services or mental health support.

## Independent Domestic Violence Advisor (IDVA)

If you reach out for help, you may be appointed an IDVA who will act as your key worker and liaise with appropriate organisations on your behalf to keep you (and your children) safe. IDVAs make sure that you're consulted and involved throughout, so that your wishes and feelings are heard. They can also support you through the criminal justice process.

**"I only hit you because you drive me crazy, you should know when you say things like that it winds me up"**

## Ask ANI (Assistance Needed Immediately)

These are venues in the community (particularly pharmacies) where you can discreetly seek help by asking for 'ANI'. Any venue which displays this logo is participating in the scheme and is trained to help you.



You will be directed to a private area, staff will ask if you need to make a phone-call to someone you trust or if you need to call a Domestic Abuse helpline. If you wish to report the abuse, staff will be able to offer advice and signpost you appropriately.

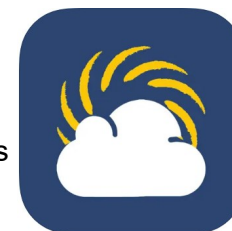
## Staying Safe Online

Perpetrators may monitor your internet activity, read your emails, texts, social media posts/messages or even use spyware or GPS locators to track you. They may ask for access to your passwords, and make you feel like 'you have something to hide' if you don't provide them.

Perpetrators can use technology to intimidate, abuse, harass or stalk their victims. Women's Aid have developed some helpful tips to stay safe online: <https://www.womensaid.org.uk/information-support/what-is-domestic-abuse/online-safety/>

## Bright Sky App

Bright Sky is a safe and discreet app, which can be disguised as a weather app. You can access information about Domestic Abuse, support services in your area and create a diary, including photos or voice messages which can be sent to a safe email address if you choose to set this up. This is an effective way build evidence, it can also provide reassurance to yourself of what has happened to prevent the perpetrator from 'gaslighting' and making you doubt your memory of past incidents.



## Paranoid App

The paranoid app is for android devices and can analyse anything that has been installed on your device which could be spying on you.

## Hollie Guard App

If you are in danger, you can shake or tap your phone, which immediately notifies your chosen contacts, pinpoints your location and sends audio and video evidence directly to their mobile phones.

