

Useful contacts

Childline

0800 111

www.childline.org.uk

Derbyshire Mind - a local mental health association

01332 345966

www.derbyshiremind.org.uk

Derbyshire Police

Non emergencies - 101

Emergencies - 999

www.derbyshire.police.uk

Derby Women's Centre

01332 341633

Families Information Service - information about child care and early education

01332 642610

www.derby.gov.uk/community-and-living/childcare

Hadhari Nari (Women's Project - refuge, helpline, outreach and advice)

01332 270 101

National Domestic Violence Helpline (24 hours)

0808 2000 247

NHS Choices

www.nhs.uk

NSPCC

0808 800 5000

www.nspcc.org.uk

Relate Derby and Southern Derbyshire-

01332 349 177

Helpline: 0808 1789363

www.relatederby.org.uk

Respect Phone line - confidential advice, information and support for domestic violence perpetrators and their (ex) partners
0808 802 4040

Safe and Sound Derby - working to end child sexual exploitation
01332 362120

www.safeandsoundderby.co.uk

Samaritans

0845 790 9090

Social Care (Childrens)

Derby City - First Contact Team

01332 641172 (9am - 5pm)

Careline: 01332 786968 (out of hours, weekends & bank holidays)

www.derby.gov.uk/health-and-social-care/safeguarding-children

Derbyshire County - Call Derbyshire

01629 533190 or 0845 605 8058 (9am - 5pm)

01629 532600 (out of hours, weekends & bank holidays)

www.derbyshire.gov.uk/social_health/children_and_families

Substance Misuse Services

0300 790 0265

www.derbyshcft.nhs.uk/our-services/substance-misuse

Talking Mental Health Derbyshire

0300 123 0542

www.derbyshcft.nhs.uk/tmhd

Women's Aid - working to end domestic violence against women and children

0808 2000 247

www.womensaid.org.uk

Domestic abuse

The effects on children



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 criticise and humiliate you and put you down at home and/or 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.



The abuse can be psychological, physical, sexual, financial or emotional. It can happen to any one regardless of sexuality or gender. It can occur at any time, including in a new relationship or during or 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.

Children who witness or hear one of their parents being abusive or violent towards the other usually experience fear which often has long lasting effects.

Children are often present in the same or a nearby room when domestic abuse is going on. In some cases the children will themselves suffer injury from the perpetrator.

Living in an abusive home will affect children differently, depending on their age, 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 or confused. They may be unsure how to feel towards the abuser and the non-abusing parent.

Domestic abuse can cause children to lose confidence, become withdrawn, bedwet, run away from home, become aggressive, develop behavioural difficulties or problems at school.

The longer children live with domestic abuse, the more severe the effects can be.

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.

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 a 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.

