



Stopping violence in our lives
and in our communities



Domestic Violence and Abuse

With the additional experience of lesbian, gay, bisexual and trans young people

What is domestic abuse?

It's based on control, coercion and violence or threat of violence.

What are typical behaviours or behaviour changes of teenagers?

When do these behaviours become concerning?

- Spending less time with family and friends
- Excessive texting/ calls/ emails/ spending time with their GF/BF/partner
- Giving up things that used to be important to them
- Grades slipping or missing school
- Reluctance to go places they used to go to/ wear things they used to
- Worry about upsetting their GF/BF/partner
- Apologising or making excuses for their GF/BF/partner's behaviour
- Has injuries they can't explain
- Becomes nervous/ frightened

Unhealthy relationships – what do they look like? What types of behaviour are harmful? How would you recognise it? What is domestic violence or abuse?

Physical	Sexual	Psychological	Verbal	Financial	Coercion
Control	Violence	Forced Marriage	Honour Based Abuse		

What could you ask to understand whether someone is experiencing an unhealthy relationship?

- Don't make assumptions; ask neutral open questions and use gender neutral language

Ask, does anyone/ your boyfriend/ girlfriend/ partner/ brother/ sister/ mother/ father/ classmate...

- Talk and try to work things out if there are problems
- Give you space to spend time with friends/ family
- Support and respect you

If they say yes, it is likely that it is a healthy relationship

If they say no, you might want to ask more questions

Listen carefully to what they're saying, take them seriously, let them know it's the right thing to do to tell someone

Ask, does anyone/ your boyfriend/ girlfriend/ partner/ brother/ sister/ mother/ father/ classmate...

- Try to stop you from seeing or talking to family/ friends
- Put you down, call you names or criticize you
- Threaten or scare you
- Hit, slap, push or kick you
- Pressure or force you to do something sexual when you don't want to
- Humiliate you when you're alone or in front of others
- Control where you go, what you wear or what you do
- Threaten to hurt your pet/ family/ friends
- Emotionally blackmail you and threaten to harm themselves if you leave
- Blame you for their behaviour
- Damage your belongings
- Monitor your communication with others
- Use your race, physical ability against you

If they say yes to any of these, you might want to share your concern for them and encourage them to get support

Let's start with the basics: violence is never acceptable and violence never solves problems

- If you have truly care for someone, you don't try to hurt or control them

Think about how they may be feeling and how they may respond

What to do if you think one of your friends or peers may be a victim of abuse.

- Remember you are a resource for them
- There are resources to support both of you
- Remind them that abuse is never appropriate and never their fault
- Everyone has a right to privacy; including keeping their sexual or gender identity private. Always ask who is or isn't aware of this.

What constitutes a safeguarding risk is if they share:

- They are experiencing abuse at home
- They are at risk of homelessness
- They are in a relationship with someone considerably older
- They are chatting with adults online
- They are sexting/ sharing intimate images with adults
- They show signs of abuse, such as bruises and hyper vigilance
- They are using drugs and alcohol

Support

Any staff member at Burnside or Julie Parker as the safeguarding lead

ELOP <http://www.elop.org/>

Safer London <https://saferlondon.org.uk/>

Ashiana <http://www.ashiana.org.uk/>

Galop National LGBT+ Domestic Abuse Support <http://www.galop.org.uk/domesticabuse/>

LGBT Domestic Abuse Partnership: Help for those hurting the ones they love
<http://respectphonenumber.org.uk> <https://lgbtdap.org.uk/are-you-hurting-the-one-you-love/>

LGBT Housing Support <https://stonewallhousing.org/>

Support for homeless LGBT+ young people <https://www.akt.org.uk/>

NSPCC <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/domestic-abuse/>

Ashiana
NETWORK

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elop
LGBT mental health and wellbeing

saferlondon