



Stop, leave, and breathe:

Ending Domestic Violence



**BECOME
UNITED**



What is domestic abuse?

Domestic abuse is an incident, or a series of incidents, of violent, manipulative and emotional abuse towards your partner (including your children), ex-partner or family member.

‘Domestic’ generally means within that relationship, in what is meant to be a safe place such as your home. It can also include incidents outside and in public, such as a holiday, in a car, or on public transport like a bus.

The majority of cases in the UK are experienced by women and committed by men, but men can also experience domestic abuse.

Research has shown that every year, 2.3 million adults aged 16 to 74 experience domestic abuse (1.6 million women, 757,000 men). One in 6 men and one in 4 women will be a victim of domestic abuse in their lifetime.*

BAME community

Anyone of any age, gender, ethnicity, religion, or sexuality can be a victim of domestic abuse. However, research shows that rates of domestic abuse amongst BAME communities are **often higher** than in white communities, and were also **highest amongst those of mixed ethnicity** **

* Source: Domestic abuse in England and Wales overview: November 2020

** Source: ONS 2019 study: Domestic Abuse in Ethnic Minority Communities



Call 999 if you believe you or someone else will cause harm.



There is never an excuse for domestic abuse

You may feel that there are reasons why you're feeling frustrated or stressed — but you should **never** direct your frustration at your partner, children, or family and friends.

Mental health

You may be experiencing complex mental health conditions which are affecting other areas of your life – **seek help and support** from your GP or therapist

Work

You might be feeling stressed or overwhelmed because of your job – instead, **talk with your employer** about your workload and **seek medical advice** on how to manage your stress

Substance abuse

You might be relying on alcohol or drugs which can hugely affect your behaviour and judgement – instead, **reach out to services** that can provide you support on how to manage misuse

Financial panic

You might be worrying about the financial status in your household that you feel you have to restrict others from spending or earning certain amount – instead, **seek advice** from financial specialists about money concerns and health professionals about managing stress

Beliefs and family traditions

You might feel that your beliefs and family traditions influence how you should behave in your relationship and treat the other person – instead, **seek knowledge** on what is a healthy relationship and how you should treat your partner.

Turn to the back pages of this guide to find charities and NHS services you can talk to for advice.



What domestic abuse looks like

Domestic abuse can take many different forms.

You can talk to someone if you feel unsure and need to get help.

Details about local and national support services can be found at the end of this booklet.



Physical

- Hitting
- Biting
- Throwing objects at a person
- Handling and touching someone when they say no
- Strangulations, hair pulling, kicking



Emotional and Psychological

- Verbal abuse, such as telling someone they're not good enough or making fun of them
- Making them feel shame because of their appearance
- Online abuse, such as limiting their social media use or going through their phone and possessions
- Sharing digital images without consent, tracking, sending abusive messages
- Controlling what they do, where they go and who they can see.



Financial

- Demanding money
- Preventing them from earning or spending money
- Questioning every decision they make about money
- Running up debt in another person's name, taking/controlling money, restricting money

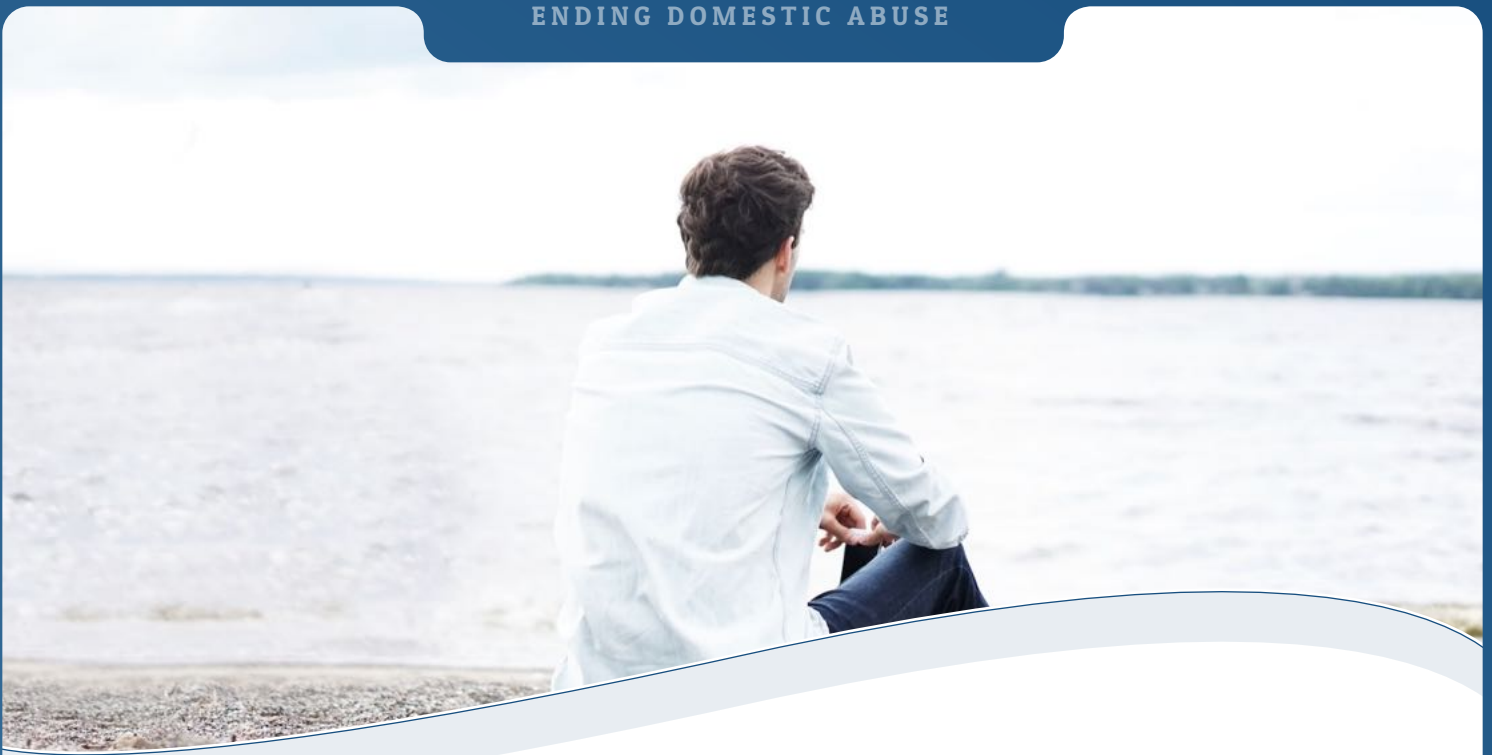


Sexual

- Demanding sex or sexual contact from someone when they don't want it
- Sharing images, forcing another to engage in sex acts, getting another person to sleep with someone against their will, rape, making them watch porn



Call 999 if you believe you or someone else will cause harm.



Do you recognise yourself in any of these behaviours?

You may not feel that you're being abusive, but your actions may be making someone close to you feel **intimidated** and **unsafe**.

Ask yourself:

- Do you need to use **violence** – physical, emotion, language – to feel heard?
- Do you feel you must **act a certain way** or control a partner because of your beliefs or culture?
- Do you find yourself becoming **frustrated** because of a situation or person, and use violence and anger to express yourself?
- Do you feel that you **need to control** the other person in order to get your own way?
- Do you feel **suspicious of your partner** and their interests, without any real reason for doing so?
- Have you **experienced a history of abuse yourself**, and find that you're repeating the same actions?

There is a list at the back of this guide of the local and national groups you can talk to if you find yourself becoming aggressive to your partner or family member.

Stop, leave, and breathe

3 short steps to calm a situation



Stop.

If you find yourself in a difficult situation with someone, stop what you're doing and saying.



Leave.

Remove yourself from the situation, such as leaving the immediate area or putting the phone down.



Breathe.

Go to a quiet place away from others and take a few deep breaths. Reach out to a helpline or someone you trust (not the person you are arguing with) to talk about what has happened.

Working with people who cause harm

The Against Violence & Abuse (AVA) project have a video about the different types of abuse, and how someone can contact others for help.



Watch the 'Working with Perpetrators of Domestic Violence' video on the AVAproject YouTube channel — [youtube.com/watch?v=NjjjgDbcuDs](https://www.youtube.com/watch?v=NjjjgDbcuDs)



How friends and family **can help**

If you are the friend or family member of someone who has **committed** domestic abuse, you may feel unsure of what to do next.

You might feel the need to step in and intervene, but you have a range of emotions, and maybe mixed loyalties.

The Respect Phonenumber charity have the following suggestions of what you can do.

Safety

Safety is the priority. The person being abused may give you an idea of how to approach the subject, but don't put yourself at risk.

The person committing the abuse will also be feeling a mix of emotions, such as pain or guilt. Keep them calm without confronting them, to make sure they don't do anything that could cause them or others harm.

Calling the police can also send a clear message that domestic abuse is unacceptable.

Responsibility

It isn't easy to accept that someone you love has harmed their partner. If they open up to you about it, don't assume you're hearing the full story.

- ✓ Keep them focused on their own actions, and how they should have handled the situation
- ✓ You can show empathy – but avoid comments that encourages or rewards this behaviour, for example 'I understand why you thought that, but it is **not acceptable** and you should never do this kind of action, ever'
- ✓ Stress, alcohol or drugs do not cause domestic violence. Many people live very stressful lives, drink or use drugs heavily and are never violent.

Be realistic about change

People can **change** if they want to.

They choose to act this way to their partner.

They also have to choose to **stop**.

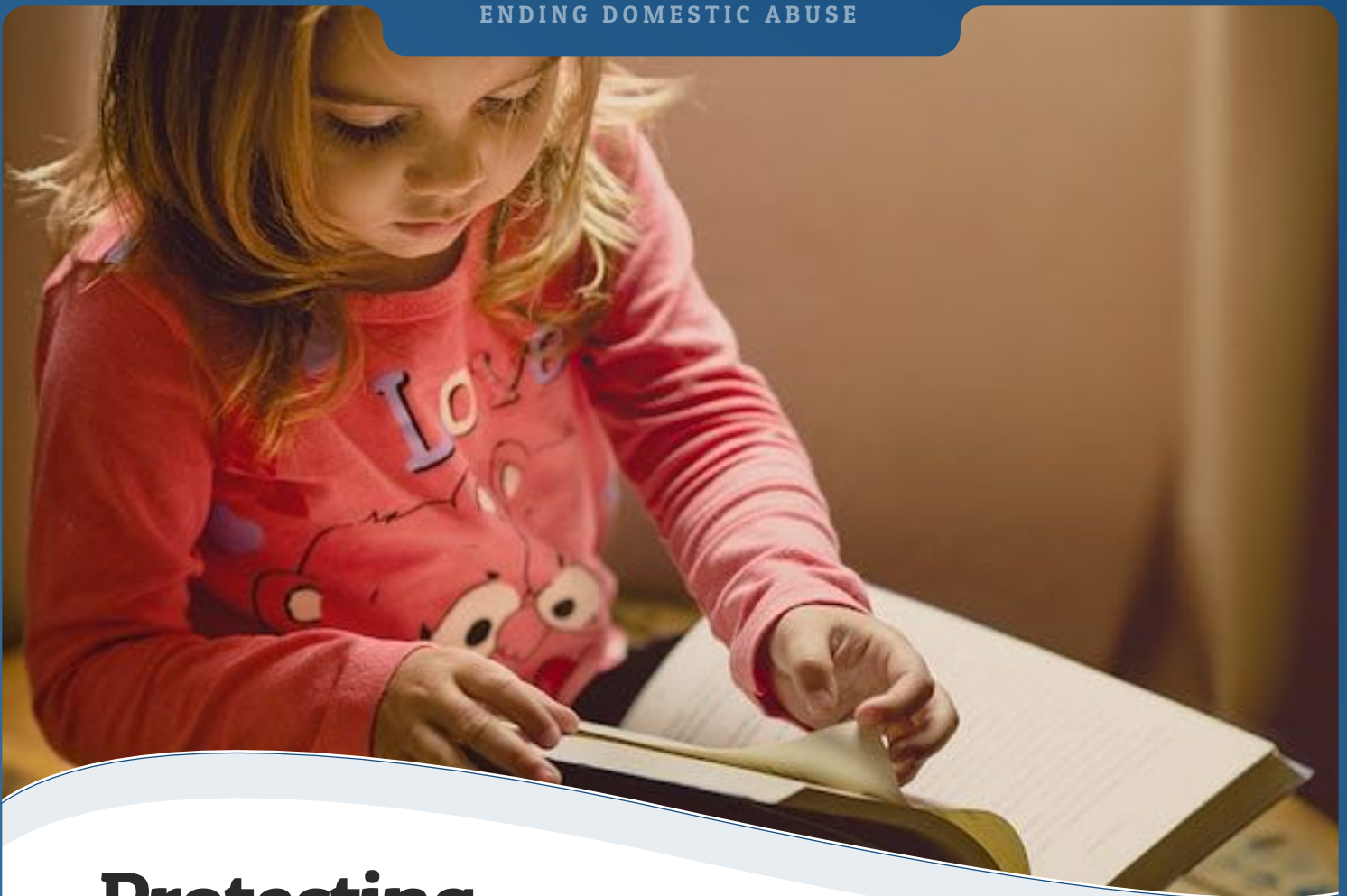
The first step is to stop making excuses or playing down their actions, and reach out for help.

Turn to the back pages of this guide to find contact details of charities and communities that can talk to you and them about what to do next.



Find more advice online

respectphoneline.org.uk/friends-family/



Protecting children

Domestic abuse can have a serious, lasting impact on a child or young person's life.

This includes their mental and physical wellbeing, as well as their behaviour and attitude towards relationships, family and friends, and their own confidence.

All children and young people deserve to feel secure and grow up in a safe home.

If a child reveals abuse

If a child talks to you about domestic abuse it's important to:

- Listen carefully to what they're saying,
- Reassure them it is not their fault
- Contact children's protection services for guidance on how to help them

**Contact NSPCC
for more information**

[nspcc.org.uk](https://www.nspcc.org.uk)

Helpline **0808 800 5000**

Under 18s helpline **0800 1111**

If your parents or family are being abusive to someone you know

Domestic abuse is when someone like your parent or a family member, bullies or hurts another adult in your family.

It is not your fault, and there are people you can talk to if you feel unsafe or you are worried about someone else.

What you can do to help yourself and others

It's normal to feel worried or frightened if you see loved ones arguing or fighting.

There are things you can do to make sure you feel safe and calm.

- **Spend time with friends or family who make you feel safe**
you don't have to tell them everything that is going on, and they will not judge you
- **Do the things you enjoy like hobbies or activities** –
this could be an after school club, reading, playing a sport or a video game
- **Do the things that your brothers and sisters enjoy** –
if you have younger siblings, you can make them feel happy and safe by spending time with them
- **Write down what you are feeling or thinking** –
this can help you relax more, like when you are trying to go to sleep

Contact NSPCC for more information

Call Childline **0900 1111**

Call **999** if it's an emergency. If you can't speak, make a tapping noise or cough to answer. Press 55 to signal an emergency.

Web: childrensociety.org.uk

Web: nspcc.org.uk

Support

Do not feel that you are alone, or that you need to keep quiet and try and change by yourself.

Emergency services

Greater Manchester Police

Find out what classes as domestic abuse, and how to get help.

gmp.police.uk/advice/advice-and-information/daa/domestic-abuse/

UK Government

Information about domestic abuse definition and how to get help

gov.uk/guidance/domestic-abuse-how-to-get-help

Greater Manchester

CAHN Domestic Abuse Service

The Caribbean and African Health Network (CAHN) is a UK national charity that offers a religiously and culturally appropriate DA service to support victims of domestic abuse from any background. Alongside this service is the CAHN Counselling offer which provides a therapeutic support to service users.

Confidential Helpline: **07710 022 382**

<https://www.cahn.org.uk/domestic-violence-and-sexual-violence-support/>

Drop In And Share (DIAS)

Charity that works with women and men who are experiencing or recovering from domestic violence and abusive relationships and helps them to regain control of the situation.

diasdvc.org/about-dias/

Press Red

A Christian organisation educating, equipping, and empowering on the issues of violence and abuse against women and girls. They are a force for change, leading a movement of people, churches, and organisations who refuse to accept the status quo, and are committed to helping bring hope and healing into harrowing situations.

pressred.org

Pankhurst Trust

Whilst we are called Manchester Women's Aid, we do offer services for men suffering from domestic violence and abuse. Nobody deserves to live a life in fear, and our work aims to stop domestic violence and abuse in all its forms.

Call **0808 2000 247**

pankhursttrust.org/advice-and-support/help-men

Survivors Manchester

A survivor focused voluntary sector organisation that aims to create and facilitate safe spaces for male (including trans and non-binary individuals) survivors of sexual abuse, rape and sexual exploitation across Greater Manchester providing to access quality assured support.

Call **0808 800 5005**

survivorsmanchester.org.uk/

Talk Listen Change

Talk Listen Change are here for you if you're concerned you might be hurting, scaring or controlling your partner - or if you're worried you are struggling to control your feelings or actions. Our team are caring, non-judgmental and will work with you to help you develop healthy relationships.

<https://talklistenchange.org.uk/>

Phone number: **0161 872 1100**

UK charities

Mankind Initiative

Specialist charity in the UK focussing on male victims of domestic abuse. The charity collaborates and works in close partnership with other organisations and practitioners to support these victims too.

Call **01823 334244**

mankind.org.uk

MyTime Drive Project

Multi-lingual, community domestic abuse and mental health service provider in the Midlands. They offer an intensive intervention which aims to hold those who cause harm to account.

Call **0121 766 6699**

richmondfellowship.org.uk/services/mytime-drive-project/

Respect Phonline

Support for both perpetrators and victims of domestic abuse. Examples of troubling behaviour, and tactics about how to manage stress and anger.

Freephone **0808 802 4040**

respectphonline.org.uk/help-for-perpetrators/

SafeLives

The UK-wide charity dedicated to ending domestic abuse, for everyone and for good.

safelives.org.uk/

Thank you to our volunteers, staff, and partner organisations of Become United (BU) for helping us create this guide.

BU is a community group, focused on projects for the BAME community of Greater Manchester, with a focus on 4 areas: Mental Health, Sport, Youth and Resources in various languages for the BAME community.

Contact us to find out more about our projects or any feedback/comments on this pack.

Web: becomeunited.org.uk

Email: info@becomeunited.org.uk



#BecomeUnited

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