



PROUD to be part of the  
**Brooke Weston Trust**



## Brooke Weston Trust Primary SAFEGUARDING Newsletter

### Welcome to our first Safeguarding Newsletter.

The Designated Safeguarding Leads from each primary school will put together a termly newsletter for you with a focus on various topics throughout the year. Our first newsletter focuses on domestic abuse and violence. We hope you enjoy our newsletters and find the information useful.

If you or your child is experiencing abuse or domestic violence, or have done in the past, remember that you are not alone.

Abuse and domestic violence are never okay or excusable. Everyone has the right to live a life free from fear, harm and control. Experiencing abuse in any form can have a huge effect on your child's mental health, both while it is happening and later in life.



**Signs of domestic violence and abuse** - There are different kinds of abuse, it's always about having power and control over you.

If you answer yes to any of the following questions, you might be in an abusive relationship or experiencing **domestic abuse**.

### Emotional Abuse

Does your partner or someone you live with ever:

- belittle you, or put you down?
- blame you for the abuse or arguments?
- deny that abuse is happening, or downplay it?
- isolate you from your family and friends?
- stop you going to college or work?
- make unreasonable demands for your attention?
- accuse you of flirting or having affairs?
- tell you what to wear, who to see, where to go, and what to think?
- control your money, or not give you enough to buy food or other essential things?
- monitor your social media profiles, share photos or videos of you without your consent or use GPS locators to know where you are?

### Threats and intimidation

Does your partner or someone you live with ever:

- threaten to hurt or kill you?
- destroy things that belong to you?
- stand over you, invade your personal space?
- threaten to kill themselves or the children?

### Sexual abuse - Sexual abuse can happen to anyone.

Does your partner or someone you live with ever:

- touch you in a way you do not want to be touched?
- make unwanted sexual demands?
- hurt you during sex?
- pressure you to have unsafe sex – for example, not using a condom?
- pressure you to have sex?

If anyone has sex with you when you do not want to, this is rape. It is still rape if that person is your partner.

- Have you ever felt afraid of your partner?
- Have you ever changed your behaviour because you're afraid of what your partner might do?
- If you think you may be in an abusive relationship, there are lots of people who can help you.
- Domestic violence and abuse against women often starts during pregnancy. If the relationship is already abusive, it can get worse.

### Helping a friend if they're being abused

If you're worried a friend is being abused, let them know you've noticed something is wrong.

They might not be ready to talk, but try to find quiet times when they can talk if they choose to.

If someone confides in you that they're suffering domestic abuse:

- listen, and take care not to blame them
- acknowledge it takes strength to talk to someone about experiencing abuse
- give them time to talk, but do not push them to talk if they do not want to
- acknowledge they're in a frightening and difficult situation
- tell them nobody deserves to be threatened or beaten, despite what the abuser has said
- support them as a friend, encourage them to express their feelings, and allow them to make their own decisions
- do not tell them to leave the relationship or leave home if they're not ready – that's their decision
- ask if they have suffered physical harm and if they have, offer to go with them to a hospital or GP
- help them report the assault

### Physical abuse

The person abusing you may hurt you in a number of ways.

Does your partner or someone you live with ever:

- slap, hit or punch you?
- push or shove you?
- bite or kick you?



**Respect**  
Men's advice line

**0808 8010327**  
[www.mensadvice.org.uk](http://www.mensadvice.org.uk)

**Domestic abuse affects men too**

**Talk it Over**

**NATIONAL DOMESTIC VIOLENCE HELPLINE**  
**0808 2000 247**  
**24/7 CONFIDENTIAL FREEPHONE**

The Designated Safeguarding Lead for Oakley Vale Primary School is Fran Dunn, who is happy to support with any safeguarding and provide advice in any given situation.