



Domestic abuse

What you need to know

A close-up photograph of a person's open palm, facing the viewer. The word "HELP" is written in large, pink, capital letters across the palm. The background is a soft-focus image of a person's face.

HELP



**TEAR OFF
BACK COVER**

Harborough District Council

What is domestic abuse?

Domestic abuse is any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence, or abuse between people aged 16 or over, who are or have been intimate partners or family members.


Domestic abuse can include, but is not limited, to the following:

- Coercive control (a pattern of intimidation, isolation and control with the use of threat of physical or sexual violence)
- Psychological and/or emotional abuse
- Physical or sexual abuse
- Financial or economic abuse
- Harassment and stalking
- So called '**Honour- Based**' abuse and forced marriage
- Online and digital abuse



It is important to remember that domestic abuse does not discriminate. Domestic abuse happens within all aspects of society, regardless of economic status, race, religion, sexuality, disability, age, gender or gender identity.

Signs that you may be in an abusive relationship, can include –

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- your physical and mental health is deteriorating since being in the relationship
 - you fear your partners unpredictable behaviour
 - feeling that you are ***‘walking on eggshells’***
 - isolating yourself from friends and family to avoid conflict in your relationship
 - losing your identity – not voicing your opinions/changing the way you look
 - feeling scared of upsetting your partner
 - feeling pressured to move the relationship forwards quicker than you would like
 - feeling scared to say ***‘no’*** to your partner

Myths of domestic abuse

Substance misuse excuses domestic abuse

Alcohol and drugs can make existing abuse worse, or be a catalyst for an incident, but they do not cause domestic abuse. Many people use alcohol or drugs and do not abuse their loved ones. The perpetrator alone is responsible for their behaviour and actions.

If it was that bad, they would leave

People stay in abusive relationships for many different reasons, and it can be difficult to leave – even if they want to.

A victim may still be in love with their partner and believe them when they say they are sorry, and it won't happen again; they may be frightened for their life or for the safety of their children if they leave; they may have nowhere to go; they may have no financial independence.

Victims in abusive relationships need support and understanding – not judgement.

The victim provoked the perpetrator

A perpetrator of abuse will try to blame, minimise or deny the abuse they have perpetrated. This can leave their victim feeling confused or blaming themselves for the abuse they have suffered.



There are arguments in every relationship, so it is not domestic abuse

Abuse and disagreement are not the same things. Different opinions are normal and completely acceptable in healthy relationships. Abuse is not a disagreement – it is the use of physical, sexual, emotional or psychological violence or threats to govern and control another person's thinking, opinions, emotions and behaviour. When abuse is involved, there is no discussion between equals. There is fear of saying or doing the '**wrong**' thing.

PSYCHOLOGICAL

THREATS

VIOLENCE

PHYSICAL

EMOTIONAL

CONTROL

FEAR

SEXUAL

ABUSE

A silhouette of a man and a woman in a confrontational pose, with the man's hand raised towards the woman's face. A large, light-colored 'X' is superimposed over the entire scene. The background is a solid dark color. Various text labels are scattered around the couple, and the word 'ABUSE' is prominently displayed at the bottom.

Domestic Violence Disclosure Scheme (Clare's Law)

The Domestic Violence Disclosure Scheme (DVDS) allows you to ask the police to check whether your partner has been abusive in the past. It also allows concerned friends or relatives to make a request for information. If records show that a partner has a record of abusive behaviour, the police will consider sharing this information. This can help you make a more informed decision about whether to continue the relationship.


You can contact the police by telephoning **101** or you can attend your local police station. Alternatively, you can make an online application using the following address:

<https://www.leics.police.uk> – then use the search function, by typing ‘Domestic Violence Disclosure Scheme’.



Leicestershire
Police
Protecting our communities

101



[Request](#)
[Full of access](#)
[Apply for login](#)
[Request](#)
[Trouble and compatibility](#)
[Your data](#)

[Request a Report](#)
[Request Information](#)

Request information under Clare's Law: Make a Domestic Violence Disclosure Scheme (DVDS) application

▲ If someone is in danger or at risk

If you're in someone's risk of immediate safety please call 911. If you have a hearing aid or other equipment, call our support service, 1-888-967-7828 or an 800 phone you are comfortable with, to get help with the DVDS application.

This Service for reporting Domestic Violence. If you want to do this please report [domestic violence](#) using our online service.

This online service will allow you to make an application about any potential form of violence or threat to someone's safety.

Domestic Violence can be:

- apply for information about your current or ex-partner because you suspect they may have historical or future risk of violence against you.
- request information about the current or ex-partner of a relative because your partner is worried they might be at risk.

Phoneline: The Clare's Law 1-888-967-7828 where you can receive a 1-888-967-7828 Request Domestic Violence Disclosure and Reporting Information, contact your nearest police station.

C. Check (Step 3)

Is a crime happening right now, is someone in immediate danger?

☐ Yes

☐ No

The police will need some information from you, such as your name, address and date of birth. They will let you know what additional information they need from you when you contact them.

If the police feel that you are at risk and in need of protection from harm, they will take immediate action.

The police will ask you some questions about your partner or ex-partner.

The police will talk to other organisations who may have information about your partner/ex-partner. The police will then decide if they are able to give information and how this will happen.

Someone from the police will arrange to contact you to share the disclosure.

It is important to remember that even if the police do not have information to share, that does not mean there is nothing to worry about. It may mean that previous abusive behaviour has not been reported to them.

If you receive a disclosure from the police, there are support agencies that you can contact to discuss concerns that you have. Trained professionals will be able to guide you through your options.

Safety Planning

Here are some basic safety planning tips:

Ring 999 in an emergency.

Plan for needing to leave your house in an emergency. Identify escape routes from your property. If you are unable to leave, identify a safe room with a secure door, window and no weapons inside.

Talk to someone you trust. Create a **‘safe word’** with a trusted person that you can say if you are in danger so they can seek help.

SOMEONE
YOU TRUST

Have a bag of essential clothing and important documents at a trusted person’s house. Include copies of important documents such as a passport/driving license and essential medication for yourself and any children.

Ensure that you have access to a charged and working phone. Consider keeping a separate mobile for emergencies if it is safe to do so. If possible, save some money that cannot be accessed by the abuser.

If you would like to receive further support you can talk to a trained support worker about your situation, and they can help create an individualised safety plan. This can be done by contacting the local specialist services listed at the back of this leaflet.

PLAN
AHEAD

MONEY

IMPORTANT
DOCUMENTS

PASSPORTS

CHARGED
MOBILE

MEDICATION

DRIVING LICENSE

SAFE
WORD

KEEP YOUR
EMERGENCY
BAG SMALL

EMERGENCY
BAG





Harborough District Council,
The Symington Building,
Adam and Eve Street,
Market Harborough,
Leicestershire,
LE16 7AG

Tel: 01858 828282 **Web:** www.harborough.gov.uk

Email: customer.services@harborough.gov.uk

Helpful Local Services

In an emergency please ring 999

If you want to discuss Housing Options, you can contact the
Harborough District Council Housing Team on **01858 828282**.

FREEVA

(Free from Violence & Abuse – front line support service for guidance on domestic abuse for victim survivors and those using harmful behaviours)



www.freeva.org.uk

0808 802 0028 Monday to Friday – 8am to 8pm
Saturday, Sunday and Bank Holidays – 10am to 4pm

Calls are free from all mobiles, landlines and payphones
and calls will be hidden on telephone bills.

Juniper Lodge

(Sexual Assault Referral Centre)



Juniper Lodge
sexual assault referral centre

www.juniperlodge.org.uk

0116 273 3300 Monday to Saturday – 8am to 8pm
Any incidents involving the Police are to be
directed to 101 or 999 if an emergency.

Women's Aid Leicestershire

(Refuge Lead for Leicestershire)

www.wa-leicester.org.uk

0808 802 0028 Monday to Friday – 8am to 8pm
Saturday, Sunday and Bank Holidays – 10am to 4pm

Calls are free from all mobiles, landlines and payphones
and calls will be hidden on telephone bills.



The Jenkins Project

(Services for those looking to change harmful behaviours towards loved ones)

www.freeva.org.uk

0116 254 0101 Monday to Friday – 9am to 5pms

24-hour National Domestic Abuse Helpline

Run by Refuge offers support for women: **0808 2000 247**

Respect Men's Advice Line

Offers support for men: **0808 801 0327**

Galop's free National LGBTQ+ Domestic Abuse Helpline

Offers support for people who are LGBTQ+: **0800 999 5428**

Karma Nirvana

Offers support for victims of forced marriages and so-called honour-based crimes: **0800 599 9247**

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