

Do now

1. What are the different types of abuse?

Physical, verbal, emotional, sexual

2. What signs might someone show if they are being abused?

Withdrawn, physical signs, no signs at all...

What is domestic abuse?

Ground Rules

Safe Space

Show Mutual Respect

Challenge Yourself

Hayley's Story – Part A

Jack and Hayley enjoyed an amazing holiday romance. The age gap wasn't an issue - they had so much in common! Jack often said he liked what Hayley was wearing but sometimes suggested a few changes to her outfit, so she 'looked her best'. He also had a strong personality, so people didn't mess Jack around, which seemed impressive at first (although sometimes it could feel uncomfortable if he spoke disrespectfully). Sometimes there was a sense that things weren't quite right but they were having so much fun most of the time, Hayley put any doubts aside and they continued the relationship long distance when they got back to the UK.

Hayley's Story – Part A

It was hard as Jack lived in London while Hayley was finishing her degree in Manchester. Jack had a daughter (Saskja) from a previous relationship, so it often meant Hayley travelled to London rather than Jack travelling to Manchester. This started to affect Hayley's studies, so Jack suggested she quit university and move to London with him. Jack hinted he was worried the relationship might not last unless she moved. Hayley was so caught up in how much this meant Jack must love her, that she set aside any worries and moved to London – after all, wasn't love more important than getting qualifications.

Turn and talk:

1. What signs did you notice that the relationship might not be a healthy one?
2. Why might Hayley not have recognised, or have dismissed signs that the relationship was not healthy at this point?
3. Hayley made a bold decision (to move to London) due to the strength of feeling she had for Jack. How did Hayley assess the different risks and benefits in this situation?

Hayley found it difficult to get a job in London, so Jack was paying all the bills. This made things awkward as she didn't have money of her own. Jack told her not to claim Jobseeker's Allowance as it would affect the child benefit he received, so she relied on Jack to pay for everything but he'd often become angry if she asked to borrow money. Hayley therefore struggled to build a life in London outside of their relationship, so she was feeling quite isolated and low.

Hayley helped look after Saskja and they got on really well. She began to notice how scared Saskja sometimes was if Jack raised his voice. One day Jack got angry about their food not being hot enough and shouted insults at Hayley. He threw his plate and stormed off, leaving both Hayley and Saskja feeling shocked and scared.

Turn and talk:

- What additional signs did you notice that showed the relationship was not a healthy one?
- What barriers are there for Hayley which mean she does not seek help or leave the relationship at this point?
- Consider Saskja's situation. What can she do here, even if the adults in the situation do not act to protect her welfare?

One of Hayley's friends came to visit and noticed she seemed a lot quieter and less confident. Hayley told her friend she and Jack were happy and gave what she considered reasonable explanations for his behaviour. But the conversation made Hayley think.

Jack got very angry after her friend left. He damaged Hayley's phone, went to hit her, stopped himself but threatened violence if she invited friends he didn't know again. He later apologised, saying he only acted that way because he loved Hayley so much, but it had left Hayley very shaken. After that, there were more threats followed by apologies, especially if Jack had been drinking.

Without her phone, her friends and money, Hayley felt trapped in the situation. She thought about using online messaging to contact someone but Jack monitored her computer use.

Hayley recognised Jack's behaviour was controlling and abusive and that she needed to leave to protect herself. She used a library computer to access a chat feature on the Domestic Violence Helpline page to get some advice. The helpline didn't push her to do anything but discussed her options, including how to help Saskja.

Hayley still had feelings for Jack and was worried about Saskja's welfare if she left. There were also practical challenges to leaving – where would she go? How would she pay for travel? Would she be able to cope on her own again? How would Jack react if he discovered her gone? It all felt very complicated but the helpline supported her to see things more clearly

Turn and talk:

- What additional signs are there of abuse in the relationship?
- What barriers are there for Hayley which mean she does not seek help or leave the relationship at this point

Hayley had found the courage to leave after Jack ruined Saskja's birthday. It had hurt her to see Jack's daughter so unhappy and it made her realise that Jack would never be able to treat her (or Saskja) with the respect and love they deserved.

It hadn't been easy to walk out. She'd had to leave behind most of her things and she really missed Jack and Saskja as they had shared some happy moments together. She'd been told these mixed feelings were normal but that difficult feelings would pass - she would have fun, loving times again.

Hayley had contacted the school who had involved social services for support for Saskja. They had placed her with extended family immediately and had provided further support. For lots of reasons, Hayley hadn't been able to visit Saskja yet, but she'd spoken to her online and it was clear she'd made the right decision.

A police caseworker helped with legal options and gave her some further safety advice. Hayley found a temporary place to stay in a new area where Jack would not be able to find her. A friend gave her an old phone – free of tracking apps. When she'd moved to a new flat-share, Hayley's name had been anonymised on the electoral roll, just in case.

She was able to access support for her mental health and her old university reassured her she could transfer some study credits to a new place of study if she wished, somewhere Jack wouldn't think to look for her.

Hayley hadn't realised how much of herself and her life she'd given up while she was in a relationship with Jack. As hard as it was to manage her feelings about what had happened, she liked how she was feeling more and more like herself

Turn and talk:

- Why was seeking support so important for Hayley?
- What are the challenges that Hayley is having to manage at this point?
- Why was it so important for Hayley to take steps to protect her safety even after she had left Jack?
- What are the positive aspects of Hayley's life now that she has left the abusive relationship?
- How will Hayley's choice to seek support for Saskja improve her wellbeing?

Turn and talk after each one

1. What are the potential barriers to seeking help?
2. What are the potential positives to seeking help?

I worked with the police to help get justice and protect others from facing the same violence. I was scared about the process, and I admit, it was an experience I'd rather forget. But it felt the right thing to do and there were really supportive people in the specialist police unit who helped me through it. Now the trial is over, I feel I can move on.

We met at a support group for people who'd been in abusive relationships. Years later, we now own a business together. We have regained our sense of identity and self-confidence which has allowed us to be happy again.

I was worried about a friend so I spoke to my teacher. Others told me it wasn't my business but I knew what was happening wasn't right. I was worried my friend would be angry with me, but he said it meant a lot that I cared enough to find him help, when he felt too confused and scared to get help himself.

Looking back, I'm proud of myself for having the courage to find a women's shelter and leave behind the abuse I was experiencing. Their support, advice and guidance made a real difference – they were a lifeline for me and helped me to leave a dangerous situation knowing that I would be supported through it all.

I didn't want my family to know what I'd been through, and I didn't think they'd understand. But they were really supportive and helped me to leave on my own terms. It turns out I'd underestimated them. It's brought us closer and now I can talk to them about anything.

I'm so pleased my mum and brothers are safe. Once the police knew what was happening, they helped us find a new home. Now my mum doesn't have to worry so much.

Potential barriers

- Fear (of the perpetrator, of having to relive the experiences, of change, of what friends/family may think)
- Someone feeling it's not their place to 'interfere' (e.g., by saying something or alerting the police)

Potential positives

- New opportunities
- Feeling safe
- Feeling a sense of justice
- Rebuilding sense of identity, self-worth or confidence
- Being able to move on
- Becoming closer to people who care about them

NHS website or your GP

www.nhs.uk

Childline

www.childline.org.uk

0800 1111

Refuge

www.refuge.org.uk

Women's Aid

www.womensaid.org.uk

Mankind

www.mankind.org.uk

Galop (LGBT anti-abuse charity)

www.galop.org.uk

You can also:

- Speak to a member of staff at school – your Form Tutor, Head of Year or Key Worker. Any member of staff is here to help!
- Send an email to safe@castle-tmet.uk.
- Speak to an adult that you trust – this might be a sibling, a parent or grandparent. As long as this person is trustworthy then it's a good idea!