

IDAS: Lives free from fear, harm and violence

# WHO WE ARE

IDAS is the leading specialist domestic abuse charity in Yorkshire.

IDAS also offer advice and support to people who have been affected by sexual violence and abuse.



# ABOUT SPEAK UP

## Our Aims;

- To create safe spaces in the Community
- Provide you with the skills to recognise the signs
- Provide you with the confidence to ask the questions
- Provide you with the knowledge to respond



# HOW DOES IT WORK? WHAT DO I NEED TO KNOW?

- What coercive control and domestic abuse is
- How to respond if someone says they are experiencing abuse
- The local services that can provide help and expert support



# WHAT IS DOMESTIC ABUSE?

- What the definition of domestic abuse is and who can be affected by it





## **DOMESTIC ABUSE IS DEFINED AS:**

Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family members regardless of gender or sexuality



## **ABUSE CAN TAKE THE FOLLOWING FORMS;**

- Psychological
- Physical
- Sexual
- Financial
- Emotional

# COERCIVE CONTROL

- Coercive behaviour
- Controlling behaviour





## **COERCIVE BEHAVIOUR**

is a continuing act or pattern of acts of assault, threats, humiliation and intimidation that is used to harm, punish or frighten their victim

## **CONTROLLING BEHAVIOUR**

Is designed to make someone dependant by isolating them from sources of support, exploiting them for personal gain, depriving them of independence and controlling their everyday behaviour





# **LISTENING AND ASKING**

- SUPPORT
- BE NON-JUDGEMENTAL
- GIVE THE VICTIM A CHOICE
- REASSURE THEM ABOUT CHILDREN



# THE DO'S AND DON'TS

**DO:**



- Listen carefully
- Find out what the victim wants and let them choose what they need from you
- Provide information about options and don't make choices for the victim
- Tell victims about the services that can help
- Focus on facts, keep opinions to yourself
- Believe the victim and reassure them that it's not their fault
- Be clear about confidentiality
- Be patient and respectful

# DON'T:

- Panic
- Talk too much
- Tell the victim what to do
- Guess at the information
- Expect too much
- Offer more than you can deliver
- Act as a mediator or contact point with the perpetrator



# WHO TO CONTACT FOR SUPPORT



If you are impacted by domestic abuse or would like to refer someone for advice, support or accommodation, please contact IDAS on

**03000 110 110**

Or visit:

[www.idas.co.uk](http://www.idas.co.uk)

Women's Aid also offer a national 24 hour helpline which is available on:

**0800 2000 247**

# ANY QUESTIONS?

You can contact us on:

01226 384054/01226

320112

Sam Goulding

On 07860821617

Yvonne Lig

On 07712246335

