

## Domestic Abuse



Domestic abuse (DA) is any type of controlling, bullying, threatening or violent behaviour between people in a relationship, including other family members and carers. It can seriously harm children and young people and witnessing domestic abuse is child abuse. It's important to remember domestic abuse:

- can happen inside and outside the home
- can happen over the phone, on the internet and on social networking sites
- can happen in any relationship and can continue even after the relationship has ended
- both men and women can be abused or abusers.

### Types of domestic abuse

DA can be emotional, physical, sexual, financial or psychological, such as:

- kicking, hitting, punching or cutting
- rape (including in a relationship)
- controlling someone's finances by withholding money or stopping someone earning
- controlling behaviour, like telling someone where they can go and what they can wear
- not letting someone leave the house
- reading emails, text messages or letters
- threatening to kill someone or harm them
- threatening to another family member or pet

### Effects of domestic abuse

It can be difficult to tell if DA is happening and those carrying out the abuse can act very different when other people are around. Children and young people might also feel frightened and confused, keeping the abuse to themselves. Living in a home where DA happens can have a serious impact on a child or young person's mental and physical wellbeing, as well as their behaviour, and this can last into adulthood.

Signs that a child has witnessed DA can include:

- aggression or bullying
- anti-social behaviour, like vandalism
- anxiety, depression or suicidal thoughts
- attention needing
- bed-wetting, nightmares or insomnia
- constant or regular sickness, like colds, headaches and mouth ulcers
- withdrawal

- drug or alcohol use
- eating disorders
- problems in school or trouble learning
- tantrums

### Reporting and support for the family:

**If you are worried about the immediate safety of a person you should dial 999.**

<https://www.northwalessafeguardingboard.wales/>