

Some facts you should know

- DA is not caused by the abused person, by stress, alcohol or drugs.
- Abuse increases over time.
- No one deserves to be hit, beaten, threatened, humiliated or otherwise subjected to physical, sexual or emotional harm.
- One in 5 women experiences DA at some stage in their life.
- It is important to remember that in 90% of incidents children are in the same or next room.
- Protection of the victim (usually the mother) is seen as the best protection for children.

Barnardo's basis and values

Basis

- Barnardo's is an association whose inspirations and values derive from the Christian Faith.
- These values, enshrined and shared by many people of other faiths and philosophies, provide the basis of our work with children and young people, their families and communities.

Values

- Respecting the unique worth of every person
- Encouraging people to fulfil their potential
- Working with hope
- Exercising responsible stewardship



How to contact us...

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Information is confidential to the client and Barnardo's, except with the permission of the client or where there are child care/protection concerns or risks to safety. These will be referred to the appropriate service and we will continue to support the family through the process.

In partnership with

Tayside Police
Angus Partnership on Domestic Abuse
Dundee Domestic Abuse Forum
Perth & Kinross Domestic Abuse Forum

Believe in children



**Barnardo's
Scotland**

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**Tayside
Domestic Abuse
Initiative**

**Believe in
children**



**Barnardo's
Scotland**

**'No one knows what
goes on behind
closed doors.'**



Aim

To work towards the prevention of domestic abuse and enable children and families to live without the fear of domestic abuse.

What do we mean by DA?

The term Domestic Abuse is used to describe a range of abusive and controlling behaviours by one person against another with whom they have/had an intimate relationship in order to gain power and control. In most cases women are the victims however in a minority of cases men are victims.

Abusive behaviours can include – physical violence, verbal abuse, financial control, isolation, emotional and sexual abuse.

Children are also victims of domestic abuse even if they are not physically abused themselves. Witnessing violence in the home can cause emotional suffering. Children can also be used as a means of controlling the victim.

We work with families whether or not they remain together.



We can help by providing:

- individual counselling to help victims deal with past and on-going experiences
- individual/groupwork with children and young people to work through their feelings and worries – space to describe and reflect on their experiences; esteem building, bullying issues
- counselling for parents to help improve their parenting skills
- support to victims and children through court process
- advice and guidance with Housing, Benefits, legal issues
- participating in training inputs to various agencies and groups.

Who can refer?

Team members share offices with Tayside Police Domestic Abuse Officers and the majority of the referrals are from the Police as incidents occur.

We also take referrals from health workers, social work department, voluntary organisations, legal profession and self-referrals.

Common worries

- Failure as a wife/mother/person
- Is it something I've done?
- This is normal
- It's not his fault, he's ill
- Guilt/blame
- What's the alternative?
- Why should I leave my home?
- How will I manage on my own?
- Access/custody of the children/pets
- I made my bed...

What can I do if I choose to leave?

Make sure you have...

- birth certificates etc for yourself and children
- money and benefits books
- telephone numbers of friends etc.
- a place to go where he won't find you
- a means of getting there
- clothes for yourself and for the children
- children's favourite toys.

What can I do if I choose to stay?

- Remember, it's not your fault
- Have a safety plan
- Make sure the children are safe
- Speak to neighbours – they can call Police
- Tell Police and ask them to record it
- Involve support agencies

