



Cheshire East Local
Safeguarding Children Board

Safeguarding Children and Young People affected by Domestic and Relationship Abuse

November 2016



Safeguarding Children and Young People Exposed to Domestic and Relationship Abuse: November 2016

Children, young people and staff across Cheshire East have challenged us to create a **great place to be young**. This includes:

- keeping you safe
- ensuring you are healthy and happy
- making sure that those who work with you work together to help you with support based on experience

Disagreements, and “falling out” are a natural part of life; everyone does this at some time with someone else; even with those they love. Sometimes though those disagreements become frightening; they may involve someone being hurt; either emotionally or physically.

This document is to let you know the things which people working in Cheshire East; including the police, schools, social care and health are doing to help those of you who find yourselves in those situations so that you are safe, healthy and happy..

What is Domestic abuse and Relationship abuse?

Domestic abuse is when one person hurts, controls and bullies another person who is or was their partner, or who is in the same family. Domestic abuse can happen between people who are boyfriends, girlfriends or between people who are married.

It can happen when people live together or in different houses. When this happens children can be affected by the abuse that they see and hear. Children can also be hurt or bullied themselves as part of domestic abuse.

Domestic abuse can be:

- **Physical** –actions that hurt the outside of the body like hitting, slapping, punching, pushing, kicking and even murder
- **Emotional** – actions that effect how you think or how you feel, like; intimidating, threatening, putting down, and checking up on constantly, name-calling. saying things to frighten the other person or make them feel bad
- **Sexual** – actions that effect people intimately like; being forced or pressurised into sex or making someone do sexual things that they don't want to/don't feel comfortable with
- **Financial** – actions that effect your money and finances like; taking money, using your mobile phone without permission, stealing from you, making you pay for everything and not giving you access to your own money, or not letting you get a job

Domestic abuse is a repeated pattern of behaviour. Domestic abuse is never the child's fault.

There are different forms of relationship abuse

“Honour” based violence:

Violence committed to protect/ defend the ‘honour’ of a family; Young women are the most common targets. In extreme cases the woman may be killed

Peer on peer abuse

This is most likely to include, but not limited to: bullying (including cyber bullying), gender based violence/sexual assaults and sexting.

Child to parent violence:

Where a parent is abused by their child physically and/emotionally

Stalking:

Repeated (ie on at least two occasions) harassment causing fear/alarm/ distress. It can include threatening phone calls, texts or letters; damaging property; spying on and following the victim.

Child Sexual Exploitation

Where they (or a third person) receive ‘something’ as a result of them performing sexual activities e.g. drugs, alcohol, affection, gifts, or money

Forced marriage:

A marriage conducted without valid consent of one or both parties, where duress is a factor

What we are doing to support you:

Your schools and colleges will develop your understanding of what “healthy relationships” are and what you can do if you find yourself in a relationship where there is conflict/dominance by one person. They will work with you from a young age to develop your skills, confidence and knowledge so that you know how to keep yourself safe including conflict resolution, assertiveness and effective communication. They will deliver lessons about healthy relationships; highlighting things which are unhealthy in relationships so that you know what to look out for. This will include lessons on things like Forced Marriage, exploitation and peer abuse. They will also support you by letting you know where you can get help or advice.

In Cheshire East, where an adult is concerned about a child or a young person, they will keep asking the question “Are you ok?” so that when the child or young person feels they are ready to disclose they have confidence that there are people there to listen and act.

Cheshire East’s Domestic abuse Hub: this is somewhere that you could phone if you needed to talk to someone about domestic abuse. This might be because of a relationship you are in or it might be because it is your friend or your parents.



“Act on It –Act Now”:

[Act on it](#) has been developed for you, so that you can access resources and information on pathways to support. It has been put together by young people who have lived/are living in homes where there is domestic abuse, or are in relationships where they are being abused.

Programmes to help you: If you need help Cheshire East Domestic Abuse Service carry out 1:1 work and also deliver three programmes:

Jigsaw: is for children who have lived in a situation of domestic abuse but who are now living in a safe environment (refuge or home where the non-abusive parent now lives free from fear). They will be helped to make sense of their experiences and understand what makes healthy relationships.

Acorns and Changing Places: These offer children and young people alternatives to the violent behaviours they have witnessed at home. They help them to take responsibility for their own behaviour and create healthier relationships with the people in their lives; giving them tools to help them manage their feelings and frustrations in a positive way.

The people who work with us:

People working with families, children and young people need support and information so that they know what to do and are the best that they can be. In Cheshire East they are given training so that they recognise the signs and symptoms of abuse, so they can ask the right questions and also get support for those people who need it.

There are risk assessments that they carry out so that they know how high or low the level of risk is to members of the family. They then agree plans to support the family and to keep everyone safe.

Just like the work you do in school/college is marked to make sure it is right and to make it even better; the work done with families is checked to make sure that the right things happen to keep the family safe and to make sure things happened as quickly as possible. That is because the people working with those families want to make their work the best it can be.

Where there is a plan involving you, then the people working with you, putting that plan into place will ask you about it and your opinions will be listened to and acted upon.

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Agency	Number	Type of support
	<p>Act on it now - Act On It</p>	<p>Cheshire East's relationships website by young people for young people</p>
<p>Cheshire East Consultation Service (ChECS)</p>	<p>0300 123 5012 (5022 out of hours)</p>	<p>for ALL young people under 18 who need safeguarding</p>
<p>Cheshire East Domestic Abuse Hub</p>		<p>Access to support for children and young people affected by domestic/ relationship abuse and for their parents/carers</p>
	<p>01270 617557</p>	<p>Support for Young People re Child Sexual Exploitation(CSE) and Missing From Home</p>
<p>Karma Nirvana</p>	<p>Supporting victims of forced marriage & honour based abuse 0800 5999247 Open 9am – 9 p.m. Weekdays 10 am – 4 p.m. Weekends</p>	<p>Advice, support, materials and information around Forced Marriage and Honour Based Abuse</p>

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Agency	Number	Type of support
NSPCC	<p>What is domestic abuse NSPCC tel:08088005000</p> 	Support and advice for children and families
Rape and Sexual Abuse Support Centre	<p>www.cheshiresarc.org.uk 0330 353 0063</p>	Support for anyone who has been raped or sexually assaulted; including children.
Women's Aid	<p>The Hide Out - Home</p>	Information to help children to understand domestic abuse, and how to take positive action

This policy will be reviewed every year; so keep letting us know your thoughts and if you think something needs to be added then let the SCiES team know and they will make sure your ideas are included. sciesteameast@cheshireeast.gov.uk