

### Secure

We want everyone to feel safe whilst in our buildings and participating in our programmes.

### Respected

Everyone is important and we expect this community to give dignity to all without discrimination.

### Valued

We believe we are all created and valued by God; therefore we will actively seek to prevent, identify and report incidents of abuse.

### Do you need help?

#### Are you safe?

#### Do you need to talk to someone discreetly?

National Domestic Abuse Helpline  
([www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk))

Galop Helpline ([www.galop.org.uk](http://www.galop.org.uk))

Men's Advice Line ([www.mensadviceline.org.uk](http://www.mensadviceline.org.uk))

*If you are in immediate danger dial 999 to speak to the police*

The Salvation Army is a church and registered charity in England (214779), Wales (214779), Scotland (SC009359) and the Republic of Ireland (CHY6399)



If you would like to talk with someone  
**PLEASE CONTACT:**

**Corps Leader (Safeguarding Lead)**

Name:

Tel:

Email:

**Territorial Headquarters (Safeguarding Dept)**

Tel: 020 7367 4767; 07551 022583

Email: [safeguarding@salvationarmy.org.uk](mailto:safeguarding@salvationarmy.org.uk)

**Domestic Abuse**  
Help and Support

## All Created Equal

We believe that both male and female have been created equal and in God's image. We seek to offer help and hope to anyone who has experienced domestic abuse and that our buildings will be safe places where domestic abuse is recognised, responded to, referred and recorded.

## What is Domestic Abuse?

Domestic Abuse is any incident or pattern of incidents of controlling, coercive, 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. The abuse can encompass but is not limited to:

- psychological
- physical
- sexual
- financial
- emotional



## What is controlling behaviour?

Controlling behaviour is a range of acts designed to make a person subordinate and/or dependent. This can be achieved by isolating a person from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

## What is coercive behaviour?

Coercive behaviour is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten a victim.

## What should I do if I think I am in an abusive relationship?

- Trust yourself
- Ask for help
- Talk in confidence to someone you trust
- Contact the police or one of the helplines on this leaflet
- Hear the truth that this is not your fault

## What should I do if I think someone I know is in an abusive relationship?

Beginning a conversation can be really hard but your offer of help could be the first step in them becoming safe.

## Do's

- Find a safe place to talk
- If acceptable to the person, have someone else present
- Allow time for them to talk, listen to what they have to say and take it seriously
- Believe them, their description of the abuse is only the tip of the iceberg
- Give priority to their immediate safety
- Empower them to make their own decisions and support and respect their choices. If they choose to return to the abuser it is their choice, however if there are children involved, the children's safety comes first
- Explain the prospect of The Salvation Army referring a disclosure of abuse to a partner agency
- Reassure them that this is not their fault and they do not deserve this treatment
- Let them know that what the abuser has done is wrong and is not acceptable
- Be patient and support them
- Remain confidential

## Don'ts

- Judge the person or what they tell you
- Make unrealistic promises
- Suggest that they 'try again' or seek family counselling
- Minimise the severity of their experience or the danger they are in
- React passively or with disbelief, disgust, or anger at what they tell you
- Ask them why they did not act in a certain way or blame them for the abuse
- Act on their behalf without their consent and/or knowledge
- Expect them to make decisions quickly, make decisions for them or tell them what to do
- Do nothing

