



# Focus On...

## Local Themes – Domestic Abuse

### What is it?

Anyone can be a victim of domestic abuse, regardless of gender, age, ethnicity, socio-economic status, religious belief, sexuality or background.

Domestic abuse can occur between couples within an intimate relationship and between a parent and a child or an ex-partner or other family members.

It can go unidentified by agencies, families and friends, and even victim/survivors themselves often don't recognise the behaviour they are experiencing is domestic abuse. It is often hidden, and mainly occurs behind closed doors. It is not just physical violence, it can be emotional, psychological, economic or sexual abuse.

Overarching the types of abusive behaviours is often coercive control (a pattern of intimidation degradation and control with the use or threat of physical or sexual violence).

### How can I help?

If someone confides in you that they are experiencing domestic abuse:

- Listen, and take care not to blame them.
- Acknowledge it takes strength to talk to someone.
- Give them time to talk, but don't push them to talk if they don't want to.
- Acknowledge they are in a frightening and difficult situation.
- Tell them nobody deserves to be threatened or harmed.
- Support them to express their feelings and allow them to make their own decisions.
- Ask them if they have experienced physical harm and if so advise they see their GP.
- Be ready to provide information of organisations who may be able to help.

### Where to go for specialist support

[Domestic abuse - Lancashire County Council](#)

[Lancashire Constabulary - Lancashire Police - Domestic abuse](#)

Support for children and young people age 8-18yrs [Domestic abuse - Nest Lancashire](#)

The voice of the child [Domestic Abuse Archives - Free Social Work Tools and Resources: SocialWorkersToolbox.com](#)

