

# Safeguarding Newsletter

Dear Parent/Carer,

At Jubilee our first and foremost priority is to keep your child safe and healthy. Our theme for December is:

## Domestic abuse

Domestic abuse is any type of controlling, bullying, threatening or violent behaviour between people who are or have been in a relationship. It can also happen between adults related to one another. It can seriously harm children and young people, and experiencing domestic abuse is child abuse.

### Domestic abuse comes in many forms

Domestic abuse can be emotional, physical, sexual, economic, coercive or psychological, such as:

- kicking, hitting, punching, cutting or throwing objects
- 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.



### Recognising the signs and indicators of a child experiencing domestic abuse

Even if they are not physically harmed, children may experience emotional and psychological damage as a result of witnessing domestic abuse.

Signs and indicators that a child has witnessed domestic abuse can include:

- withdrawn or detached behaviour
- ambivalent feelings towards both the abuser and the non-abusing parent
- constant or frequent sickness
- frustration or aggression
- bullying peers
- problems in school or with learning
- easily startled or seem on edge
- fear of leaving the home
- Anxiety, depression, suicidal thoughts
- bed-wetting or increased soiling
- nightmares or insomnia
- withdrawal or struggles with separation
- difficulty identifying feelings or communicating needs
- difficulty developing positive peer relationships





## Effects of domestic abuse

- Living in a home where domestic abuse happens can have a serious impact on a child or young person's mental and physical wellbeing, as well as their behaviour. This can continue after the adults' relationship has come to an end, and post-separation abuse and coercive controlling behaviours can continue to remain a factor in the child's life. The impact can last into adulthood.
- What's important is to make sure the abuse stops and that children have a safe and stable environment to grow up in.

## Protecting Children from Domestic Abuse

Knowing that domestic violence can have lasting effects on the physical, mental, and later life of children — it's important to properly shield them from abuse.

- Teach Children Healthy Relationship Dynamics
- Educate Children About Boundaries
- Make Safety a Priority

### Reporting domestic abuse.....

Whether you decide to report domestic abuse to the police is completely up to you. The police are trained to respond effectively to survivors of domestic abuse. If you're not sure you want to report the crime there are various platforms to get help and support.



**STOP DOMESTIC VIOLENCE**

## Help and support

NSPCC Helpline 0800 800 5000  
Help@NSPCC.org.uk

For parents

If you're an adult experiencing domestic abuse, there are organisations that can help.

[Relate](#)

[0300 003 0396](#)

You can talk to Relate about your relationship, including issues around domestic abuse.

[National Domestic Violence Helpline](#)

[0808 2000 247](#)

A 24 hour free helpline run in partnership between Women's Aid and Refuge.

[Men's Advice Line](#)

[0808 801 0327](#)

Advice and support for men experiencing domestic violence and abuse.

[National LGBT+ Domestic Abuse Helpline](#)

[0800 999 5428](#)

Emotional and practical support for LGBT+ people experiencing domestic abuse.

Worried about a child?

