

MSM

MUTUAL SUPPORT MAGAZINE

ISSUE NO. 12 | DECEMBER ISSUE

**Some Reasons To
Speak Out Against
Domestic & Emotional
Abuse**

**Signs Of
Controlling Behaviour**

DVUK SLIDES

**Vouchers For
Refuge Initiative**

There Are Specialist Support
Organisations Ready to Help



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MUTUAL SUPPORT MAGAZINE

For inquiries or submissions please contact
Editor | surrie@domesticviolenceuk.org

www.domesticviolenceuk.org

FOREWORD

Welcome to the latest edition of DVUK's Mutual Support Magazine!

We've included a number of features for this issue such as our vouchers for refuge initiative and some #lovedoesnthurt Christmas campaign pictures. We really hope you had a wonderful festive period and thank you so much for supporting Domestic Violence UK.

Surrie Fullard
Projects Coordinator
Domestic Violence UK

**INSPIRE HOPE - BE A VOICE
SPEAK OUT AGAINST DOMESTIC VIOLENCE.**



SIGNS OF

CONTROLLING BEHAVIOUR



SIGNS OF CONTROLLING BEHAVIOUR

Controlling Behaviour is: a range of acts designed to exploit, intimidate and manipulate someone for selfish reasons.

This involves depriving them of their independence in an effort to show domination and this type of behaviour is extremely dangerous because it leads to other types or forms of abuse.

The objective of this article is to highlight a few signs of controlling behaviour

A controlling partner might:

Make decisions without consulting you.

Is he/she is making any decisions or alterations that affect you without your knowledge or your say so? Consider whether or not you feel like your opinions are valuable to your partner.

Suggest how your money is spent.

Do they always seem to keep track of how much you make and where your money is going? A controlling person might criticize your spending habits or try to take



“.....TRY TO TELL YOU WHO YOU CAN AND CANNOT HANG OUT WITH.....”



over how you spend your own money.

Try to tell you who you can and cannot hang out with.

Does he/she seem jealous or protective of you when you are around certain people? This can become controlling once they start trying to keep you away from your friends.

Refuse to take your ideas or suggestions into much consideration.



Consider themselves to be the boss or the dominant one in the relationship.

Controlling people are often on a power trip. They will take pride in being seen as the one who is in charge. Ask yourself how you feel about your role within the relationship.

Refuse to take your ideas or suggestions into much consideration.

Do they always seem to be in opposition about your take on certain issues? Are they doing this on purpose in order to invalidate any input you have?

Try to tell you what you can and cannot wear.

Controlling lovers will often feel threatened by the idea of their partner attracting attention from the opposite sex. Do they ever comment negatively about how you choose to present yourself?

Try to tell you where you can and cannot go.

Similarly to the wardrobe, they will try to control where you go so they can keep a certain hold on you.

Accuse you of lying with little or no evidence.

Do you always find yourself being accused of lying about things like where you were or who you were with? They always seem paranoid that you are doing something to betray them.

Accuse you of cheating on him/her.

Does your partner repeatedly accuse you of being unfaithful? Controlling people will often be the ones with trust issues because they feel insecure.

Be unreasonably demanding.

Those who try to control others will often express their wishes in the form of an order instead of asking. Pay attention to how they are framing their suggestions. Is it a demand or a request?

Resort to threats, ultimatums, or blackmail.

With more intense situations, they will try to use tactics to instil fear and intimidation in order to get you to submit to their demands.

Rationalise that their behaviour is all because they love you.

Have you ever felt mistreated by them and then hear them say something along the lines of, "I am only doing this because I love you?" This is how they rationalise their controlling behaviour.

Make you feel like you always have something to prove to them.

Do they repeatedly manage to keep you on your toes and walking on eggshells to prove that you are worthy of them?

Constantly check up on you and might even spy on you.

Are they always calling to check in to where you are or what you are doing? Have you ever caught them looking in on you in person, on your phone, or on any of your social network accounts?

Have a way of blaming you for everything.

When you have an argument and strongly feel they are at some fault in the matter

you seem always be the only one to apologise to them, but never the other way around.

Ask or persuade you to change things about who you are, your beliefs, and values.

Most relationships require adjustments and small changes, but always be extremely cautious when your partner wants you to change major characteristics about yourself that you feel uncomfortable with.

Keep an unbalanced give and take routine.

Are you always the only one giving in the relationship, and your partner is the one doing all the taking?

Invade your privacy.

Do they take an issue with you having private phone or text conversations? Have they ever asked to have any of your passwords to any of your online accounts? Ask yourself how you feel about your privacy and do you feel your need for your space is being honoured.

Get irrationally upset when they don't get their way.

Do they become aggressive, dramatic, or even violent?

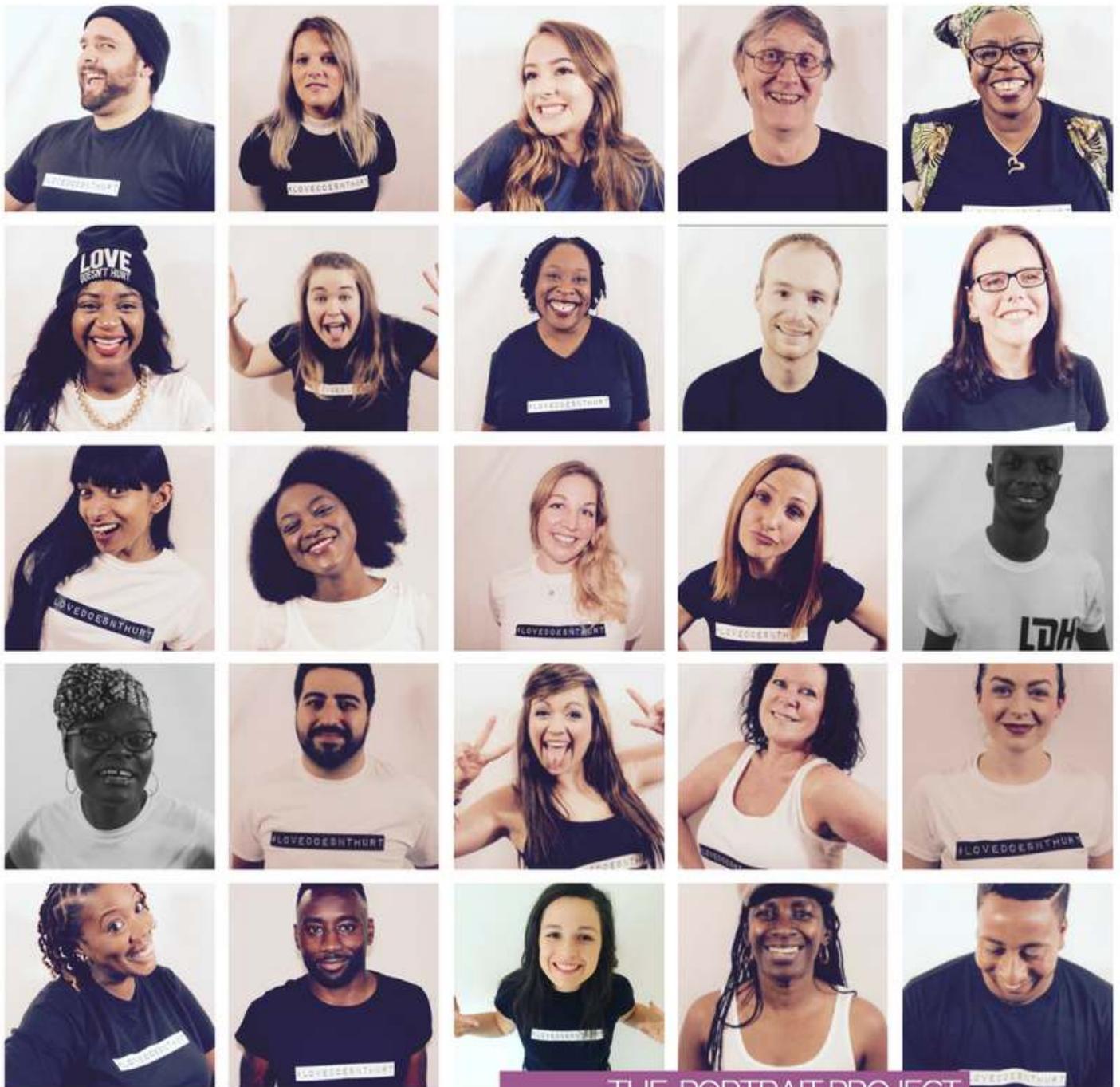
SPECIALIST SUPPORT HELPLINES

The National Domestic Violence Helpline on 08082000247

The Men's Advice Helpline on 08088010327

The National LGBT Helpline on 03009995428.."





You'll be pleased to hear we had an excellent turn out, and the project has been completed! A big thank you goes out to all that were involved in making this a success for us.

Our aim was to raise further awareness of the issues surrounding domestic and emotional abuse, and to inspire hope in people impacted by such abuse. We met people from all walks of life who all had their own experiences and were very keen to help us raise this vital awareness.

The day was full of happiness and joy, and plenty of new connections and friendships were made. The portraits and inspirational quotes and messages from the participants are now available to view on our homepage under 'The Portrait Project' tab. Please take a look, and help us continue to raise awareness by sharing these images on social media using the #lovedoesnthurt #portraitproject - if you tweet us or mention us on Facebook we will endeavour to retweet this!



***SOME REASONS TO
SPEAK OUT AGAINST
DOMESTIC AND
EMOTIONAL ABUSE***



SOME REASONS TO SPEAK OUT AGAINST DOMESTIC AND EMOTIONAL ABUSE

The Home Office defines domestic violence as:

“Any incident or pattern of incidents of controlling, coercive or 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.

This can encompass but is not limited to the following types of abuse:

- psychological
- physical
- sexual
- financial
- emotional

Controlling behaviour is: a range of acts designed to make a person subordinate and/or dependent by isolating them 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.

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 their victim.”*

*This definition includes so called ‘honour’ based violence, female



**IT CAN HAPPEN TO ANYONE,
REGARDLESS OF AGE, SOCIAL
BACKGROUND, GENDER,
SEXUALITY....**



genital mutilation (FGM) and forced marriage, and is clear that victims are not confined to one gender or ethnic group.

We should speak out against domestic and emotional abuse because:

It can happen to anyone, regardless of age, social background, gender, religion, sexuality or ethnicity.

It happens in all kinds of relationships: heterosexual, lesbian, gay, bisexual and transgender.

It can be physical, emotional, psychological, financial or sexual.

It is not acceptable and should not be tolerated whether the victim is male or female.

Everyone has the right to live a life free from violence.

It happens all year round and we should be encouraging people to reach out for support every day of the year.

It is rarely a one off incident. In fact it becomes more frequent and severe over time

It's caused by the abuser's desire for power and control.

Ignoring it condones it.

2 women are killed every week in England and Wales by their current or former partner.

1 in 4 women experience domestic violence over their lifetimes.

Domestic violence has a higher rate of

repeat victimisation than any other crime.

It represents one of the most serious risks to children in our society.

No child should have to live with the thoughts of violence or fear.

It leads to anxiety, depression, truancy and the possible fear of abandonment in children.

Children may later on have ambivalent feelings towards both the abuser and the non-abusing parent.

It would break the stigma surrounding the issue of teenage relationship abuse.

31% of girls and 16% of boys reported experiencing some form of sexual violence at least once in their lifetime.

It will draw attention to the fact that men are also victims of domestic and emotional abuse.

It will break the stereotypical belief that men ought to shrug off verbal, emotional and at times physical violence from their partner.

It will contribute to removing the fear of being ridiculed or disbelieved by friends and family members.

The abused individual constantly lives in fear and is unable to predict when the next attack will come.

It leads to isolation from friends, family, colleagues....



It would encourage more individuals to seek support from specialist support organisations.



The individual becomes increasingly dependent on the abuser

It affects the self-esteem of the individual experiencing the abuse.

It leads to the individual accepting the blame for the abuse and denying the fact that it's actually happening.

Individuals can develop post-traumatic stress which includes a range of symptoms: agitation and anxiety, depression, panic attacks, trouble sleeping or relaxing, numbness, sense of isolation, nightmares.

It would encourage more individuals to seek support from specialist support organisations.

You could be saving a life.

If you are in an abusive relationship and requires an urgent response or needs in-depth support

Please contact the National Domestic Violence Helpline on 0808 2000 247, the Men's Advice Helpline on 0808 801 0327 or The National LGBT Helpline(Broken Rainbow) on 0300 999 5428.

**DVUK
E-SLIDES**

Online Presentation Toolkit





Surrie Fullard

DVUK ESLIDES

Our online presentation toolkit!

Recently we have worked in partnership with some small educational establishments to provide information and support surrounding domestic and emotional abuse.

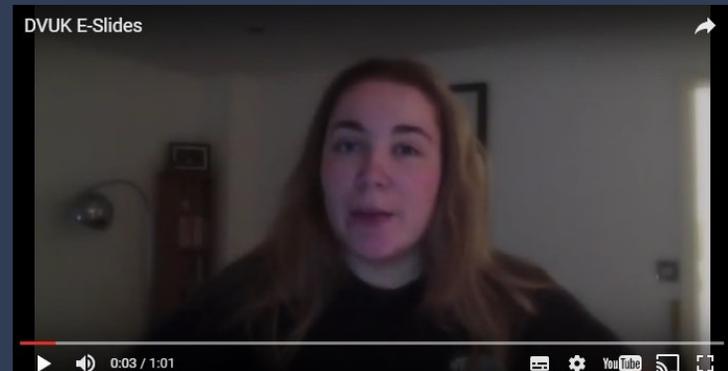
We are passionate about improving the information available to people regarding abusive relationships.

We believe that providing free online power point presentations that can be accessed by everyone, and used by educational establishments for FREE will hopefully enable us to continue to raise awareness on the issues of domestic and emotional abuse.

Inspire Hope – Be A Voice. Speak Out Against Domestic Violence



“OUR ONLINE PRESENTATION TOOLKIT!..... ”



Please Click on this link <http://domesticviolenceuk.org/dvuk-e-slides/> to visit the DVUK E-Slides homepage

Inspire Hope - Be A Voice.
Speak Out Against Domestic Violence
#lovedoesnthurt

LOVE DOESN'T HURT

CAMPAIGN MATERIALS



We have been working hard on re-designing posters and campaign information that can be shared online, downloaded for projects/events and distributed throughout the UK. We want to make the designs as striking, useful and eye-catching as possible to ensure our message of hope is conveyed in the best possible way.

More importantly, we want information regarding how to escape abuse and strive in your lives after abuse to be as easily accessible as possible for all audiences.



A Few Things You Could
Do To Support Someone
Experiencing Domestic
Or Emotional Abuse

The way you respond to someone experiencing domestic or emotional abuse is very important and it can make a real difference.

There are a few practical things that you can do to support the person physically and emotionally.

Please Note: You may not be able to help immediately because they need to spend time thinking about the whole situation but it's important you are readily available to provide some form of support when it's required.

The suggestions below may likely help you in supporting people you know currently experiencing domestic or emotional abuse

Please do not judge them at all

Show some concern about the situation and encourage them to open up with time.

Always talk to them in private
Ensure your response supports and encourages them to talk about the situation.

It could create an opportunity for them to explore their options and in time make their decisions.

Always be there for them even if they give excuses, reject your support, become defensive and deny there is a problem.

It's extremely important you listen to and believe what you are told because it helps to build an ongoing relationship based on trust.

You could also find further help and support from specialist support organisations

Reassure them that the abuse isn't their fault. Violence is a choice the abuser makes and they(the abusers) are solely responsible for their abusive behaviour.

Please do not assume the abuse experienced isn't that serious

Always have it at the back of your mind that the safety of them/their children is extremely important.

Do not tell anyone to leave or criticise them for staying in the relationship.

Allow them make the decision of leaving in their own time because it involves both emotional and practical considerations

Endeavour to be clear that abuse is wrong BUT support them regardless of the decisions they make.

SPECIALIST SUPPORT HELPLINES

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The Men's Advice Helpline on 08088010327

The National LGBT Helpline on 03009995428.."





Offer to go with them to the hospital or GP if they've received any injuries or require medical attention.

As much as possible do not panic but be very sensitive, caring, cautious and respectful.

Focus on helping them rebuild their self confidence

You must be equipped physically, mentally and emotionally to support them through the whole situation.

Do not mediate or be the contact person between them and the perpetrator

Volunteer to keep copies of their important documents or items

Remember to take things easy and look after yourself while supporting victims of emotional and domestic abuse.
Assure them of the fact that they are not alone and there is help available to them.

Encourage them to speak to a specialist support organisation if they haven't spoken to one already for further support
Reassure them of the many agencies that can help and support them.

SPECIALIST SUPPORT HELPLINES

1

08082000247

THE NATIONAL DOMESTIC VIOLENCE
HELPLINE

2

08088010327

THE MEN'S ADVICE LINE

3

03009995428

NATIONAL LGBT HELPLINE

LOVE DOESN'T HURT

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CAMPAIGN PICTURES









#LOVEDOESNTHURT



VOUCHERS FOR
REFUGE INITIATIVE
PICTURES

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PLEASE VISIT OUR
ONLINE STORE



TSHIRTS

Tshirt- "Love Doesn't Hurt" Printed on front



SIGNED AUTOGRAPHS

Signed Autographs Of Our Ambassador Janette Manrara & Aljaz Skorjanec



HOODIES

Hoodie- "Love Doesn't Hurt" Printed on front



WRISTBANDS

Love Doesn't Hurt on wristbands



THE HOPE NETWORK

The Hope Network' is a collection of individuals/organisations that have committed to support our funding through a monthly or one off donation, enabling us to carry out the vital work that we do.

DONATE TO DOMESTIC VIOLENCE UK

We do not receive any grants or government funding and all our operations, projects, campaigns, telephone counselling sessions..... are made possible through sales from our online store, self funding and donations from individuals who want to make a difference in people's lives.

“

DONATE

**WE DON'T RECEIVE ANY GRANTS
OR GOVERNMENT FUNDING.
PLEASE CONSIDER DONATING £1
OR MORE TO SUPPORT US**

Visit www.domesticviolenceuk.org/donate

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VOUCHERS FOR REFUGE INITIATIVE

THE PORTRAIT PROJECT



THE MUTUAL SUPPORT MAGAZINE

INSPIRE HOPE - BE A VOICE . SPEAK OUT AGAINST DOMESTIC VIOLENCE



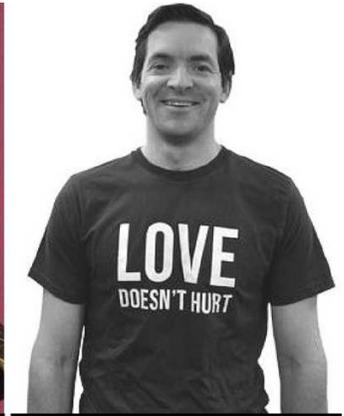
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CAMPAIGN

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All Our Volunteers, Jenni Steele, Andrew Lindsay MBE, Janette Manrara, Jennifer Jones,
Dr Margaret Nygren, Rachel Walker, Ayo Sonoiki, Aniru Shyllon, The Hantons, Michele, Limerick
Ornella Waka, Dave Price, Jerry, Carly Lenihan, Graham, Toby, Bode Akinbode, Jacqui, Zoe & Andy,
Dapo, Joella, Siobhan
Maude, Ryan, Harry
Jojo Surman, DJ Gabe,
Pastor Tutu

A BIG

THANK YOU

Sam Billingham, Strictly Steph & Zoe, Elaine Hook, Shiela Crabb, Alison Powell/ Cake Genie

Susan Bailey, Freedom Project Bham, Gwen Clyde-Evans, Lydia Karim, SALON 198, Trinity Church
Victoria/Larbert Drama, Hendon School, The Centre, Telecom Plus, Gordon Rural Action, Odd Arts
KAY SKA, Carla Fraser, Swingerella, Mayor Of Telford, Danielle Hall, Nicola H, Camden Hall

jmanrarafans, Adele Taylor, Julie RDwimp, Tahir, TAWA chillout Fundraisers
Specialist support organisations, Helpline staff, frontline staff, support workers, Managers

Class 6D Of West Midlands Police

EVERYONE WHO TOOK PART IN THE PORTRAIT PROJECT

All Our Followers On Twitter, Facebook & Instagram

AND MANY MORE.....

WWW.DOMESTICVIOLENCEUK.ORG



CONTACT DETAILS

WEBSITE: WWW.DOMESTICVIOLENCEUK.ORG

ONLINE STORE: WWW.DVUK.ORG

EMAIL: INFO@DOMESTICVIOLENCEUK.ORG

PROJECTS COORDINATOR: SURRIE@DOMESTICVIOLENCEUK.ORG
