

DOMESTIC ABUSE AND COERCIVE CONTROL:

BACKGROUND INFORMATION

Coercive Control

(Co-produced with the Hollie Gazzard Trust)

Domestic abuse involves the control of a person's day-to-day life by their partner, involving 'rules' they must live by to avoid angering their partner.

'(Coercive Control) is a pattern of behaviour which seeks to take away the victim's liberty or freedom, to strip away their sense of self, minimise their freedom of action and violate their human rights.'

The Serious Crime Act 2015 established an offence of controlling or coercive behaviour in intimate or familial relationships.

Controlling behaviour is defined as:

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 defined as:

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.

Coercive and Controlling Behaviours include:

Emotional

Threats of violence to victim, family, pets (or abuser themselves).
Spreading rumours.
Putting victim down.
Gaslighting.
Isolating victim from friends and family.
Love-bombing.

Sexual

Expecting sex on demand.
Controlling sexual positions that may be degrading.
Rough sex.
Sexual assault.
Rape.
No respect for consent.

Economic

Withholding funds for basic needs.
Changing bank account for salary payments.
Theft of partner's money.

- Making partner pay for everything.
- Depriving them of housekeeping or regulating it.
- Buying gifts with expectations.

Physical

- Inflicting injuries (hitting, kicking, hair-pulling, etc.).
- Depriving victim of basic needs (food, warmth, sleep).
- Not allowing victim out.
- Forcing substance use.
- Controlling the way the victim dresses.

The Impact of Coercive and Controlling Behaviours

- Coercive and controlling behaviours affect emotions, finances, sexual autonomy, and physical well-being.
- Emotional abuse depletes psychological resolve and resilience.
- Economic abuse affects financial independence.
- Sexual abuse involves pressure or forced sexual contact.
- Physical abuse uses pain to control behaviour.
- These include:

Emotional

- Changes in behaviour, depression, anxiety, fear of partner.
- Obsession with time.
- Secretive about home life.

Sexual

- Fear of sex on demand.
- Enduring degrading sexual acts.
- Lack of respect and opportunity for consent.

Economic

- Lack of funds for basic needs.
- Partner steals money.
- Forced to pay for everything.

Physical

- Repeated injuries.
- Medical problems and absences from work/school.
- Substance dependence.
- Changes in appearance and dressing.

Spikes in Incidents of Domestic Abuse - Football

- Major footballing competitions linked to an increase in domestic abuse incidents.

- Research by the University of Lancaster shows a 38% increase in violent domestic abuse incidents when England loses, and 26% higher rates when the team wins or draws.

- Women's Aid states that football doesn't cause domestic abuse, but can increase or escalate it.

Frequent causes

High emotion, stress, win/lose outcomes, and alcohol consumption.

Spikes in Incidents of Domestic Abuse - Christmas

Christmas is a difficult time for women and children experiencing domestic abuse. Economic abuse and additional expenses can make the period particularly hard. Perpetrators may use Christmas to excuse or blame their abusive behaviours.

Frequent Causes

Financial pressure, economic abuse, and family expectations contribute to increased abuse during Christmas.

Spikes in Incidents of Domestic Abuse - School Holidays

Domestic abuse of children increases during holidays as children spend more time at home. NSPCC helpline saw the highest number of contacts during the summer period. Barnardo's highlights increased risk when school support is removed.

Frequent Causes

Financial pressure, economic abuse, and family expectations increase during school holidays.

Child to Parent

PEGS (Parental Education Support Growth) estimates that at least 3% of UK households experience child to parent abuse. Behaviours often start before age six and can continue after the child turns eighteen. Verbal and physical abuse are most common. School exam periods and associated stress can exacerbate abuse.

National Support Services

Useful links:

www.savelives.org.uk

www.mensadviceline.org.uk

www.galop.org.uk (LGBT+)

www.wearehourglass.org

www.refuge.or.uk

www.womansid.org

<https://holliegazzard.org>

<https://holliegazzard.org/hollies-story/>

Hollie's Story

The Inspiring Story of Hollie Gazzard.

Hollie was a determined and successful individual, a true inspiration for others, loved by her family and friends and highly regarded by colleagues and clients alike. Hollie was vibrant, fun, vivacious, talented, and beautiful. She is sadly missed by all who knew her.

Hollie had a love of sports and like her dad, Nick, she was an avid Manchester United fan and visited Old Trafford to watch them play. While fashion, style and beauty were of great interest, Hollie's true passion was for hairdressing.

In November 2012, Hollie gained a place at Steiner Training Academy in London. Before she started her new position in March 2013, she accepted a job at Zest Bar, where her outgoing character and bubbly personality were well suited to the role. In the spring of the following year, Hollie joined Steiner and spent five weeks training before being allocated a position on Carnival



Rebecca Webster, Massage Therapist, and Hollie's friend on the Carnival Sensation in 2013

Rebecca Webster met Hollie on the cruise ship in 2013 told us:

"I met Hollie on the Carnival Sensation back in 2013. I was a massage therapist on board and I had been on the ship since February when Hollie came on board.

From the first moment we met on her first day, Hollie was filled with excitement and enthusiasm about being on board. She had a constant smile on her face all the time which was contagious to everyone she came across.

We spent majority of our time together while she was onboard and there was never a dull moment being with Hollie. We constantly talked, laughed and went off the ship together when we docked.

night away. My time with Hollie was the first time I enjoyed being on board and she helped me see another side of being there other than working.

We didn't know each other long but for me, Hollie became a great friend in our short time together and with her smile, personality and love for life, she isn't someone you can forget."

Despite a love of travel, working onboard a ship wasn't for Hollie and she returned to London where she joined The Edge Hair & Beauty in Edgware.

Working and living in London became expensive and Hollie made the decision to return to Gloucester in August 2013. She found a position at Fringe Benefits & Le Belle Hair and Beauty in the city where her flair and creativity made her popular with her colleagues and clients. In addition, she joined her sister, Chloe, at the King Teddy in Longlevens, Gloucester where she worked part-time behind the bar.

Tragically Hollie was murdered at her place of work, Fringe Benefits in Gloucester on February 18th, 2014, by her boyfriend, after months of obsessive behaviour, jealousy, and harassment.

Hollie's story has touched the hearts of many. Her family and the Trust want to turn tragedy into something positive, providing a safer future for all, just as Hollie herself would have done.

10 signs that a teacher might observe

- 1. Unexplained Injuries:** Frequent bruises, cuts, or other injuries, often with vague or implausible explanations, can be indicative of physical abuse at home.
- 2. Changes in Behaviour:** Sudden and drastic changes in behaviour, such as becoming withdrawn, anxious, or aggressive, may signal abuse. This can also include extreme clinginess or an unusual fear of adults.
- 3. Frequent Absences:** Regularly missing school without a valid reason can be a sign that a child is kept home to hide injuries or due to a chaotic home environment.
- 4. Poor Hygiene and Appearance:** Consistently appearing dirty, unkempt, or wearing the same clothes repeatedly may indicate neglect, a common aspect of domestic abuse.
- 5. Decline in Academic Performance:** A sudden drop in grades or a lack of concentration and interest in schoolwork can be a sign of distress caused by abuse.
- 6. Reluctance to Go Home:** Expressing fear or reluctance about going home after school can indicate problems at home.
- 7. Overly Watchful or Anxious Behaviour:** Being overly alert or wary, as if anticipating something bad to happen, is a common reaction to living in an abusive environment.
- 8. Inappropriate Sexual Behaviour or Knowledge:** Demonstrating sexual behaviour or knowledge that is inappropriate for their age can indicate sexual abuse or exposure to inappropriate content at home.
- 9. Physical Symptoms of Stress:** Complaints of headaches, stomach-aches, or other physical ailments with no apparent medical cause can be manifestations of stress due to abuse.
- 10. Withdrawal from Friends and Activities:** Pulling away from friends, extracurricular activities, or hobbies they previously enjoyed can be a sign of emotional or physical distress caused by abuse.

Questions / Discussion Points

- Is there an issue in our school / college / education setting?
- How can we identify children who might be the subject of domestic abuse?
- How do we manage our approach, being mindful of potential threats inside the domestic environment?
- What should we do if we have a concern about a child?
- Do we have up to date contacts for the local and national help services?