

# Domestic Abuse & Domestic Violence

## LEARNING OUTCOMES

Knowledge, Skills  
& Actions



To describe what an  
unhealthy relationship  
looks like

To understand the different  
types of abuse that exist

To identify how and where  
to get help with abusive  
relationships

## NEW VOCABULARY

Domestic Abuse, Domestic  
Violence, Controlling,  
Negativism, Scapegoating,  
Dishonesty



Yasmin

My partner gets angry from time to time when I make a mistake or I forget something. He lashes out but he can't help it really. I know he loves me.

## STARTER ACTIVITY

3 Minutes

Is Yasmin right to think the way she is thinking?  
What advice and support would you give to Yasmin?



Fighter - Christina Aguilera – What messages does this song put across to listeners? Are they positive messages?

# GROUND RULES



Be open and honest  
**No Personal Comments**  
Discussions must be about  
'general situations'



You don't have to say  
things about yourself if  
you don't want to

**It's OK to be embarrassed**  
by a topic but don't show  
that you are embarrassed  
through silliness



## Be Respectful

Listen & don't interrupt others  
Only 1 person talking at a time  
Use the agreed appropriate  
Language (Avoid slang terms)



**Don't Make Assumptions**  
about people's values,  
attitudes, behaviours, life  
experiences or feelings

## **PSHE CLASSROOM RULES**

### **DEALING WITH SENSITIVE TOPICS**

### **SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART**

**Be Non-Judgemental**  
No put-downs. Challenge  
the opinion, not the  
person



Conversations on sensitive  
topics stay in the  
classroom unless it is a  
**safeguarding issue**

There are **no stupid questions**  
It's OK to get things wrong

**Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support**



# Domestic Abuse & Domestic Violence

ASSESSMENT  
FOR LEARNING

## BASELINE CONFIDENCE CHECKER



BEFORE THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I can describe what domestic abuse and domestic violence are										
I understand a range of things that can lead to abuse in a relationship										
I understand the barriers and coping strategies for leaving an abusive relationship										



Complete a baseline assessment of where you think you are at for this lesson  
(Discuss or complete sheet)



2 Minutes

I'm not confident at all on this topic


A little confident

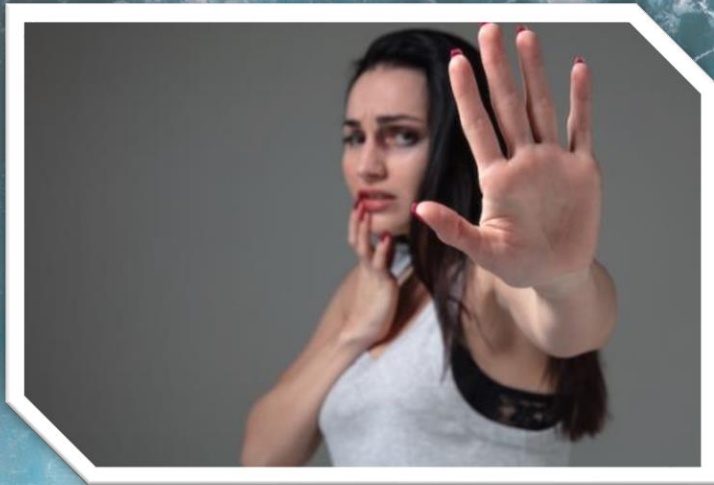
Confident

Very confident

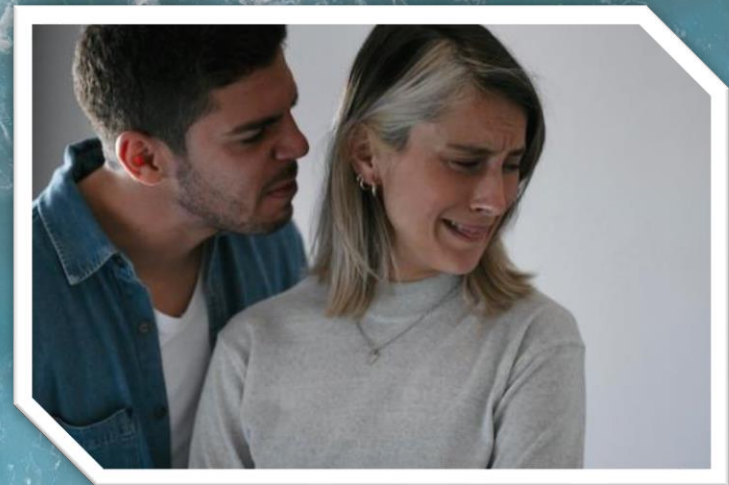
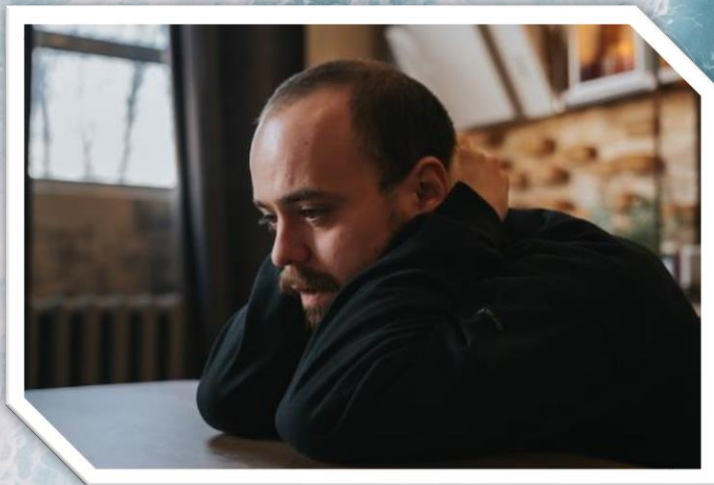
I am super confident on this topic



HOW?					
WHAT?					
WHERE?					
WHO?					
WHY?					
<div>PAIR &amp; SHARE</div> <div>THOUGHTS &amp; FEELINGS</div>	SECOND				
	DID?	MIGHT?	COULD?	CAN? / WILL?	IS? DOES?
 Tasks	Using the grid above to help you come up with three questions about the image			<div>2 Minutes</div> 	



**Explain how each image  
could link to the lesson  
'Domestic Abuse &  
Domestic Violence'**



What does an unhealthy relationship look like?

## Task

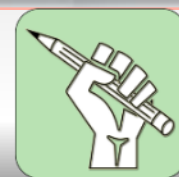
Complete the diagram with 7 of your own ideas of characteristics of an unhealthy relationship







# Abuse Television Adverts



## Abuse in Relationships: Can You See It? - Home Office

**Task:** Pick one or two coloured hats and answer all the related questions

## What if you could see the man you might become? – Police Scotland

**Task:** Pick one or two coloured hats and answer all the related questions

1.5 Minutes



**SENSITIVE  
ISSUE**

1.5 Minutes



What facts do I know? What else do I need to know? What do I want to know?

How do I feel about this? What don't I like about this? What do I like about this?

Can something be done? New ideas? What are the solutions/suggestions?

What thinking is needed? Next steps? Where are we now?

What is wrong? Is it safe? Can it be done?

**INFORMATION**

**FEELINGS**

**CREATIVITY**

**THINKING**

**JUDGEMENT**



# Discussion topics



What does an abusive relationship look like?

Can relationships come back from being abusive?

Why do people stay in abusive relationships?

What are the strategies for leaving an abusive relationship?

Who can help you if you are in trouble?

Make up a discussion topic



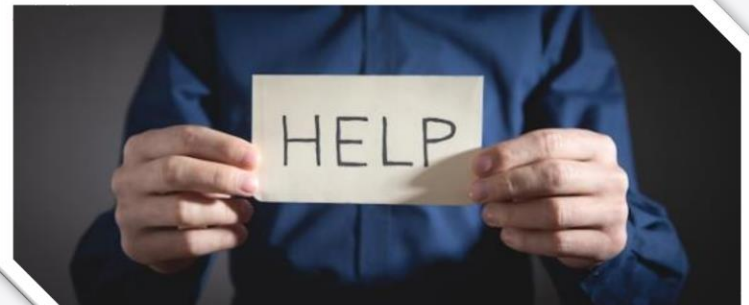
# Domestic Abuse & Domestic Violence

*Although they sound almost the same and the two are closely related, there is a difference:*

- *Violence is an action that causes destruction, pain, or suffering*
- *Abuse refers to prolonged maltreatment that can cause emotional as well as physical trauma*

- Both are behaviours used by one partner in an intimate relationship to control or exert power over the other partner.
- Abuse can behaviours take many forms, including physical, sexual, emotional, or psychological.
- It can occur in any type of intimate relationship, regardless of gender, age, or sexual orientation.
- Both can have severe and long-lasting consequences for the victim, including physical injuries, mental health issues, and social isolation.
- Both can also have a detrimental impact on

- Physical - may involve hitting, slapping, choking, or other forms of physical harm.
- Sexual - can involve any unwanted sexual contact or coercion, including rape or sexual assault.
- Emotional or psychological - may involve verbal attacks, manipulation, or isolation.
- Financial - where one partner controls the other's finances, can also be a form of domestic abuse.



## Did you know?

*It is important to seek help if you or someone you know is experiencing domestic abuse.*

# Key Aspect of the Law on Rape

Rape is defined as: ‘Unlawful sexual intercourse or any other **sexual penetration** of the vagina, anus, or mouth of another person, with or without force, by a sex organ, other body part, or foreign object, **without the consent of the victim.**’

*(Legislation.gov)*

‘Someone consents to vaginal, anal or oral penetration only **if they agree by choice** to that penetration and has the freedom and capacity to make that choice. Consent to sexual activity may be given to one sort of sexual activity but not another, e.g. to vaginal but not anal sex or penetration with conditions, such as wearing a condom. **Consent can be withdrawn at any time** during sexual activity and each time activity occurs.’

*(Section 74 Sexual Offences act 2003) NHS*

## Did you know?

*In the UK, the maximum sentence for rape is life imprisonment.*

*In addition to a prison sentence, a person convicted of rape may also be required to register as a sex offender and may be subject to a Sexual Harm Prevention Order (SHPO), which can place restrictions on their behaviour and activities.*

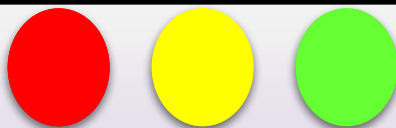


# THE RISK CALCULATOR - Acceptable behaviour in a healthy relationship

Your partner is not a good cook. They expect you to do the cooking and they will do the washing up.



Your partner is interested in where you are going and what time to expect you home.



Your partner convinces you to do things by saying 'if you love me you will do it'.



Your partner can be intimidating and aggressive when you have a falling out.



Your partner keeps small secrets from you because they don't want to hurt you.



Your partner threatens to leave you if you don't change your behaviour towards them.



## Task

Discuss each statement and decide if each scenario is  
Green (Safe)  
Amber (A Little Unsafe)  
Red (Completely Unsafe)  
(Click for colours to appear)

## Did you know?

*Sexual assault is about power, not sex and the victim should never feel guilty or blame themselves for the assault.*



# What can lead to abuse in a relationship?

A

**Scapegoating** - Taking your problems or frustration out on you partner.

C

**Low Self-Esteem** - feel inadequate or insecure in the relationship and use abusive behaviour as a way to gain a sense of control

E

**Substance Abuse** - Alcohol and drug abuse can impair judgment and increase the likelihood of violent or abusive behaviour.

G

**Controlling Your Partner** - “my way” or else, perfectionism, trying to change your partner, possessiveness.

B

**Negativism** - Nitpicking, nagging, criticizing.

D

**Dishonesty & Betrayal** - Infidelity, lying and cheating.

F

**Being Neglected** - Ignoring, not being attentive, expressive, affectionate, supportive, caring, loving.

H

**Communication Issues** - Poor communication and conflict resolution skills can lead to misunderstandings and escalate into abusive behaviour.

## Task

Pick two letters and explain how they might link together.

## EXTENSION

Link 3 different together

# Domestic Abuse in Relationships

## Task

How would you respond if your partner did any of these?  
Pick a scenario and role play it with a partner

Forced you to  
have your wages  
paid into their  
account.

Banned you from  
seeing family and  
friends.

Told you what  
you can and  
can't wear  
when in public.

Told you, you were  
worthless and that  
nobody could ever really  
love you.

Took  
control of  
your social  
media  
accounts.

Shouted at you for  
forgetting to do  
something.

Hit you because you  
burnt a meal you  
were cooking.

"Hot and fast and angry as  
she can be I walk my days on  
a wire"



Love can be a gamble, is it  
worth taking?

## SORTING ACTIVITY

# Abusive Relationships

### Why do people stay?

	They feel they have no other options	

### Strategies for leaving

	Contact a local support charity	

### Did you know?

*Domestic abuse can occur in any type of intimate relationship, regardless of gender, age, or sexual orientation.*

### Did you know?

*Abusers are not abusive 100% of the time. This can make it hard to leave, get help or even figure out that there is a problem to begin with.*



## What Do You Think?



"I have been going out with a girl. We have been arguing lately, and she sometimes shoves me when she is angry and throws things around. I'm thinking of just ignoring this behaviour and not confronting her over it"

### Talking Points



I think that ...  
I don't think... is right because...  
My opinion is...  
I would argue the same because...  
I disagree with... because...  
Building on what... said. I think...  
An alternate way of looking at this is...  
I sort of agree, however....  
I would challenge what.. said because ...

**Do you agree or disagree? Why?**

Can you add to the statement?

**Do you have a question about the statement?**

Would you like to challenge what is being said?

**Do you have an alternative idea?**





# REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT  
FOR LEARNING

## CONFIDENCE CHECKER



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Complete the confidence checker of where you think you are at for this lesson

(Discussion or complete sheet)



3 Minutes

I'm not  
confident at all  
on this topic

A little  
confident

Confident

Very  
confident

I am super  
confident on  
this topic

# HOMEWORK SUGGESTION



## DUE DATE

It must be submitted by..

Hand / Google  
Classroom



## Homework Explained

Make a safety plan for someone suffering domestic abuse. Create a detailed plan for leaving an abusive situation safely. Write down steps you can take to ensure safety, such as identifying safe places to go, packing a bag with essential items, and arranging transportation, your plan can be presented however you wish.







# IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT  
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,  
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.  
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ Contact 999 if you or someone you know is in immediate danger!
- ☐ The National Domestic Violence Helpline [www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk) 0808 2000 247
- ☐ <https://www.womensaid.org.uk/information-support/> help for women and children on domestic abuse
- ☐ Galop provides support to lesbian, gay, bisexual and transgender people in abusive relationships [www.escis.org.uk/](http://www.escis.org.uk/) 0300 999 5428

## SEEKING SUPPORT

RELATIONSHIPS  
& SEX EDUCATION

# REFLECTION PLENARY



A problem I overcame today was...

Before I only knew...  
now I also know...

The key words for this lesson  
were...

I'm really proud of the way I have...

Today I have tried to...

The most important thing I have  
learnt today is...

I used to feel ... but I now feel ...

Before I would have done...  
Now I will ...

Next lesson I would like to...

A question I would like to ask  
is...

I would like to learn more  
about...

I know if I need further support  
or help I could speak to.... or  
contact...

I now know I can supported  
others by...

One thing I didn't realise was...  
this will help me to...

2 Minutes





# REFER TO MINDFULNESS POWERPOINT

