

Safety planning for survivors in isolation

With and without abusive perpetrator in the home

This document is for:

- people experiencing abuse from their children, especially where they are already living in a household where intimate partner violence/abuse is common.
- Line managers, colleagues or friends of people who are experiencing abuse if you're worried about how this abuse might affect your friend or colleague, and want to know how you can help.

Child-to-parent violence

Child-to-parent violence (CPV) can be a risk in families living with Domestic Violence/Abuse (DVA). Many questions that you might ask adult survivors are also relevant for risk assessing CPV.

If you're supporting someone who is experiencing abuse from a child, consider asking them the following questions: Are there patterns to your child's violent behaviours? Are there triggers?

- How do you think isolation is likely to affect your child? For example, is being at home with younger siblings likely to escalate the risk to you and your other children?
- If you're living with an abusive partner, do the actions of your child (the CPV) lead to disagreements with this person about how to manage this behaviour?
- How might isolation affect the pattern of CPV you're experiencing, and will this increase your risk of DVA?
 - For example, might your child's violent actions lead to disagreement between you and your partner, which might lead to abuse escalating?

Safety ideas for parents and younger siblings

Many ideas relevant to DVA situations can also be adapted for CPV. Think through these questions and use them to try and make a plan for your safety:

- Can you safely leave (depending on age of child) and take younger siblings to a park during a violent outburst?
- Can you spot the signs of conflict turning into violence? Do you have a plan to be safe in the house – for example can you and any other children go to another room?
- Do you need another safe mobile if your child takes yours from you?
- Think about monitoring your child's online activity. Are they spending more time online? For those families isolating separately from an abusive parent, are they making contact with your child online as a way to continue their abuse? Is contact with an abusive parent likely to make your risk of experiencing violence from your child higher? Look after yourself. Coping with anger and aggression is exhausting and demoralising. Do you have a

safe (remote) network to provide you with support? Families/friends who you can call?

- Can you talk to your child about self-management-strategies? When your child is calm can you talk things through and help them to understand their triggers and find an outlet for their feelings? For example, can you agree that they have a room/space in the house to go to for some space if they are overwhelmed/feeling angry?
- NSPCC Childline is a safe place for children to talk about their feelings – 0808 1111.
- Family Lives (formerly Parentline) has a free helpline for parents - 0808 800 2222.
- 999 – CPV can present a high risk of serious physical harm to parents and siblings. Everyone has the right to feel safe. If your child's behaviour escalates then call the police.

School and social services support for vulnerable children is being planned currently, which may then feed into and affect this advice, though this is only relevant if your child is known to schools or Social Services as vulnerable.

Support from MOD

There is support available for all Defence People who are struggling with Domestic Abuse:

- **Army Welfare Service**
AWS Intake and Assessment Team
Available: Mon-Thur 0830 – 1630; Fridays – 0830 - 1600
(Mil) 947773053
(Civ) +44 (0) 1904 882053
Email: [AWS-HQ-AWS-IAT\(MULTIUSER\)@mod.gov.uk](mailto:AWS-HQ-AWS-IAT(MULTIUSER)@mod.gov.uk)
Out of hours the AWS can be contacted through the Unit Welfare Officer and/or the Staff Duty Officer
- **Civil Servants**
Employee Wellbeing Service (EWS) for MOD Civilian Staff
Available: Mon-Fri 0830 - 1630 on 08003457047 or 93345 7750
You can also access the Employee Assistance Programme: 0800 345 7047
[The Charity for Civil Servants: 0800 056 2424](http://www.thecharityforcivilservants.org.uk)
- **Naval Service Family and People Support, NS FPS**
Free phone 0800 145 6088
(Mil) 9380 28777
(Civ) +44 (0)23 92728777
Email: [navynps-peoplesptnsfpsptl@mod.gov.uk](mailto:navyfps-peoplesptnsfpsptl@mod.gov.uk)
Web: www.royalnavy.mod.uk/community-and-support (www)
- **Royal Air Force Welfare Service**
Details of RAF Welfare Services are provided locally via the Personnel Management Squadron
RAF personnel and their families stationed in the UK are able to contact the SSAFA Personal Support and Social Work Service at any time in the UK on

03000 111 723 for advice and support. If based overseas, please talk to your local Service welfare team.

- www.gov.uk/mod/armed-forces-domestic-abuse-support-and-guidance
- **Armed Forces Domestic Abuse Advocate (Aurora New Dawn): 07496 333473**

Information provided by **Aurora New Dawn**.