

PEOPLE AT RISK OF DOMESTIC VIOLENCE



FIRST PRINCIPLE

norfolk.police.uk/firstprinciple
suffolk.police.uk/firstprinciple

Top Tips

Be aware of controlling and coercive behavior

Make a safety plan

Be Security Safe on the Internet

You don't need to suffer in silence

Always call 999 in an emergency

PREVENT CRIME

PROTECT COMMUNITIES



NORFOLK
CONSTABULARY
Our Priority is You



SUFFOLK
CONSTABULARY



If you feel in immediate danger as a result of domestic abuse, dial 999 straight away and wait in a safe place for the police to arrive.

We are committed to Supporting anyone who is a victim of domestic abuse or who are at risk of domestic abuse and will work with our partner agencies to help you. Our message is simple no-one needs to suffer in silence.

Domestic abuse can include any incident or pattern of incidents of controlling, coercive, 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. The abuse can be:

- Psychological
- physical
- sexual
- financial
- emotional.

Controlling behaviour

Controlling behaviour is a range of acts which make someone 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
- regulating their everyday behaviour

Coercive behaviour

Coercive behaviour is an act or a pattern of acts of:

- assault
- threats
- humiliation
- intimidation
- abuse that is used to harm, punish, or frighten their victim.

This definition, which is not a legal definition, includes [honour-based abuse](#), [female genital mutilation](#) and [forced marriage](#).

If this is happening to you, it is important to know that it is not your fault and you need help

and support to keep safe. Our police officers are highly trained to deal with domestic abuse and to listen and treat victims with sensitivity and respect. It is important to them that victims are safe and the offender is dealt with.

In addition to the police, there are specialist support agencies which can help individuals affected by domestic abuse.

Examples of domestic abuse

Domestic abuse can take many forms. If this is happening to you, it is important to remember that there is help and support to keep you safe. It is domestic abuse if your partner or a family member:

- threatens you by saying, "I will leave you" or "I will kill myself"
- shoves, pushes you or is otherwise violent towards you
- makes you fear for your physical safety
- puts you down, calls you names, plays mind games
- stops you seeing your family and friends, saying they cause the problems
- controls where you go, what you do, your money, how you dress
- is jealous and possessive, looking through your phone / facebook / constantly texting or calling you, going past your house or place of work
- treats you like a servant
- prevents you from getting a job
- frightens you, shifts the blame of abuse and tells you, "it was your fault"
- forces you into having sex; If this is happening to you, again remember that it is not your fault, and there is help and support to keep safe.

Making a safety plan

Having a safety plan could help reduce the risk to you and your children. A plan will help you to keep safe both within the relationship and if you decide to leave.

Where possible try to:

- find out about local organisations offering information and support - the Women's Aid Survivor's Handbook has an excellent source of information
- keep notes of domestic abuse incidents and keep it safe and away from the abuser
- think about where you can quickly and easily access a phone (mobile, neighbour, relative or friend)
- keep discreetly a list of emergency numbers, including relatives, friends and local police
- try to have an extra set of keys cut for your home and car
- keep the keys and some spare clothes for you and your children packed and ready - leave them somewhere safe, like a trusted friend or relative
- keep documents somewhere safe, ready to take – birth certificates, benefit books and passports (if you can't get the originals try to get a photocopy)
- if possible try to put aside a small amount of money for bus, train or taxi fares.

If you decide to leave your home and you have more time to plan:

- leave when your partner is not around
- take any medicines you or your children might need
- take all of your children with you
- Take any sentimental and personal possessions with you
- take clothes to last several days

- if possible open a separate savings account in another bank or building society to build up money for after you leave
- take any important legal documents
- arrange for pets to be cared for – a local animal charity may be able to help
- if possible arrange for household items and even furniture to be kept in safe storage.

If you or someone you know is being abused remember:

- the victim is never to blame for the abuse
- only the abuser can change the abusive behaviour
- do not ignore violence; it is dangerous
- there is a life after an abusive relationship
- Getting help will give victims the confidence and support to start a life free from abuse.

Home Security

If you are living separately from your abuser and think you may be at risk, make sure your home is secure. For more detailed advice about home security look on the Norfolk or Suffolk Police website under 1st Principle Crime Prevention. The following are just some of the things you can do.

Security Alarms

If feasible and affordable, consider fitting an approved alarm system.

Details of approved local installers can be found at www.nsi.org.uk or www.ssaib.org

Further details are available from the local police Designing Out Crime Officer.

Doors

If you are in the same house previously shared by your abuser, change your door locks immediately. Doors and frames should be robust and solid.

As a minimum, wooden doors should be at least 44mm thick with a 5-lever mortise lock. Mortise bolts can be added top and bottom but once locked, they cannot be opened from the outside so bear in mind any other key holders who may need (emergency) access may be restricted.

If you are fitting a new door set (frame, door etc) make sure it is certified to PAS 24:2016.

The door must have a viewer or some means of seeing who is at the door. Always use the door chain or bar when answering the door, even if you know the person.

If a risk of arson has been identified consider sealing the letter box or using a fireproof mail bag. Ask the Fire service for some advice and check that the smoke detectors are working.

Always keep all doors locked, even when you are in the house. Do not leave keys in the doors or on view but make them easily accessible. Make sure you and your family have a fire exit plan so you can get out quickly in the event of a fire.

If you have children talk to them of the need to secure the house at all times. For younger children making a game of it can help. Make sure they know not to unlock the door themselves.

Euro Cylinders

If your door is fitted with a euro cylinder you should consider changing it.



Even if you have a multi-point locking system your door will be vulnerable to lock snapping.

Lock snapping is used by burglars to gain entry by snapping the lock in half with simple tools, sometimes in less than 30 seconds.

Most euro cylinders will not be anti-snap cylinders and these can easily be replaced with a more

secure cylinder lock, such as a euro cylinder lock manufactured to TS007 3 star. The lock should also be the right size for the door.

Windows

Windows should be robust and be lockable.

Keep all accessible windows shut and preferably locked.

Inexpensive battery-operated alarms that detect if a window is being forced can be fitted to all ground floor windows.

If you are fitting new windows they should be certified to PAS 24:2016.

Fences and Gates

Front boundaries should be no more than 90cm high to allow good natural surveillance from your neighbours and passers-by.

Rear boundaries should be 1.8m high. Prickly plants and flimsy trellis on top will further deter intruders.

Gates should be as close to the front of the house as possible and locked with a closed shackle padlock. Bins should be kept in rear gardens where they cannot be used to climb over gates or fences.

Garden

Check there is nothing in the garden that could be used to force entry (i.e. bricks, tools, ornaments, toys etc). Lock your garage and shed locked at all times.

If your garage is connected to your house make sure the connecting door is secured both with a robust lock and with strong bolts to the top and bottom.

Lighting

Fit dusk to dawn lights to both the front and the rear of the house.

If you hear or see something suspicious, check from a window. Do not go outside.

Use timers, a radio and simulated TV's to make it appear that you are at home.

Specialist Devices

Whilst Norfolk and Suffolk Police do not endorse specific products, we would suggest that you consider attack resistant crime prevention security products approved by 'Secured by Design' (SBD).

SBD approval means that products have been tested to a high standard and are therefore recommended by us.

Ring Doorbells are an approved SBD product:



The Ring doorbell is a doorbell which you can answer wherever you are, by using the app on your phone. You can will be able to see and talk to whoever is at your door even when you're not at home.

It is also a simple and effective means to monitor who is visiting your house and can store video and audio information on the Ring cloud should it be required. Activation is by PIR sensors and the camera is designed to work in night and day situations. If you need to move house, you can easily take your Ring Doorbell with you.

More information can be found at:

<https://en-uk.ring.com/>

Cover your tracks

As you surf the internet, your internet browser will save certain information, such as the websites you have visited and images or publications you have downloaded. If you do not want people who may have access to your computer to know which websites you have been viewing, you should use a safe computer such as a friend's, or a library or work.

There are different methods to hide your activity and delete your history for each internet browser. We have provided information about how to delete your history from some of the most popular browsers, which can be viewed [here](#).

Be aware that if you are using someone else's computer they may notice if you delete the computer history and cookies.

Domestic Violence Protection Notices and Orders

The police can issue a Domestic Violence Protection Notice in order to prevent further violence or a threat of violence.

Both the notices and the order act as temporary restraining orders. They place certain conditions on the person which can include:

- stopping him/her from entering, and being within a certain distance, of your home
- stopping him/her from making the other person leave or excluding them from your home
- requiring him/her to leave your home.

Usually this will be between two people who are in a relationship or have previously been in a relationship. However, a notice can be served on

anyone aged 18 or over who the police believe has been violent or has threatened violence against the other person. The magistrate can then issue a Domestic Violence Protection Order that will last for between 14 and 28 days.

Please note: The police can serve a Domestic Violence Protection Notice or Domestic Violence Protection Order even if you do not agree to it. You will not have to go to court or give evidence if you do not want to.

If you feel in immediate danger phone 999.

Personal Safety Tips



- Plan journeys before you leave to avoid any short cuts or dark areas.
- If you make regular journeys, i.e. to school or work, vary the route you take on a random basis. Try to travel/walk with other people where possible.
- Make sure you have enough fuel and/or money for your journey. Pre-book taxis or private hire vehicles.
- Always let someone responsible know where you are going and when you will be home. Ask them to call you if you have not contacted them by that time and if you don't respond, to call the police immediately.
- Have a personal alarm and charged mobile phone easily to hand at all times, including at home.
- Be conscious of your surroundings when out. Using phones or music devices or being under

the influence of drugs or alcohol can seriously affect your safety.

- Make sure you have all the emergency telephone numbers you need in your phone. If you have a speed dial facility, use this to store essential numbers.
- When returning home, have your keys ready, check that you are not being followed and that there are no obvious signs of disturbance before you open the door. If you see any signs of entry, do not enter, go to a place of safety and call 999 immediately. If all is ok lock door as soon as you are inside.
- Change login details and passwords to online accounts. Close any social media sites down to private and don't document your whereabouts. Make sure that other family members/trusted friends do the same.
- Get a new ex-directory telephone number for your landline phone. If you replace your mobile number only pass it on to those you trust.
- Consider having a code word which you can pass on to people you trust. Tell them that if you use this word in conversation on the phone they should call help immediately.
- Don't take risks. Call for help if you think you need it.

Help and support

Domestic abuse can leave you feeling trapped and lonely. It is important to remember that it is not your fault and there is help and support available to keep you safe.

If you'd rather not talk to the police, there are other ways to get help. The following agencies can help:

Women's Aid national domestic abuse helpline

Available 24/7 for help and advice. help.

0808 2000 247

<http://www.womensaid.org.uk/>

Victim Support

They provide free services for anyone who has been a victim of crime, regardless of whether the crime was reported and when it happened.

0845 456 5995

www.victimsupport.org.uk

The Ferns

The Ferns is a sexual assault referral centre and provides a one-stop location, offering medical care and

emotional support to any victim of sexual assault.

0300 123 5058

<http://www.theferns-suffolk.org.uk/>

National Centre for Domestic Violence

0844 8044 999

<http://www.ncdv.org.uk/>

NHS Direct

111

<http://www.nhs.uk/livewell/abuse/>

Samaritans

Available 24/7 for help and advice.

08457 90 90 90

www.samaritans.org

Mankind

Help and advice for men in abusive relationships.

01823 334244

Men's Advice Line

Help and advice for men in abusive relationships.

0808 801 0327

<http://www.mensadvice.org.uk/>

Broken Rainbow

Help and advice regarding domestic abuse in the LGBT community.

0300 999 5428

<http://www.brokenrainbow.org.uk/help/helpline/>

Respect Phone line

A helpline offering advice, information and support for men who want to stop being violent and abusive towards their partner.

0808 802 4040

<http://www.respectphoneline.org.uk/>

Disrespect Nobody

Home Office website promoting healthy relationship advice for young people.

<http://www.disrespectnobody.co.uk/>

The Digital Trust

<http://www.digital-trust.org/>

Bright Sky

We recommend that you download the Bright Sky app on your phone or tablet. This will give you access to a number of services and provides access to information that you may find helpful. This is available from the Google Play Store or the Apple App Store

More information can be found at:

<https://www.hestia.org/brightsky>

Foreign and Commonwealth Office

020 7008 0151

www.fco.gov.uk

Waveney Domestic Violence and Abuse Forum

If you are in the Waveney area you can also contact Waveney Domestic Violence Forum. Available for help and advice, covering all aspects of Domestic Abuse. They provide referrals to Caring Dads Programme, Freedom Programme, Endeavour (for male victims), Trauma Therapy and Getting to Know you, Developing and connecting to yourself.

<http://www.waveneydvforum.org.uk/>

01502 572143

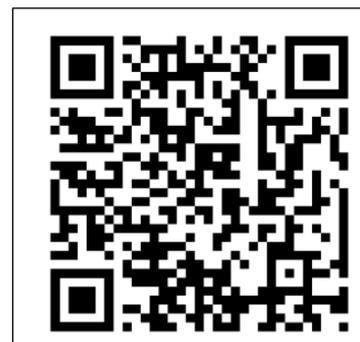
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First Principle: Related links

Check out all of our Crime Prevention information using the following links or by using the QR code to take you to the First Principle Pages Alternatively go to our website at <https://www.suffolk.police.uk/> and look in the 1st Principle A-Z of Crime Prevention.

Allotment Security
Anti-Social Behaviour
ATM Security
Beach Hut Security
Boat Security
Building Site Security
Business Security
Caravan Security
Caravan Storage
Card Security
Catalytic Converters
Church Security
Cold Callers
Commercial CCTV
Counterfeit Banknotes
County Lines Advice
for Landlords
Cyber Crime
Cycle Security
Dangerous Dogs
Dog Fouling
Dog Theft
Domestic CCTV
Domestic Violence
Farm Security
Fraud Prevention
Grooming
Hate Crime

Heating Oil
Home Improvements
Home Security
Home Security for
Tenants
Horses and Stables
Keyless Vehicles
Key Safe Security
Lock Snapping
Mopeds and Scooters
Motorcycle Security
Neighbour Disputes
Occupiers Liability
Personal Security
Power Tool Security
Products Brochure
Rural Crime
Security Alarms
Sheds and Garages
Social Media
Social Media for
Parents
Suspicious Behaviour
Shoplifting
Taxi Driver Safety
Vehicle Security
Windows and Doors



Other Links you might find helpful

Ask the Police
Secured by Design
Sold Secure

Crimestoppers
0800 555 111

Victim Care
0300 303 3705