

16 July 2026

Domestic Abuse-Seeking Support



Instructions:

1. Write down the date and title and underline with a ruler.
2. Then write down all the reasons you can think why a person **may not seek support** if they are in an abusive relationship

7/16/2026

Domestic Abuse- Seeking Support

Key Vocabulary: Metacognition, self-regulated learning, growth mindset
Victim, victim blaming, perpetrator, coercion, controlling behaviour, Clare's law, Safe Spaces, Crossroads, CEA SE,



How might support for victims of domestic abuse be further improved?



How far is it true that victims of domestic abuse only have themselves to blame because they stay with the perpetrators of the abuse?

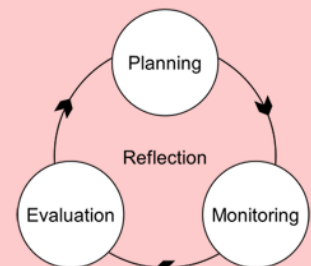


Why are victims of domestic abuse often fail to seek support and help?

Instructions:

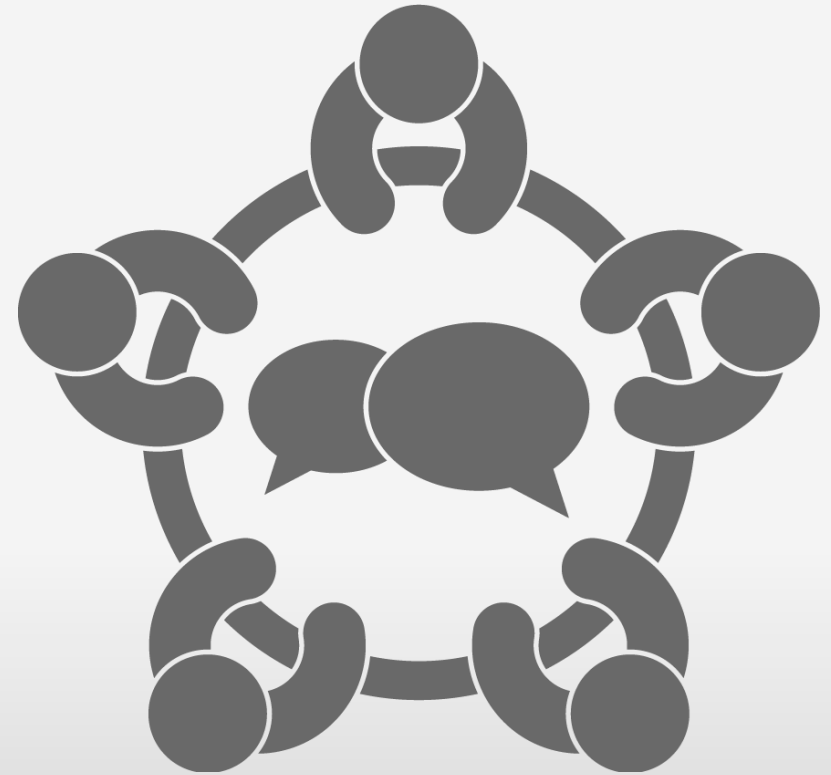
1. Check that you have written and underlined the title and date.
2. Assess the learning task you will be aiming for during the lesson.
3. Reflect on the progress questions and plan and monitor your approach to answering them by the end of the lesson.

Metacognition phases



“I felt like I had to
‘man up’, be
invincible, until I
called”

Why did he feel
this way?



Structured Talk Instructions:

1. Read and consider the above question so that you can participate.
2. Discuss on your table, ensuring everyone contributes and can answer.
3. No hands for feeding back (if you can't answer it's an 'Off Task' negative).

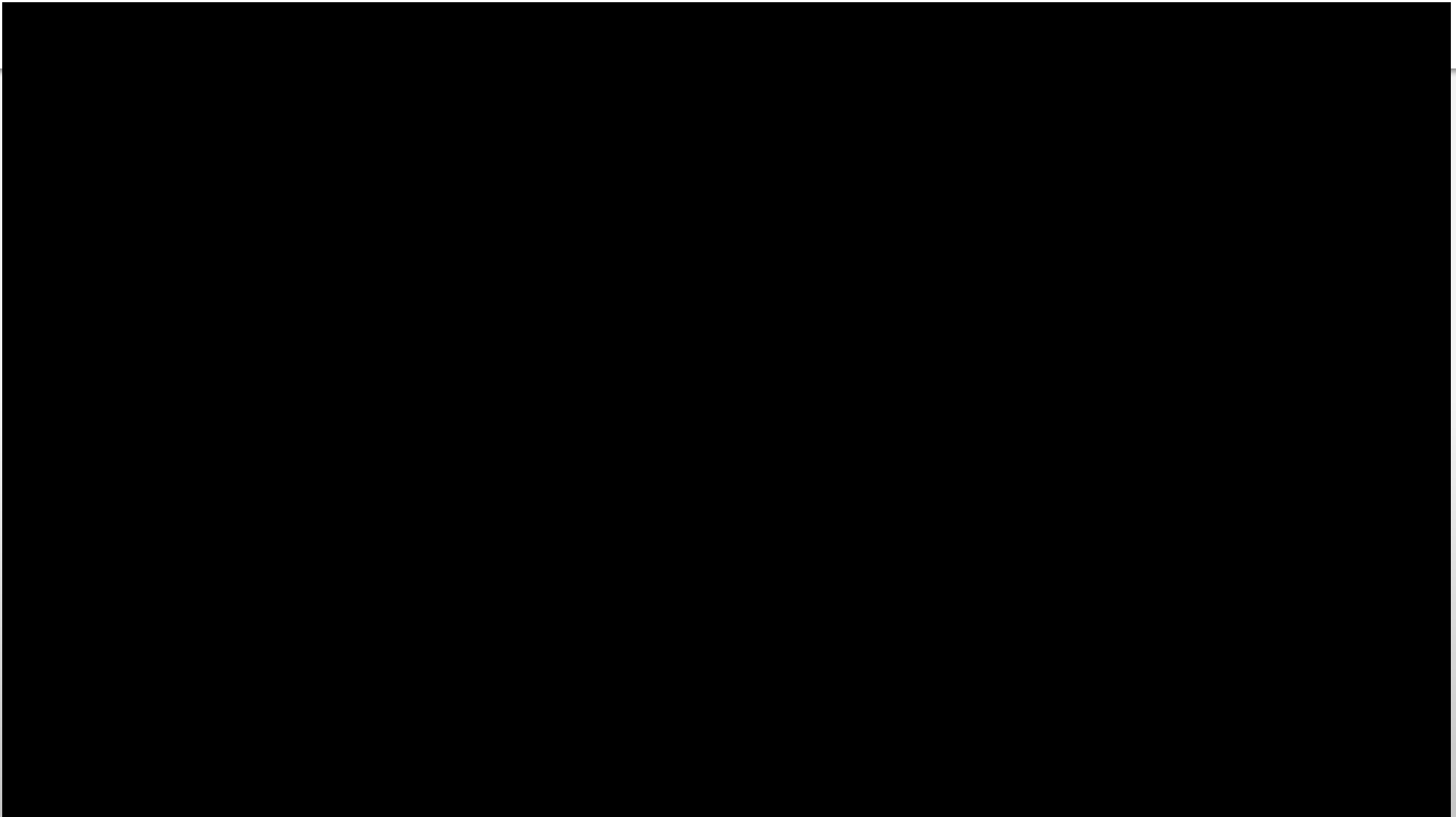


MAD time

- Danger and fear: it can be incredibly dangerous
- Isolation: domestic abuse often relies on isolating the victim
- Shame, embarrassment or denial: perpetrators are often well respected or lied in their communities because they are charming and manipulative
- Trauma and low confidence: victims have very limited freedom to make decisions in an abusive relationship and often traumatised.
- Practical reasons: abusers often control every aspect of the victims life such as money
- The support isn't there when it is needed: asking for help is not easy



How does it feel when you seek support?

A large black rectangular area intended for writing notes.

Instructions: Write full-sentence notes in response to the questions above.

What could a person experiencing domestic abuse do to make themselves safer?



Structured Talk Instructions:

1. Read and consider the above.
2. Discuss with a neighbour, ensuring you both participate.
3. No hands for feeding back, random name picker will choose you.

Independent case studies task

First- take your time to read each of the three case studies then complete the first three columns of your worksheet:

1. Describe what is going on?
2. What type of abuse are they facing?
3. How could you help them? Where should they go for advice?



How would you describe what is going on?	What type of abuse are they facing?	How could you help them? Where should they go for advice?	MAD time: What helped them? Green pen	MAD time: What should you say to someone being abused in this way? Green pen
Ayisha:				
Mark:				
Poonam:				



Ayisha's Story

I am quite a scatter-brained person and my girlfriend always told me that she was the only one who would put up with it. She told me she loved me and that she was the only person I needed in my life.

She was really possessive and jealous. I couldn't go anywhere without her. She would kick up a fuss even when I was meeting up with my friends from school. I lost all my confidence and I lost most of my friends as well – they couldn't put up with her temper and they couldn't understand why I put up with her. I wanted to finish with her, but she said he would hurt me or kill herself if I ever left her.

She would get really angry and sometimes hit me if I got dressed up to go anywhere, saying I had too much make-up on or my skirt was too short. One day she snatched my phone off me and threw it at me because she overheard me telling a friend that I had walked home from school with a couple of lads from year 10. Just little things would set her off. I learnt to see the warning signs and how to say the right things to get around her and her temper. I never tried to wind her up or fight back. I shut myself off from everybody and tried to pretend that everything was OK.

Mark's Story

My girlfriend wanted to spend all of her free time with me. She said she loved me. I thought I loved her too and so I did spend most of my time with her.

All she wanted to do was stay at home and watch movies so we never went out. I hadn't seen my friends for weeks and they asked me to go out with them for a pizza and to the pictures one night. I told her she could come too. She didn't want to go and she didn't want me to go either, but I did. She followed me to the pizza place and she saw a couple of girls come over and start chatting up a couple of my mates. She went absolutely mad; she came storming over saying I was trying to pick this girl up and she called me a slag. She yelled at me to leave and began swearing at me. I was really embarrassed and, when I asked her not to swear at me, she stormed off outside saying I would be sorry later.

I followed her outside and saw her punching the wall and I just knew that if I went off with her I would get hit next. I was really shocked and frightened but I told her that I was staying with my friends. She began swearing at me again calling me "a lying bastard" and lots of other horrible names. That's when I knew that she never really loved me, so I finished with her right then and there and went back to my friends. I was scared and crying but I knew that she would have hurt me either that night or some other time in the future if I stayed with her.

Poonam's Story

My parents have always been quite strict, but I always felt that they just wanted what was best for me. I've been going to an art group after school, which I really enjoy, and I recently met a boy there who I like. We've been spending quite a lot of time together.

My parents found out about this and got quite angry at me, telling me that I could not see him anymore because his family are different to ours. I tried to argue with them and tell them how nice he is, but they threatened to stop me from going to my art group if I continued to see him, so I had to stop. I was upset, but I thought that was the end of it. However, now my parents are telling me that they have chosen a man for me to marry. I told them that I think I am too young to get married yet and, anyway, I might not like him. My parents got very angry with me and said I didn't have any choice and that if I brought shame on the family there would be serious consequences. I tried to speak to my mum about it but she just told me I had to obey my father. Now I feel like they are watching every move I make. The other night, my dad slapped me hard across the face, just because I was late home from school. I locked myself in my room and cried all night.

The next day at school, my tutor noticed that my eyes were red and swollen from crying and asked if everything was ok. I broke down and told her what had been going on at home. She was very sympathetic and just let me ramble on for ages. Later that day, she gave me a telephone number of a support service that helps girls in my situation. I thanked her, but I was too scared to contact them for a long time.

Independent case studies task continued...

Next- your teacher will give you their continued stories, read these and use the MAD Time and a green pen to complete the final two columns:

1. What helped them
2. What should you say to someone facing a similar situation



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Ayisha's story continued..

I told her that I was finishing it because I could not put up with her anger and jealousy any longer. She was really angry and said I must be seeing somebody else.

I kept repeating that there was nobody else and it was her behaviour that had ruined our relationship. She said all sorts of things and tried to make me believe it was my fault that she got angry. But I still finished it. At first she would ring and text me at all times of the day and night but after a couple of months that stopped and I haven't heard from her since.

What helped me

My friends (that I thought I had lost because of her) were all really great. They were really supportive and helped me to see that it was not my fault, I wasn't the bad person. Eventually I told my mum. She helped me to see that I had been both physically and emotionally abused and that it was wrong.

What I would say to someone who is being abused

Tell someone in your family, a friend or a teacher/support worker who you trust. If you don't feel that you can, call the domestic violence national helpline on 0808 2000 247 (run in partnership by Womens' Aid and Refuge) and you will be able to speak to someone in confidence who will give you advice. You can also email them if you don't want to talk (helpline@womensaid.org.uk). Remember – it's not your fault – you haven't done anything to cause this. It's the person that is abusing you that is in the wrong.

Mark's story continued..

We have been split up for about a year now. I am much happier and I am much more sure of what I want in a relationship. She still sends me texts saying she loves me and he has changed and that she wants me back. I just tell her that we are never getting back together again.

What helped me

My friends and my mum were great. They helped me through the rough times and now I know that I am strong and powerful.

What I would say to someone that is being abused

I know that I could have got hurt that night. I knew in my heart of hearts that things were not right long before that awful night. I have learned to listen to and trust my instincts. The most important thing that I would say to someone being abused is to trust yourself; if something doesn't feel right, it probably isn't.

Poonam's story continued..

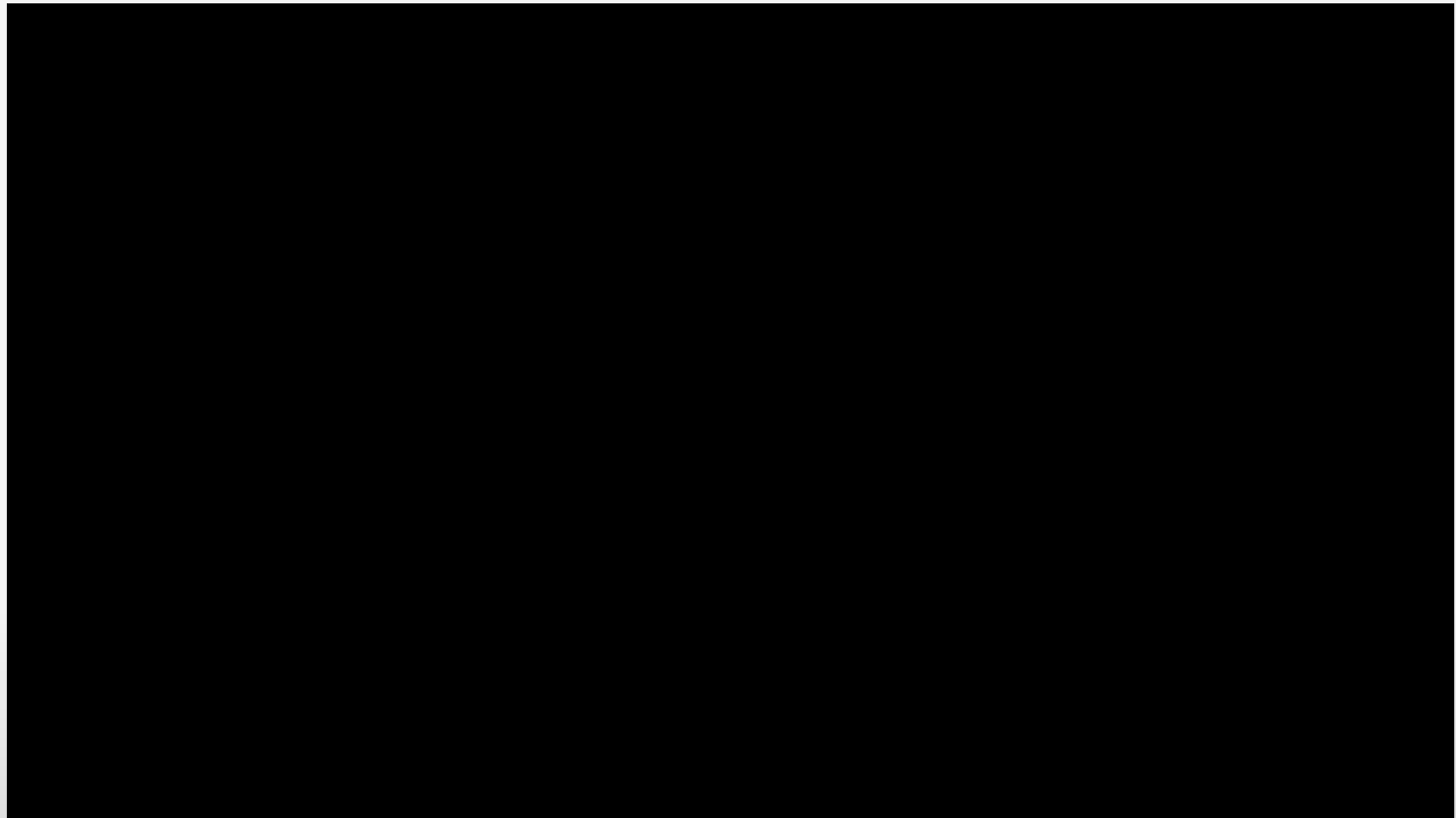
One night I overheard my dad and my uncle discussing a trip abroad. I don't know why, but I instinctively knew that it would involve me and that if I went with them, that would be the end of me having any control over my own life. The next day I rang the support service and told them what was happening. They arranged for me to go and stay somewhere safe while we worked out what to do next.

What helped me

The support service helped me to see that what was happening to me was wrong and helped me to explore how I could get safe. Speaking to other girls who had been through similar experiences to me showed me that I was not alone. The school Early help team got involved and we have worked with them and my family to tackle the controlling behaviour.

What I would say to others

Arranged marriage is not the same as a forced marriage and no one should be forced to do something they don't want to. Trust your instincts and ask for help if you think something is wrong.



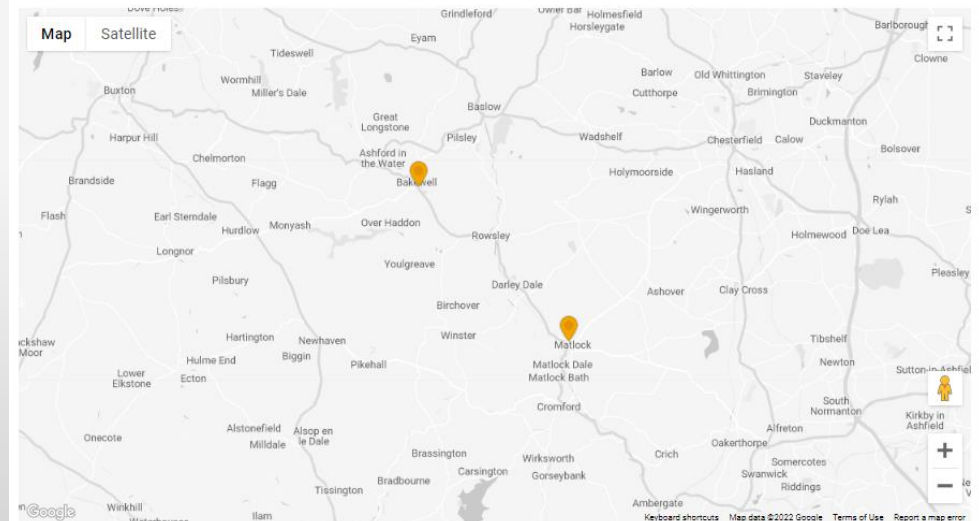
Safe Spaces are also available in Boots, Morrisons, Superdrug and Well pharmacies, TSB banks and independent pharmacies across the UK. Once you are inside, specialist domestic abuse support information will be available for you to access. Many Safe Spaces are also prepared to respond to the 'Ask for ANI' codeword, to provide victims with a discreet way to access help calling the police on 999 or specialist support services. Find your [nearest Safe Space](#).



SAFE SPACES LOCATIONS



YOUR NEAREST INDEPENDENT PHARMACIES



BOOTS BAKEWELL GRANBY RD



Distance: 0.6 miles

Unit 1 GRANBY ROAD, Bakewell,
DE45 1ES

BOOTS MATLOCK CAUSEWAY LANE



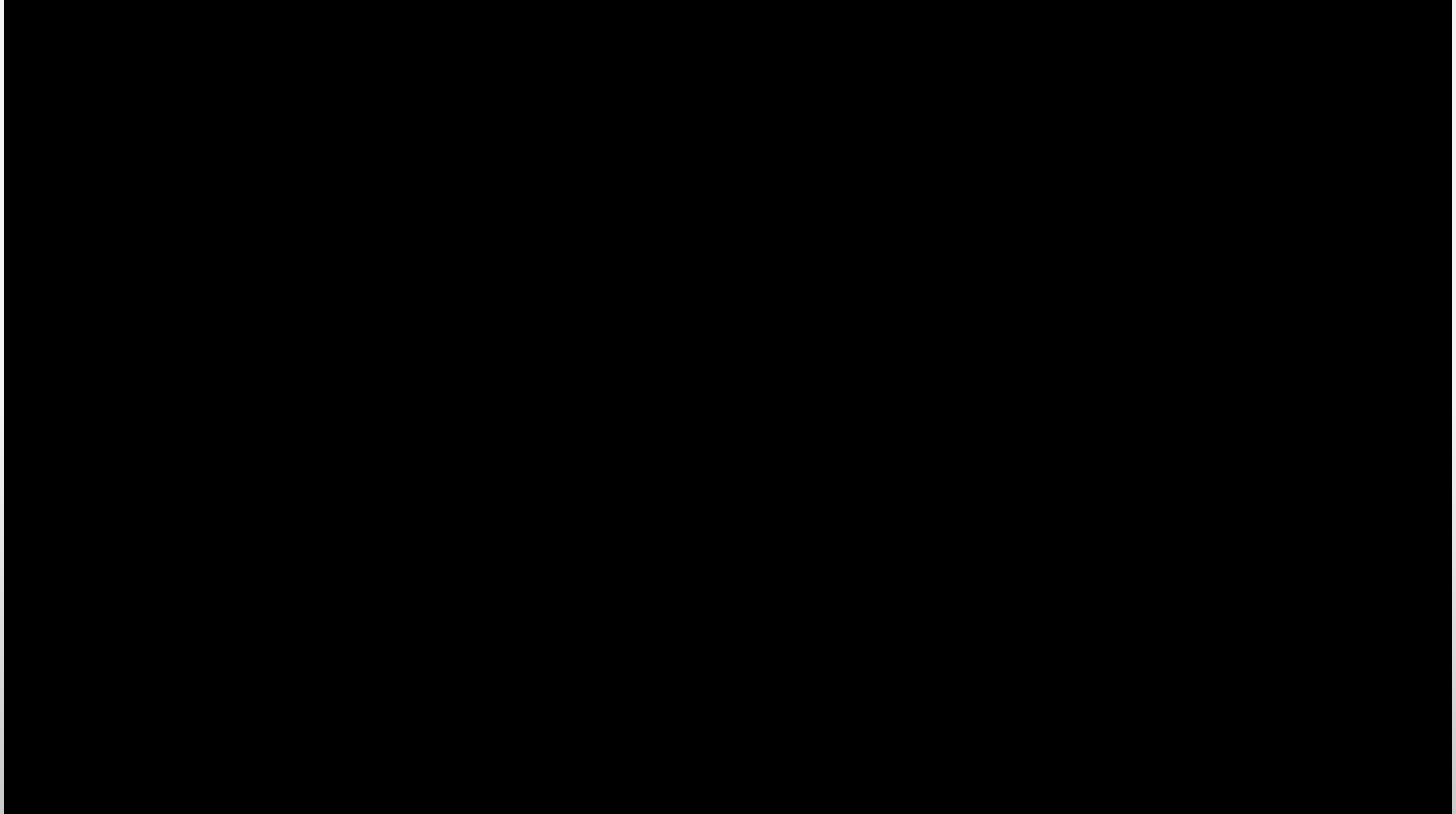
Distance: 7 miles

21 CAUSEWAY LANE, Matlock, DE4
3AR

▲ PRESS 'ESC' TO Q
A NEW TAB WILL OPEN AND
REDIRECT TO GOOGLE



Clare's Law: after watching the film, explain how Claire's law support victims of domestic abuse



7/16/2026

Progress Review

Key Vocabulary: Metacognition, self-regulated learning, growth mindset
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Metacognition phases

