

Research from Action for Children (2020) estimated one in five children in the UK experience domestic abuse.

A child or young person that has experienced domestic abuse may need support around understanding their emotions. These experiences are often difficult to talk about and they can feel frightened, angry, guilty, insecure or confused. They may experience difficulty managing their emotions and behaviour or become withdrawn or depressed. The new 2021 Domestic Abuse Bill now sees children as being victims in their own right.

What is domestic abuse?

The Government definition of domestic violence and abuse is: 'Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender, sexuality, race, ethnicity, religious group, class or disability. This can encompass, but is not limited to: psychological, physical, sexual, financial, emotional abuse.



www.julianhouse.org.uk

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Children and Young People's Domestic Abuse Service

South Gloucestershire

How can we support you?

Our specialist team offers practical and emotional support, information and education for children and young people who are experiencing or have experienced domestic abuse. We support children to explore their feelings and help them to understand what they have been through, to stay safe, know they are not to blame and to let them know where they can get more help.

Our services include:

- ➔ 1-1 outreach support
- ➔ Group work for young people
- ➔ Advocacy for children and parents
- ➔ Domestic Abuse awareness raising sessions for staff
- ➔ Signposting and onwards referrals to services
- ➔ Healthy Relationships

We work with local schools raising the awareness of issues faced by children and young people around domestic abuse. We support staff to educate students about healthy relationships and the impact of domestic abuse on children and young people.

Our services:

Back on Track: Group work for young people who have experienced domestic abuse in the home. This programme gives young people the opportunity to explore their experiences of abuse through safe, confidential and interactive sessions and gain knowledge that will help them feel more confident and less isolated.

Outreach: One to one outreach for children aged 4 to 17 who have experienced domestic abuse in the family home or in their own relationships. Our sessions give young people a space where they can begin to explore and articulate their experiences. This work may also include some family support, helping parents to better understand how they may be able to support their child.



Contact Details

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Children's Voices

"I feel better about what happened at home, talking about it helped and I know it was not my fault. My self-esteem is much better now, I feel stronger and safer too."

"I like art and I've experienced what Domestic Violence is from my dad and I have a lot of friends because I've turned into a nice guy you know, I'm not like my dad."

"Everything feels better now, you listened to me and made me feel safer when I was feeling so sad."