

Stopping Domestic Abuse Together - SDAT

SDAT is an initiative led by Derbyshire Police in conjunction with Social Services, Health Services, schools and other agencies, who work together to safeguard children and adults.

Domestic Abuse can encompass but is not limited to the following types of abuse:

- Psychological
- Physical
- Sexual
- Financial
- Emotional

Children and young people witnessing domestic abuse

Witnessing domestic abuse is really distressing and scary and it causes serious harm to children.

Children who witness domestic abuse can experience a wide range effects. They may:

- Become anxious and depressed
- Have difficulty sleeping or have nightmares
- Be easily startled, flinch or react disproportionately to loud noises
- Complain of physical symptoms such as tummy ache
- Start wetting the bed
- Have temper tantrums and display challenging behaviour at school
- Behave younger than they are
- Not want to go to school
- Become aggressive towards others
- Have poor self-worth
- Self-harm
- Have difficulty forming positive relationships

They may feel:

- Guilty - because they think they have done something wrong
- Powerless - because they can't stop the violence
- Confused - because it doesn't make sense
- Angry - because it shouldn't be happening
- Sad - because it's a loss
- Afraid - because they may be hurt, they may lose someone they love, others may find out
- Alone - because they think it is only happening to them

What is SDAT?

SDAT is an early notification system to schools to quickly notify them of any incidents of domestic abuse where the Police have attended a household where children live.

This enables schools to understand changes in a child's behaviour, attitude or general presentation and to support children if needed.

Where to find help and support

Derbyshire Domestic Abuse Support Line - 08000 198 668

The support line is the single point of access to all of the commissioned domestic abuse support services in the County. The line, which is delivered by Action Housing, is staffed by trained domestic abuse workers between 8am and 6pm, Monday to Friday.

Womens work Freedom Programme

<https://www.womens-work.org.uk/programmes/freedom-programme/>

Women's Work offers The Freedom programme – a 12-week support group for any women fleeing or who have experienced domestic abuse.

tel: 01332 242 525

info@womens-work.org.uk