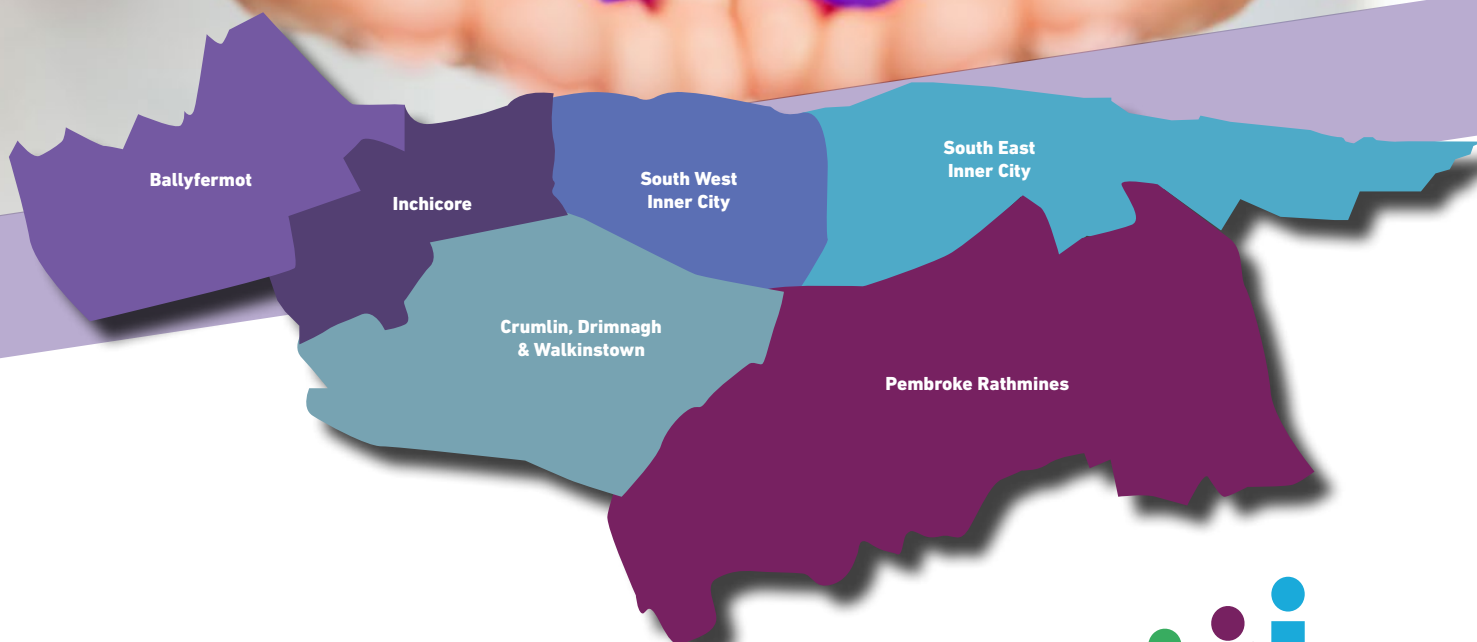
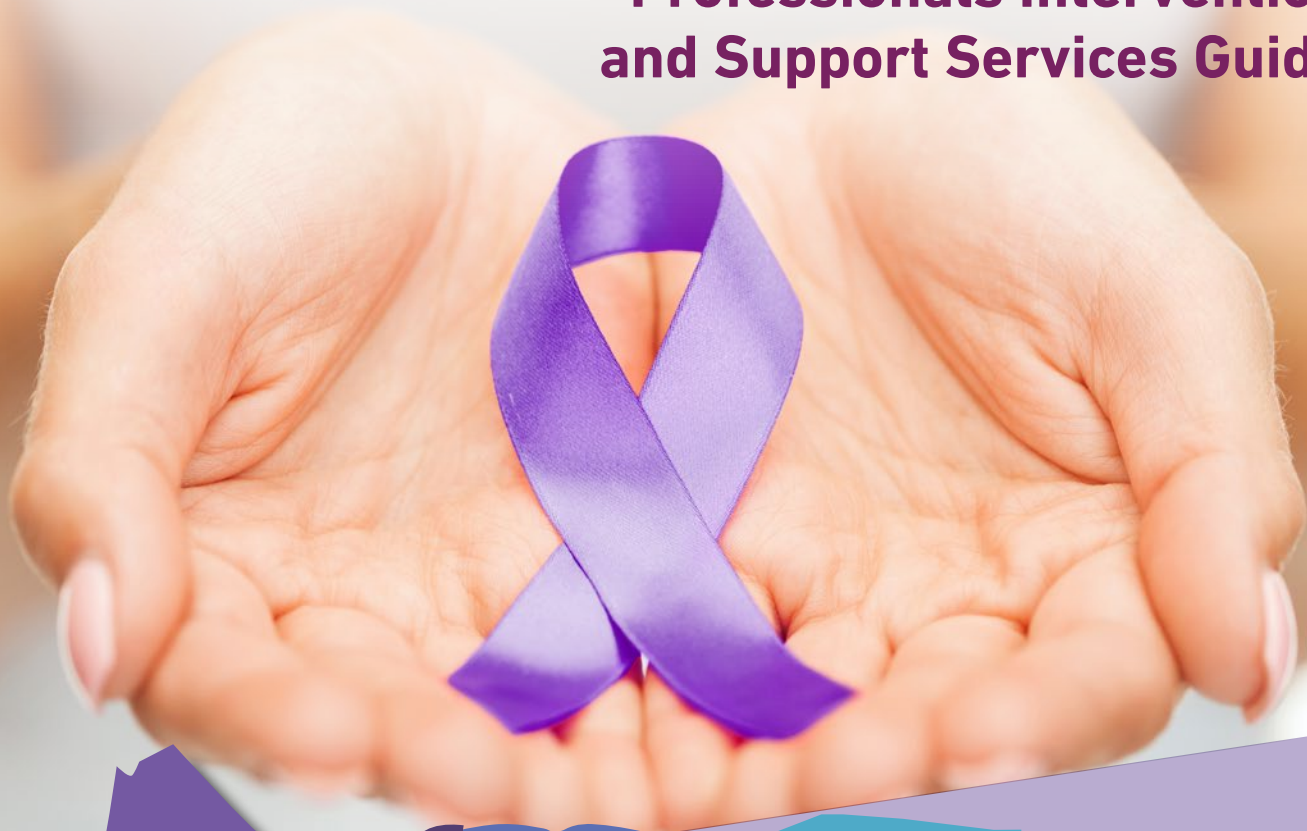


Dublin City South
Children & Young People's Services Committee
**Domestic, Sexual,
Gender based violence**

Professionals Intervention
and Support Services Guide





Legislation

1981 -

The 1981 Family Law (Protection of Spouses And Children) Act.

1996 -

The 1996 Domestic Violence Act, 1996[1], repealed by the 2018 Act. However, if a DVA order was granted under this Act, it would continue in existence as if made under the 2018 Act. See Section 41 Domestic Violence Act 2018

2018 -

The Domestic Violence Act 2018, Enacted in 01.01 2019, the Domestic Violence Act 2018 [2] has created the new criminal offence of coercive control. The Act also now allows for relevant court orders to be made for dating and cohabitating couples

Other legislation is available in investigating domestic abuse offences i.e.

Non-Fatal Offences Act 1997 (assault, threats to kill etc), or

Rape under Section 2 Criminal Law Rape Act 1981 as amended

- 1991

Child Care Act 1991, updated by the Children First Act 2015

- 2012

Criminal Justice (Withholding of Information on Offences against Children and Vulnerable Persons) Act 2012

Dublin City South Children & Young Peoples Services Committee (DCS CYPSC)

Background

Children and Young People's Services Committees are a key structure identified by Government to plan and co-ordinate services for children and young people in every country in Ireland. Their age remit spans all children and young people aged from 0 to 24 years. The purpose of the CYPSC is to ensure effective interagency co-ordination and collaboration to achieve the best outcomes for all children and young people in their area.

The Dublin City South is the Local Authority area, south of the River Liffey.

DCS CYPSC Safe & Secure subgroup

A surge in domestic violence and abuse has occurred globally due to Covid-19 and the associated lockdowns. In Ireland, An Garda Síochána has reported a 25% increase in domestic violence calls due to Covid-19, while calls to Women's Aid's 24-hour helpline increased by 43% between March and June 2020 compared with the same period in 2019.

The purpose of this guide is to provide a resource to support professionals who work with children & families to understand and recognise the signs of Domestic abuse, and to support appropriate referrals or recovery as appropriate.

I wish to thank all those who contributed to this document and acknowledge the ongoing work of our colleagues and organisations in supporting the needs of children & families in the community.

Maria Hayes

DCS CYPSC Safe & Secure Chair.
TUSLA Dublin South Central
2021

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Overview

Domestic abuse or domestic violence can happen to anyone. It permeates across socio-economic status, age, sexuality, ethnicity, religion and gender. While women tend to experience higher rates of domestic violence than men, men are more likely to under-report. This under-reporting of domestic violence by both men and women compounds the experience to undermine self-confidence, self-worth and independence. It also has a double impact to our lack of statistics on the number of children impacted by domestic violence.

The impact of domestic abuse is felt by individuals and families with sometimes severe consequences for their emotional, financial, physical, and social wellbeing. Children living in abusive environments be impacted both directly and indirectly with an increased risk of emotional trauma and behavioural problems later in life¹.

The nature of domestic abuse dictates a cycle through which a victim may be subject to a range of abusive behaviours so the perpetrator can gain and ensure power and control over the other person. Once abuse has begun, it not only continues, but over time tends to increase in both frequency and severity. As the abuse continues, the three-phase cycle begins to deteriorate. The tension-building phase becomes shorter and more intense, the incidents of abuse becomes more frequent and severe, and the reconciliation periods become shorter and less intense. This results in a victim becoming more vulnerable over time.

¹Tusla Child and Family Agency (2017). Child Protection and Welfare Handbook

What is Domestic, Sexual, Gender Based Violence?

In accordance with the 2011 Council of Europe Convention on preventing and combating violence against women and domestic violence Article 3, it is defined as:

- a. “violence against women” is understood as a violation of human rights and a form of discrimination against women and shall mean all acts of gender-based violence that result in, or are likely to result in, physical, sexual, psychological or economic harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life;
- b. “domestic violence” shall mean all acts of physical, sexual, psychological or economic violence that occur within the family or domestic unit or between former or current spouses or partners, whether or not the perpetrator shares or has shared the same residence with the victim;
- c. “gender” shall mean the socially constructed roles, behaviours, activities and attributes that a given society considers appropriate for women and men;
- d. “gender-based violence against women” shall mean violence that is directed against a woman because she is a woman or that affects women disproportionately;
- e. “victim” shall mean any natural person who is subject to the conduct specified in points a and b;
- f. “women” includes girls under the age of 18

COUNCIL OF EUROPE



CONSEIL DE L'EUROPE

**Domestic violence
and Domestic
abuse are terms
that are used
interchangeably**



TUSLA – The Child & Family Agency identifies that

DOMESTIC VIOLENCE refers to the use of physical or emotional force or threat of physical force including sexual violence in close adult relationships. This includes violence perpetrated by a spouse, partner, son, daughter or any other person who has a close or blood relationship. The term Domestic Violence goes beyond actual physical violence. It can also involve emotional abuse, the destruction of property, isolation from friends, family and other potential sources of support, threats to others including children, stalking and control of access to personal items, food, transportation and the telephone.

SEXUAL VIOLENCE is any sexual act which takes place without freely given consent or where someone forces or manipulates someone else into unwanted sexual activity. The age of consent in Ireland is 17 years and this is the age at which a person is considered to be legally competent to consent to sexual acts. Consent is defined in the Criminal Law Sexual Offences Act 2017 as freely and voluntarily agreeing to engage in the sexual act. Consent is not present when there is the application, threat or fear of force to the victim or a third party; when the victim is asleep or unconscious, or incapable of consenting because of the effect of alcohol or other drugs; when the victim is suffering from a physical disability which prevents the victim from communicating regarding their consent; is mistaken as to the nature and purpose of the act; is mistaken as to the identity of any other person involved in the act; is being unlawfully detained; where the only expression or indication of consent or agreement to the act comes from somebody other than the victim².

GENDER BASED VIOLENCE³ against women means violence that is directed against a woman because she is a woman or that affects women disproportionately. A gendered analysis of violence suggests that violence against women whether in the home, between friends or in dating relationships or violence perpetrated by strangers reflects and reinforces the power inequalities experienced by women with respect to men in all societies, including our own.

In recent years the Lesbian, Gay, Bisexual and Transgender (LGBT) communities have begun to publicly acknowledge intimate partner violence in their communities. This brings to light the issues of male on male violence and abuse and female on female violence and abuse in intimate relationships

For many years advocates for male victims of domestic violence have been drawing attention to their plight. It is also the case that for many years rape crisis centres have been supporting a small number of male victims⁴.

²www.tusla.ie/services/domestic-sexual-gender-based-violence/

³Second National Strategy on Domestic & Gender- Based Violence 2016-2021, COSC Dept J&E

⁴Second National Strategy on Domestic & Gender- Based Violence 2016-2021, COSC Dept J&E

Why Support Victims

Domestic violence is a human rights issue affecting both men and women, however, the vast majority of survivors are women. The rights based approach in the resource applies to women & children rights, examples of which are taken from SONAS, which provides services to women & children.

Safety, welfare and protection

The primary objective must be securing the safety of people experiencing domestic violence, and ensuring that service providers are not put in a potentially violent and/or unsafe situation.

Empowerment

Supports should help survivors of domestic violence to determine their own needs by involving them in decision-making and choices affecting them, and supporting them to move from crisis to safety, independence and self-help.

Privacy and confidentiality

Those consulting and interacting with domestic violence survivors should be respectful of privacy and confidentiality and cognisant of the real dangers if these are breached. They must also be mindful of any legal requirements, especially with regard to child protection.

Accountability

An act of violence committed against any person is an offence punishable by law and must be treated as such. Perpetrators must be held accountable for their actions and bear the consequences.

Partnership and collaboration

A multi-agency and multidisciplinary approach is required to adequately address the complexity of the issue.

Skills base and awareness

Those responding to domestic violence must have appropriate sensitisation training and ongoing education to do so. Public awareness of the issue is another important consideration.

Respect

A supportive and compassionate ethos should underpin all service responses, thereby building a culture of empathy, kindness, consideration and trust amongst domestic-violence survivors and those providing intervention.

Evidence informed

The examples and resources referenced in this document are based on a variety of sources, which are referenced throughout the resource manual.

Early intervention and prevention

It is recognised that early intervention leads to better outcomes for clients and reduces the need for longer or acute services. This resource manual takes the approach of recognising and making an intervention (responding) as early as possible.

Cultural competence

Provision of culturally competent health services that are respectful of, and responsive to, the cultural and ethnic diversity of service users is intrinsic to quality, effective service delivery. The goal of culturally competent health-care services is to provide the highest quality of care to every patient, regardless of ethnicity, cultural background, English proficiency or literacy.

Guiding Principles for Best Practice Responses

The HSE National Domestic, Sexual and Gender-Based Violence Training Resource Manual⁵ makes reference to the **3 Rs** (**RRR**) to assist practitioners:



1.

Recognise

know the signs, indications and sequence of abuse



2.

Respond

know how to deal with the issue of abuse



3.

Refer

make a good, appropriate referral

World Health Organization

(2014) Health care for women subjected to intimate partner violence or sexual violence: A clinical handbook⁶, Geneva: World Health Organization.

First-line support involves five simple tasks. It responds to both emotional and practical needs at the same time. The letters in the word '**LIVES**' can remind you of these five tasks, which protect women's lives:

Listen	Listen to the woman closely, with empathy, and without judging.
Inquire	Inquire about needs and concerns Assess and respond to her various needs and concerns – emotional, physical, social and practical (for example, childcare).
Validate	Show her that you understand and believe her. Assure her that she is not to blame.
Enhance	Enhance safety Discuss a plan to protect herself from further harm if violence occurs again.
Support	Support her by helping her connect to information, services and social support.

⁵www.hse.ie/eng/about/who/primarycare/socialinclusion/domestic-violence/dsgbv-training-resource-manual.pdf

⁶www.who.int/reproductivehealth/publications/violence/vaw-clinical-handbook/en/

Types of Domestic Abuse

Definitions of abuse sourced from:

- www.stillhere.ie;
- www.safeireland.ie &
- www.tusla.ie



Physical

Causing or potentially causing any harm to the body of the other person, including by engaging in any of the following behaviours:

- throwing of objects
- shoving
- hitting
- slapping
- punching
- biting
- burning
- choking
- mutilation
- the use of a weapon aggravates the risk of harm



Sexual

Sexual violence includes any form of sexual activity that takes place without the full and freely given consent of one of the people involved. It includes:

- sexual degradation
- forcing unwanted sex
- revenge porn
- rape or sexual assault
- any form of non-consensual physical or emotional coercion or manipulation into any type of sexual activity that is against the wishes of one of the people involved.
- any unwanted sexual activity from sexual touching to rape between spouses, cohabitants, partners or ex-partners is a form of sexual violence.



Emotional or Psychological

Causing or attempting to cause psychological harm to the other person by the use of:

- verbal aggression and threats
- humiliation
- undermining of self-esteem
- name calling; continual “put downs”
- psychological degradation
- exploitation
- threatening to hurt children/others
- intimidation
- bullying
- threatening /Fearful
- criticized
- embarrassed
- possessive
- being blamed
- gaslighting / manipulation



Coercive Control

Coercive Control can span across a number of these types of abuse. Safe Ireland states that this form of domestic abuse is designed to “achieve obedience and create fear” and can include “coercion, threats, stalking, intimidation, isolation, degradation, isolation and control”. The abuser may restrict the person’s movement, control what they eat, who they see, isolate them from friends and family, and ultimately restricts independence and freedom⁷.

This can include:

- love-bombing
- monitoring of time
- taking phone away
- destruction of possessions
- restricting daily activities

⁷www.safeireland.ie/wp-content/uploads/Safe-Ireland-Coercive-Control-Leaflet.pdf

Dial 999 / 112

If You Feel You Are Or Your Client Is In Immediate Danger.

More information available at www.whatwouldyoudo.ie including information on safety planning and key services & supports.



Financial

Controlling or attempting to control the other person by means of Withholding/ Isolation of finances

- stealing from or Defrauding a partner of money or assets
- being forced to take a loan out
- being stopped from getting a car and/or job
- isolation from friends and/or family economic blackmail;
- having dominant or complete control of all monies and bank accounts;
- denial of access to necessary funds
- preventing the victim from working or having financial independence



Social

The systematic isolation of one person in the relationship from their family and friends or from social activities

- social media Monitoring
- limiting transport /access or use,
- forbidding or physically preventing the victim from going out, meeting people, or engaging in or attending for work or any other appointment



Harassment, including Social Media or Online

Harassment is behaviour used to bully, pursue, stalk or intimidate the other person in the relationship. The intention of this type of abuse is usually to harm the victim emotionally or to cause damage to their image or reputation or how they are viewed by others. Online abuse involves:

- the use of technologies such as mobile phone texting, electronic communication or social networking to carry out these behaviours.
- it can include sending negative, insulting or even threatening emails, or messages on social media;
- online "put downs";
- sharing; sending or posting sexually intimate/explicit pictures;
- tracking online activity;
- stealing or demanding passwords;
- checking of mobile phones for pictures, texts and calls.
- harassed online
- checking search history
- demanding passwords
- sending threatening texts/emails/pictures



Honour-based violence (HBV)

HBV is a term used to describe violence committed on a person by a member of their family or immediate community. It is motivated by a perceived need to restore that position of the family or community after the victim is perceived to have in some way dishonoured it. They may have refused to enter a forced marriage, had sexual relations outside of marriage or have expressed some form of autonomy. Predominately the victims of HBV are women or girls, but can also be males. HBV often results in serious physical injury, maiming or death.

Recognising Abuse in Interpersonal Relationships

Everyone has arguments, and everyone disagrees with their partners, family members and others close to them, from time to time. Where this begins to form a consistent pattern and someone feels afraid of a partner or someone close to them, then this may be a sign of domestic abuse. Recognising the warning signs can help:

Warning Signs that Indicate a Potential Abusive Situation⁸

- A person who has a sense of entitlement that their needs are more important than everyone else's
- A person who needs to have power and control in the relationship
- A person who blames their partner for any issues that occur in the relationship
- A person who doesn't take any responsibility
- A person who cannot be challenged
- A person who is disrespectful in general
- A person who lacks empathy
- A person who is unavailable when their partner needs support

Am I In A Toxic Relationship?

- They constantly put you down and make you feel bad about yourself
- You are arguing one day, and things are great the next
- They often make you feel guilty
- They are jealous of your other friends
- You feel like it's your responsibility to fix things
- You change yourself to please them
- You worry about setting them off and feel like you have to watch what you say
- You feel anxious or unwell when you know you're going to see them
- They text and call you constantly
- You have lost confidence in yourself
- They break your trust

What Can I Do?

- Remember you are not to blame.
- Contact a support service.
- Reach out to a trusted friend, relative or neighbour. They can help support you in a time of need.
- Make a safety plan - to keep you and others safe in an emergency.
- Talk to your GP
- Report the abuse to a Garda Station.
- Obtain a Domestic Violence Court Order

Dial 999 if you feel you are in immediate danger.

See section from page 24 for list of support services and contacts.

⁸ www.spunout.ie/sex-relationships/relationships/toxic-relationships

Refer What Happens After a Referral /Concern?

An Garda Síochána⁹:

'We are here to listen. We are here to help.'

An Garda Síochána, take domestic and sexual abuse very seriously and are here to help. Domestic abuse can take a variety of forms it can be physical, sexual, emotional, psychological and financial abuse. It can occur within a family between one family member against another. It can involve a current or ex-partner, regardless of gender or sexuality.

An Garda Síochána know that if you are experiencing domestic abuse you can feel isolated and alone. You do not know who to trust or who you can confide in. It can be daunting contacting the Gardaí but if you are in danger we want you to call 999. When you call 999, a Garda in uniform will arrive at your location in a marked patrol car. They will ensure that you are not in immediate danger. When you are safe, you will have the time to discuss with the Garda exactly why you called.

If you are not in immediate danger and you require advice and assistance, you can visit your [local Garda Station](#). There you will be met by a uniformed Garda. You can ask to speak with the Garda in private. They may sit down with you and ask you a number of questions. There are no right or wrong answers to these questions. We just need to find out as much information as possible to ensure that you are safe and that you stay safe.

Domestic Abuse Awareness Videos

Anyone who may wish to report or discuss an incident of Domestic or Sexual Violence can contact **112/999** or their **local Garda Station** or for child abuse incidents contact the 24hr dedicated phone line for the reporting of child sexual abuse.

The phone line number is **1800 555 222**. This confidential free-phone line is manned on a 24-hour basis, 7 days a week, 365 days a year.

An Garda Síochána encourages victims of to report any such incident at the earliest opportunity including those incidents of an historical nature.

⁹ www.garda.ie/en/crime/domestic-abuse/domestic-abuse.html

Legal Protection For Victims of Domestic Abuse and Coercive Control

An tSéirbhis Chúirteanna / Courts Service Ireland

Information about court orders if you are the victim of domestic abuse and violence

What are the orders a court can make?

A Safety Order

This order prohibits the respondent from being violent or threatening to be violent to you and/or your children. This order can also forbid the respondent from coming to the place where you live if you do not live together. It can also forbid the respondent from following you or communicating with you (including by electronic means). The end date of the order is usually stated by the court.

A Barring Order

This order prohibits the respondent from being violent or threatening to be violent to you and/or your children. This order means that the respondent must leave the place where you live together for a certain length of time. It can also forbid the respondent from following you, communicating with you (including by electronic means) or entering the place where you live. The end date of the order is usually stated by the court.

Urgent Temporary Orders For Immediate Protection

If you need protection immediately you should apply for an urgent temporary order. You do not have to tell the respondent that you are making this application at this time. This is called an “ex-parte” application.

A **Protection Order** is a **Temporary Safety Order** that the court can put in place until the full hearing for a Barring Order or Safety Order has been finalised by the court.

The two types of **temporary barring orders** are:

1. **Interim Barring Order.** It remains in place for up to 8 working days until the court hears the full application for the barring order.
2. **Emergency Barring Order.** It remains in place for up to 8 working days. There is no possibility of applying for a full barring order when this ends.

You will have to attend a court hearing and give a sworn statement. The court may issue an order at that hearing.

The respondent will then receive a copy of the court order and the information sworn by you.

If you have been granted an order and the respondent breaks the terms of the order you should immediately call the Gardaí. If the respondent breaks the court order they may be arrested and brought before the criminal courts.

Further information on domestic violence legal order /fact sheets, www.domesticabuse.ie/legal



If a person is in immediate danger, please **call 999/112** without delay

Eligibility

There are different groups of people who can apply for an order under the [Domestic Violence Act, 2018](#). Each of those groups can apply for different categories of orders.

It is important that you are clear about your relationship with the respondent so that you apply to the court for the correct order.

You should let the court/court office know if you have any other current family law proceedings in place.

The table below is a guide that may help you decide what you want to apply to the court for.

Relationship to Respondent	Barring	Safety	Protection	Interim Barring	Emergency Barring
Wife Husband Civil partner Former Spouse	✓	✓	✓	✓	✗
A person who lived with the respondent in an intimate relationship before making the application (co-habitant)	✓*	✓	✓	✓*	✓**
A person who was in an intimate relationship with the respondent but did not live with them before making the application	✗	✓	✓	✗	✗
Parent of the respondent. Respondent has to be of full age and not a dependant	✓*	✓	✓	✓*	✓**
Parent of a child whose other parent is the respondent.	✗	✓	✓	✗	✗
A person of full age who lives with the respondent. The relationship cannot be a contractual one such as landlord/tenant	✗	✓	✓	✗	✗

*Applicant **must have** same or greater legal or beneficial interest as the respondent in the property

Applicant **has none or has less legal or beneficial interest than the respondent in the property

Where can someone apply for a court order?

You can go to the court office for the area where you live **or**

You can go to the court office for the area where you would live if the behaviour of the respondent did not require you to live in another area.

To find your local court office access the '[Find Us](#)' section on our Court Services website.

Lists of Court Offices by Jurisdiction, with links to contact details and map can be found [here](#).

Court Rules and Forms

Most applications under the domestic violence legislation are made in the District Court. Order 59 of Court Rules regulates the procedure you must follow to obtain orders from the court. This order also include the forms you must complete to make your application.

[Order 59](#) - District Court Rules

Other Help And Support

Staff of the Courts Service are unable to provide you with legal advice but you may be entitled to legal aid through the [Legal Aid Board](#).

You can get information and support in relation to applying for a court order from your local domestic abuse support organisation.

Dolphin House Family Law Court Support and Referral Service

The Dolphin House Family Law Court Support and Referral Service is a free and confidential drop in service for women who are experiencing abuse in a relationship. A meeting can be arranged in Dolphin House and provide support and information about your situation and explain how the courts work. This can include information on legal options, safety planning and, if you wish, we can also link you in with a service for on-going support.

The service can be found on are on the 4th floor in Dolphin House and there is someone there 9.30am - 12.30pm daily. You can drop in or you can ask the Court Clerk or reception about the service.



If a person is in immediate danger,
please **call 999/112** without delay

Dublin District Family Law Office (Dolphin House)

Telephone: (01) 888 6349 / 6344 / 6347

Website: www.courts.ie/content/dublin-district-family-law-office

Email: districtfamilylaw@courts.ie

Opening Hours: Monday to Friday: 9.30 - 12.30 and 14.00 - 16.30

This office deals with business for all the areas within the Dublin Metropolitan Court District.

The Dublin District Family Law Office is situated in Dolphin House. Business dealt with:

- Domestic violence
- Guardianship of children
- Maintenance of spouses and children
- Matters relating to passport applications
- Blood tests to determine parentage
- Emergency domestic violence applications:
- Emergency domestic violence applications must be made in the Interview Room before 3.00 p.m. each day.
- If you need to bring an emergency application after hours, contact your local Garda station¹⁰. The Garda station will contact the court clerk on call to arrange a court.
- Outside of opening times: emergency family law applications can be made to the District Court in Chancery Street, Dublin 7. That court is located on the red Luas line and is next to the Bridewell Garda station.
- On Saturdays and public holidays, you may make an emergency application at the Criminal Courts Office, Criminal Courts of Justice, Parkgate Street, Dublin 8.

The Support and Referral Service can be accessed by telephone every afternoon, from 2.00 to 4.30, by calling 089 221 46.

**An garda síochána
- dial 999/112
if in immediate danger
Website: www.Garda.ie**

¹⁰ Dublin South City Garda Stations listed on page 28

Tusla The Child & Family Agency Social Work

Sometimes, when there are children and young people living in a home and there are concerns that Domestic Violence might be occurring, a referral is sent to the Tusla Duty Social Worker. The role of the Duty Social Worker is to ensure the safety and wellbeing of the child and young person living in the home. A lot of parents have a fear that if social workers become involved, the only result is that their children will be taken into care. This only happens in severe situations when it is absolutely necessary to ensure the physical and emotional safety of children. If children are received into care, reunification takes place when it is safe to do so. Social workers will work together with a family to come up with the best plan or plans to keep the child and young person safe. This will often involve family members or friends who can be contacted either by a parent or the children (if they are old enough) to talk about any worries they might have, and making arrangements for a place of safety if an incident happens. This will also involve working with the perpetrator to help them to identify what triggers the behaviour and what they can do to prevent them from engaging in abusive behaviours. Social workers also provide families with support in accessing necessary services, including counselling, domestic violence support services and legal services¹¹.

Tusla the Child and Family Agency Dublin South Central Dedicated Contact Point

Contact details if you need to report a concern about a child or need to discuss a concern:

Tusla the Child and Family Agency

Bridge House,
Cherry Orchard Hospital,
Dublin 10

Dublin City South areas; Dublin 2,4, 6, 10

Telephone: 087 398 1713

Tusla the Child and Family Agency

Chamber House,
Chamber Square,
Tallaght, Dublin 24,

Dublin City South area; Dublin 12

Telephone: (01) 468 6200

.....
¹¹ Child Protection & Welfare Practice Handbook

How Can Professionals Help?

All services and professionals/practitioners working with children and families need to be able to **RECOGNISE** the signs of Domestic Abuse; **RESPOND** accordingly, and **REFER** where necessary. Remember that trusted professionals in a person's life may be the first person they reach out to. It is essential that we are able to respond in the best way as well as knowing local resources for referral. Professionals need to make themselves aware of their agencies policies and procedures regarding Domestic Abuse and avail of training.



Recognise



Respond



Refer

Organisations can make their work environment a safe space for a victim of Domestic Abuse to talk about their experiences:

- Display posters, brochures and information on local, regional and national Domestic Abuse services
- Put information into toilets so that victims can discreetly pick it up
- Provide training to staff regarding Domestic Abuse service provision and training on how to respond to a disclosure of Domestic Abuse.

Recognise Signs and Signals¹²

- Person might be afraid of their partner
- There may be talk about the persons temper, anger or possessiveness
- There may be bruising or injury with the excuse of an accident
- The victim may have history of alcohol use or substance misuse
- They may be accompanied by the partner
- Have erratic attendance at work, college appointments
- Seem controlled and stopped from seeing family and friends
- Keep in mind the impact on children who may also be living in the situation.



¹²www.safeireland.ie



If a person is in immediate danger, please **call 999/112** without delay

Respond

Victims of Domestic Abuse may not disclose information about their experience unless directly asked. When a person discloses that he/she has experienced Domestic Abuse this indicates the trust and value placed in the professional/person for help and advice.



Remember:

- Be Confident/ Be Clear
- Listen and be supportive but not judgemental
- Assure the person that no-one deserves to be abused despite what the perpetrator says
- Remind the person that being violent is against the law
- Provide accurate local information on services available and how to access them
- Respect their decisions and let them know you are there to support them
- Document the conversation as part of your professional system
- The most dangerous time for a victim of Domestic Abuse is when he/she is just about to leave
- The victim is the best placed to assess their own risk

Refer

Aoibhneas Domestic Abuse Support for Women and Children:

(01) 867 0701 (Emergency help number) Offers refuge, outreach services, 24 hour helpline, court preparation and accompaniment - www.aoibhneas.ie



Sonas Domestic Violence Charity

(01) 866 2015 Offers refuge, Sonas Advice and Outreach, Visiting Support and Crisis Intervention, Supported Housing. **Emergency number: 1800 222 223. For advice Outreach, Court Accompaniment 087 952 5217.**
www.domesticabuse.ie

Women's Aid

1800 341 900 National helpline, outreach and court accompaniment, Dolphin House Family Law Court Support and Referral Service

Men Overcoming Violence (MOVE)

086 414 9591 Dublin, Meath, Tallaght and Swords

More regional and national services can be found on:

Safe Ireland - www.safeireland.ie

Department of Justice - www.stillhere.ie

Tusla Child and Family Agency - www.tusla.ie or www.tusla.ie/services/domestic-sexual-gender-based-violence/select-a-support-below/

Accommodation Support



The **Department of Social Protection** has made access to specific Rent Supplement available for victims of domestic violence.

There is a protocol to assist victims of domestic violence has been established between the Department of Social Protection and Tusla. Under this protocol, if you are a victim of domestic violence you will be able to apply for Rent Supplement on referral by Tusla or by Tusla-funded service providers.

Where an application is made, Rent Supplement will be provided for an initial three months and will not require a means test. You will only be required to pay a minimum contribution towards your rent, regardless of your means, for this period.

After the first three months have passed, you may be provided with a further three-month extension of Rent Supplement; however, this will be subject to the usual means assessment and eligibility criteria of the Scheme.

If you have a long term housing need beyond this six-month period, you will need to apply to your local housing authority for social housing support as soon as possible. If eligible, you will be able to avail of a local authority sponsored housing solution, including Housing Assistance Payment Scheme. Rent support is provided under this Protocol allowing you to resolve your immediate housing difficulties, and where necessary providing you the time to engage with your local authority.

The Department of Housing, Planning Community & Local Government, published [A Policy and Procedural Guidance for Housing Authorities in Relation to Assisting Victims of Domestic Violence with Emergency and Long-term Accommodation Needs](#), to provide policy and procedural guidance to housing authorities with regard to the role they can play to assist victims of domestic violence.

If a person residing in the **Dublin City Council** area and experiencing domestic violence and there is a connected accommodation need they can contact-

1. Dublin City Council Housing & Allocations Section on (01) 222 2213. They will provide accommodation advice (The person may be a DCC/ RAS/HAP/ Private rented tenant/subtenant or a general housing applicant or none of these, so the housing advice will be situation specific)
2. Dublin City Council Social Work Department on (01) 222 2233 for further support in all aspects of DV
3. Dublin City Council Homeless Services to apply for emergency accommodation. (Also people can experience DV in homeless services- they should speak with a keyworker).

Central Placement Service for singles and couples

Tel: (01) 222 6944. Monday to Friday: 10.00am – 4.00pm Email: homelesscps@dublincity.ie

Central Placement Service for families

Tel: (01) 222 6977. Monday to Friday: 10.00am – 4.00pm. Email: family.support@dublincity.ie

Homeless

FREEPHONE 1800 707 707

for access to emergency accommodation out of hours for the Dublin Region, extended hours - 10.00am to 10.00pm 7 days a week

airbnb /Safe Ireland

Airbnb in partnership with Safe Ireland and Women's Aid offer free accommodation for domestic violence survivors when emergency accommodation is particularly needed.

Airbnb will work through its hotel partners to provide temporary accommodation, free of charge, when specialist emergency accommodation (refuge) is not available. Domestic violence services throughout the country will assess the safety needs of survivors before facilitating bookings into the temporary hotel accommodation.

Safe Ireland is the national policy and services hub for 39 domestic abuse member services. Safe Ireland will coordinate the initiative with its frontline services and support from the Women's Aid National Freephone Helpline. All accommodation costs are sourced and paid for by Airbnb and HotelTonight, part of the Airbnb family.



**An garda síochána
- dial 999/112
if in immediate danger**

Website: www.Garda.ie

**Domestic
Violence and
Domestic Abuse
are terms
that are used
interchangeably**



National Support and Information

Further information on Domestic, Sexual and Gender Based Violence Services can be sourced from www.safeireland.ie or www.stillhere.ie.

Women's Aid

Telephone: 1800 341 900

Website: www.womensaid.ie

Email: info@womensaid.ie

The Women's Aid 24hr National Freephone Helpline offers confidential information. The service also supports family members, friends, and professionals who have concerns about a person, they know or are working with, who might be experiencing domestic violence and abuse.

Safe Ireland

Telephone: (090) 6479078

Website: www.safeireland.ie

Email: info@safeireland.ie

Safe Ireland has a clear ambition: to end domestic violence and make Ireland the safest country in the world for women and children.

AkiDwA

Telephone: (01) 83 49851

Website: www.akidwa.ie

Email: info@akidwa.ie

Akina Dada wa Africa, or AkiDwA for short, is a national network of migrant women living in Ireland

Pavee Point Traveller and Roma Centre - Traveller DSGBV Project

Telephone: (01) 878 0255

Website: www.paveepoint.ie

Email: bridgie.collins@pavee.ie and laura.pohjolainen@pavee.ie

Men's Aid

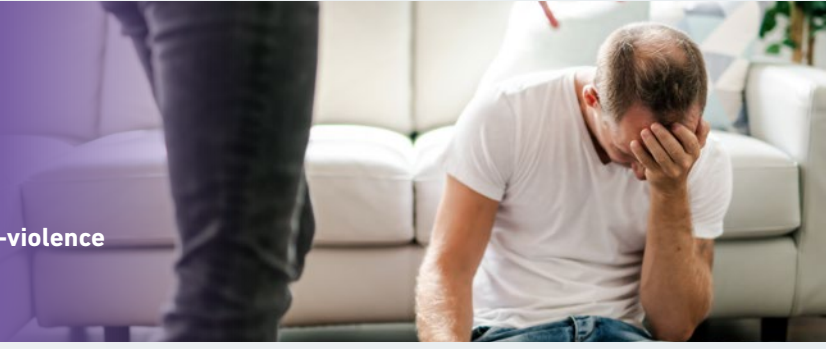
Telephone: (01) 554 3811

Website: www.mensaid.ie

Email: hello@mensaid.ie

Men's Aid Ireland formerly known as Amen, is the only dedicated national service supporting men and their families experiencing Domestic Violence in Ireland.

More regional and national services can be found on:
www.safeireland.ie
www.stillhere.ie
www.tusla.ie/services/domestic-sexual-gender-based-violence



MOVE (Men Overcoming Violence)

Telephone:	085 8748108
Website:	www.moveireland.ie
Email:	move@moveireland.ie

Move – Men Overcoming Violence works in the area of domestic violence, with a primary aim of supporting the safety and wellbeing of women and their children who are experiencing, or have experienced violence/abuse in an intimate relationship.

Male Advice Line Men's Development Network

Telephone:	1800 816 588
Email:	men@mens-network.net

The Male Advice Line was developed by the Men's Development Network. Counsellors provide an outlet for men, who are experiencing or have experienced domestic abuse in their relationship.

Aoibhneas Domestic Abuse Support for Women and Children

Telephone:	(01) 867 0701 (Emergency help number)
Website:	www.aoibhneas.ie

Offers refuge, outreach services, 24-hour helpline, court preparation and accompaniment.

Sonas Domestic Violence Charity

Telephone:	Emergency help number - (01) 866 2015 For Advice, Outreach, Court Accompaniment - 087 952 5217
Website:	www.domesticabuse.ie
Email:	info@domesticabuse.ie

Sonas Advice and Outreach, Visiting Support and Crisis Intervention, Supported Housing.

Other useful contacts and resources are available on www.stillhere.ie & www.safeireland.ie

For mental health and counselling services: www.yourmentalhealth.ie

National websites providing information on interventions and harm reduction in relation to substance use:
www.askaboutalcohol.ie;
www.drugs.ie/drugs_info/campaign/
www.hse.ie/eng/about/who/primarycare/socialinclusion/addiction/national-addiction-training/alcohol-and-substance-use-saor/

Local Support Services

A comprehensive list of supports for children, young people and families can be found on www.dublincypscdirectory.ie.

Safety, Protection and Enforcement – An Garda

An Garda Síochána - Dial 999/112 if in immediate danger

Website: www.garda.ie

Crumlin Road Garda Station	(01) 666 6200	Irishtown Garda Station	(01) 666 9600
Sundrive Road Garda Station	(01) 666 6600	Pearse Street Garda Station	(01) 666 9000
Rathmines Garda Station	(01) 666 6700	Kilmainham Garda Station	(01) 666 9700
Terenure Garda Station	(01) 666 6400	Kevin's Street Garda Station	(01) 666 9400
Donnybrook Garda Station	(01) 666 9200		

Domestic Abuse Support Services

Aoibhneas Domestic Abuse Support for Women and Children

Telephone: Admin line - (01) 867 0805
Emergency help number - (01) 867 0701
For Community, Outreach & Court Accompaniment - (01) 912 1670

Website: www.aoibhneas.ie

Email: helpline@aoibhneas.org
outreach@aoibhneas.org
admin@aoibhneas.org

Sonas Domestic Violence Charity

Telephone: Emergency help number - (01) 866 2015
For Advice, Outreach, Court Accompaniment - 087 952 5217

Website: www.domesticabuse.ie

Email: info@domesticabuse.ie

Saoirse Domestic Violence Outreach Workers

24 hour Helpline (01) 463 0000

Website: www.saoirsecwomensrefuge.ie

Ballyfermot Telephone: 087 912 1891
Email: amanda.alty@sdvs.ie

Dublin 12 Telephone: 087 192 3819
Email: gemma.oreilly@sdvs.ie



Inchicore Outreach

Telephone:	(01) 453 3938
Website:	www.facebook.com/inchicoreoutreach
Email:	familyresourceinchicore@eircom.net

Women's Aid – Dublin Based Services

Telephone:	1800 341 900
Website:	www.womensaid.ie
Email:	info@womensaid.ie

Judicial separation or divorce Outreach and court accompaniment services can be accessed through the Freephone telephone number 1800 341 900.

Dublin Safer Families Service, Daughters of Charity

Telephone:	(01) 862 7700
Website:	www.childandfamilyservice.ie
Email:	Dsf.office@docharity.ie

Local Drug & Alcohol Task Forces

Ballyfermot	087 1486080 Website: www.ballyfermotldatf.ie Email: info@ballyfermotldatf.ie
Dublin 12	Website: www.dublin12ldatf.ie Email: amyd12ldatf@gmail.com
Canal Communities	Website www.ccldatf.ie Email: canalcommunities1@gmail.com
South Inner City	Website: www.services.drugs.ie

Sexual Violence Support Services

Dublin Rape Crisis Centre

Telephone: 1800 77 8888

Website: www.drcc.ie

Email: info@rcc.ie

Dublin Rape Crisis Centre is a national organisation offering a wide range of services to any person affected by rape, sexual assault, sexual harassment or childhood sexual abuse. RCC service is primarily for adults but a limited crisis counselling service is available to 16 to 18-year-olds with parental consent.

Sexual Assault Treatment Unit (SATU)

Telephone: (01) 817 1736 or (01) 817 1700 outside of office hours

Website: www.rotunda.ie/satu
www2.hse.ie/services/sexual-assault-treatment-units/sexual-assault-treatment-units.html

Email: satu@rotunda.ie

SATU provides an easily accessible, holistic service for women and men who have experienced sexual crime.

Telephone (01) 817 1736 weekdays from 8am to 5pm.

Telephone (01) 817 1700 after 5pm and weekends, ask for SATU.

If a victim is under 18 - By law, healthcare professionals have to protect children from harm. If you have been raped or sexually assaulted and you're under 18, it has to be reported to Tusla and the Gardaí.

This is to keep you safe and to provide you with support.

Child Protection & Welfare Concerns

Tusla Child and Family Agency

Address: TUSLA The Child and Family Agency,
Dublin South Central, Carnegie Centre, 21 - 25 Lord Edward Street, Dublin 2

Website: www.tusla.ie

Information on how to make a report or referral please go to www.tusla.ie/services/child-protection-welfare/concerns/

Child and Family Support Services

Tusla Child and Family Agency Prevention, Partnership and Family Support

**Dublin City South
Senior Child & Family Support
Network Coordinators**

Lorraine Doherty (Covers South West Inner City Dublin 2,6,8)
Telephone (01) 415 0559

Gráinne Finnegan (Covers South West Dublin 10)
Telephone (01) 795 5587

Mary O'Brien (Covers Dublin 12)
Telephone (01) 451 5708

Aoife Dolan (Covers Dublin South East Dublin 4)
Telephone (01) 2155731.

Website www.TUSLA.ie - contacts [child-and-family-support-network-co-ordinators](http://www.tusla.ie/services/child-protection-welfare/concerns/)

Community Resources

Family Resource Centres (FRC)

The aim of the FRC programme is to combat disadvantage and improve the functioning of the family unit.

- St Andrews Resource Centre – Pearse Street Dublin 2 – (01) 677 1930
- School Street Family Resource Centre Dublin 8 – (01) 454 7018
- Fatima Group United F2 Dublin 8 – (01) 453 4722
- Ballyfermot Family Resource Centre – Dublin 10 (01) 626 4147
- Inchicore Family Resource Centre – Dublin 8 (01) 453 3938
- St Matthews, Ballyfermot Dublin 10 – (01) 626 8370
- Cherry Orchard Dublin 10 – (01) 623 1367

Citizens Information Centres (Cic) In Dublin City South

Website: www.citizensinformation.ie/en/

Rathmines CIC

Address: 7 Wynnefield Road
Rathmines
Co. Dublin
Dublin 6 D06 YE29

Telephone: (0761) 07 7110

Email: rathmines@citinfo.ie

Dublin 12 & 6w CIC

Address: 8 Sundrive Road
Kimmage
Dublin
Co. Dublin
D12 TP82

Telephone: 0761 077 020

Email: DSCIS@citinfo.ie

Alternatively, call the Citizens Information Phone Service on 0761 07 4000, Monday to Friday, 9am-8pm.

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Online Resources

Bright Sky app¹³



Bright Sky Ireland, created in partnership with the UK-based domestic abuse charity Hestia, along with Women's Aid Ireland and An Garda Síochána, enables users to locate their nearest support centre by searching their area, Eircode or current location.

The app is also designed to be used by specialist and non-specialist practitioners and other employers, and for anyone looking for information about issues around domestic abuse such as online safety, stalking and harassment and sexual consent.

Bright Sky Ireland provides a questionnaire in order for users to assess the safety of their relationship, whilst also enabling them to search their area, Eircode or current location in order to locate their nearest support service.

The app's digital journal feature is designed to allow users to securely log incidents of domestic abuse using the text, audio, photo or video functions, without any of the content being saved on the device. This evidence can then be given to Gardaí and can be used to help secure prosecutions.

Other features of the app include information on different types of abuse, sexual violence, stalking and harassment, as well as insight on the types of support available, how to help a loved one if you think they might be in an abusive relationship and a section with guidance on things to consider if you are thinking about leaving an abusive relationship.

Bright Sky Ireland is available to download on the App Store for iOS and Google Play for Android.

Too Into You¹⁴



www.toointoyou.ie

Too Into You is a source of information for young women run by Women's Aid. The website allows users to take a relationship health check quiz to discover the signs of dating abuse, gives the reader a guide to safety orders in dating relationships and check out tips for keeping yourself and your friends safe. The website also features real-life stories, on how to protect yourself online and legal advice. They have an online chat service that is open Monday, Wednesday and Friday 7pm – 10pm. Or you can call their 24hr Freephone Helpline 1800341900.

WhatWouldYouDo.ie

Department of Justice & Equality, 'What Would You Do?' campaign, which has been running since 2016 and, aims to raise awareness of domestic abuse by helping members of the public recognise the signs – and know how to act on them.

¹³ www.hestia.org/news/bright-sky-ireland-launched-to-support-people-affected-by-domestic-abuse

¹⁴ www.womensaid.ie/

Digital Safety for Victims

Phones:



- Always remember to delete text messages you have sent or received – unless they are messages sent by an abuser.
- If you receive threatening or harassing text messages, do not reply to them and keep them as they are evidence. The Gardaí can have these messages downloaded and printed.
- If your phone stores delivery reports for text messages that you send, make sure to delete these also.
- When making calls please note that traditional landline phones are more private than mobile phones or cordless phones. However, it may not be appropriate to use a landline if the abuser has access to itemised bills.
- Always remember to check the call register on your mobile or cordless phone and delete any numbers that could raise suspicions.

E-mail:



Always remember that computers record everything you do on the computer and on the Internet.

Computers store information about what you look at on the Internet, the e-mails you send, and other activities. It is impossible to delete or clear all computer "footprints". If you think you may be monitored on your home computer, it might be safer to use a computer in a public library, an Internet Café or at the home of a trusted friend.

E-mail is not always a safe or confidential way to talk to someone about the danger or abuse in your life. Helplines and/or contacting An Garda Síochána are preferred ways of seeking help and support.

If someone has access to your e-mail account, they may be able to read your incoming and outgoing mail.

- Make sure you choose a password that someone will not be able to guess.
- Change your password regularly.
- Delete mails in your inbox, sent and trash folders.
- Some e-mail programmes can automatically save addresses of mails you have sent and received, so check your e-mail address book and delete any contact details you fear could raise suspicions. You may need to memorise or otherwise record essential e-mail contact details.
- If someone sends you threatening or harassing e-mails, make sure you print and save them. Although you may be tempted to delete them, especially if they are distressing, they are evidence and may help you prove that a criminal offence has been committed.



Internet:

All modern internet browsers have an **'incognito'** or **'private'** setting which should be utilised when looking for material online that is considered sensitive. Incognito or private browsing means that there will be no record of the user's online activity while using the incognito or private mode.

Here is how to turn on these settings in the most common browsers in use today:



Internet Explorer

Click on 'Tools' at the upper left hand side on the browser. Select 'InPrivate Browsing'. To leave InPrivate Mode, close the private window or re-open your Internet Explorer browser.



Google Chrome

Click on the Menu or Wrench icon in the top right corner. Select 'New Incognito Window'. To leave Incognito Mode, close the incognito window or re-open your Google Chrome browser.



Firefox

Click Menu in the upper right-hand corner of the browser window. Select 'New Private Window'. To leave Private Mode, close the private window or re-open your Firefox browser.



Safari

Click on the File menu at the top of the browser window. Select 'New Private Window'. To leave Private Mode select 'New Window' in the File menu or close the Private browser window and open a new Safari browser window.

Deleting past online activity

The simplest way to delete history on modern browsers such as Google Chrome, Firefox and Internet Explorer 11 is by hitting **"Ctrl + Shift + Delete"**. This will automatically bring you into the clear browsing data option, where you just choose what to delete and click "clear".

For older browsers:

Internet Explorer:

browsing history is deleted by clicking on Tools, select "Safety" and then click onto "Delete Browsing History" and then tick all the boxes in the window that opens and then click "delete" in the dialogue box. or

Pull down Tools menu, select Internet Options. On General page, under Temporary Internet Files, click on "Delete Files". Under History click on "Clear History." or

Pull down View menu, select Internet Options. On General page, under Temporary Internet Files, click on "Delete Files". Under History click on "Clear History."



If a person is in immediate danger, please **call 999/112** without delay

Netscape:

Pull down Edit menu, select Preferences. Click on Navigator and choose 'Clear History'. Click on Advanced then select Cache. Click on "Clear Disk Cache". On older versions of Netscape: Pull down Options menu. Select Network Options, Select Cache. Click on "Clear Disk Cache".

Firefox:

Pull down "Tools" menu. Click on "Clear Private Data". Tick "Browsing History"; "Cache"; and "Cookies". Click on "Clear Private Data Now".

AOL:

Pull down Members menu, select Preferences. Click on WWW icon. Then select Advanced. Purge Cache. This information may not completely hide your tracks. Many browser types have features that display recently visited sites. The safest way to find information on the internet would be at a local library, a friend's house, or at work.

For a comprehensive guide to staying safe and technology, go to www.nnedv.org/resources/safetynetdocs.html

Remember

- Change passwords regularly, especially those related to any on-line banking or finance, e-mail accounts or instant messaging.
- You may not wish to cause any suspicion regarding your change of computer behaviours. It is advised that you consider using the home computer you would normally use for everyday use and then use a safer computer to research an escape plan, look for new employment or accommodation, or seek help/support/advice.
- Use an internet ID or yahoo/google account your abuser knows nothing about.

Social Media



FACEBOOK



How to Report Things

The best way to report abusive content or spam on Facebook is by using the Report link near the content itself. Below are some examples of how you can report content to us. Learn more about **reporting abuse**.

If you don't have an account or can't see the content you'd like to report (example: someone **blocked** you), **learn what you can do**.

Report Content

- Profiles
- Posts
- Posts on Your Timeline
- Photos and Videos
- Messages
- Pages
- Groups
- Events
- Comments
- Ads on Facebook

TICTOK



www.tiktok.com/safety/en-gb/safety-privacy-controls/

- Topics
- Guides
- Safety & privacy controls
- Account settings
- Community controls
- Content controls
- Safety partners

TWITTER



www.help.twitter.com/en/safety-and-security

Report Abuse

- What to do about self-harm and suicide concerns on Twitter
- About online abuse
- How to help someone experiencing online abuse
- Report abusive behavior

INSTAGRAM



www.about.instagram.com/community/safety

Safety Tools

- Toggle auto-play on and off
- Block Accounts
- When you block someone, they won't be able to see your profile, posts, or Stories. People aren't notified when you block them.
- Block Commenters
- Control Comments
- Hide Offensive Comments
- Manual Comment Filter
- Delete Comments
- Turn Off Commenting
- Mute An Account
- Help Center

Appendices

TUSLA The Child & Family Agency – Child Abuse Recognise & Report

CHILD ABUSE: Recognise & Report



Social isolation due to **COVID-19** makes it harder for authorities to identify child abuse cases. That's why it's important for essential workers with potential access to family homes to be able to recognise signs of abuse and know where to report their concerns.

Types of abuse:

Neglect

- Lack of care or supervision
- Child deprived of food, clothing, hygiene, safety, mental stimulation, etc.

Physical

- Child is deliberately physically hurt or is at risk of being physically hurt
- E.g.: Shaking child, using excessive force

Emotional

- Child's need for affection, approval, security are not met
- E.g.: Excessive punishment, exposure to domestic violence

Sexual

- Child is used for someone else's sexual gratification/arousal

Possible signs of abuse:

Neglect

- Child says no one is at home to provide care
- Is being cared for by an inappropriate adult
- Is often dirty/has severe body odour
- Lacks enough/appropriate clothing for weather
- Lacks medical or dental care
- Lacks enough food/water
- Begs or steals food/money
- Abuses alcohol/drugs

Physical

- Child has unexplained injuries (burns, bites, bruises, black eyes, broken bones)
- Reports injury by parent/caregiver
- Is scared of parents/caregivers
- Shrinks when approached by adults
- Is scared/anxious, depressed, withdrawn, aggressive
- Abuses animals/pets

Emotional

- Child shows extreme behaviours (is too passive/aggressive or too submissive/demanding)
- Acts too old or too young for their age (e.g. is parenting other children or often rocking/banging head)
- Expresses depressive/suicidal thoughts

Sexual

- Child has difficulty walking/sitting
- Has bleeding, bruising, swelling around private parts
- Attaches very quickly to strangers/new adults
- Shows unusual, sophisticated sexual knowledge or behaviour
- Reports nightmares/bedwetting
- Observes/shares sexual images online
- Parent/caregiver observes/shares sexual images online in presence of children

WHEN to report:

You should report abuse when:

- You witness an incident/sign (outlined above) consistent with abuse
- A child says or indicates in some other way that they've been abused
- An adult or child admits that they've committed abuse
- Another person shares that they've witnessed or know about a child being abused

HOW to report:

- You can report your concerns in person, by phone, or by email to **the local Tusla Children and Family Services centre in the area where the child lives.**
- You can choose to keep your report **anonymous.**
- You should contact Tusla even if you're unsure about reporting; they will talk to you and decide what to do.
- If a child is in immediate danger, contact the Gardaí at 112/999 or www.garda.ie

CONTACTS

www.tusla.ie

TUSLA

An Ghnóthaireacht um Leanaí agus an Teaghlach
Child and Family Agency

If child is in immediate danger, contact the Gardaí at 112/999 or www.garda.ie

You are legally protected:

The Protection for Persons Reporting Child Abuse Act 1998 protects you when reporting suspected child abuse to Tusla or an Garda Síochána IF you believe your report is true and your report is not malicious.



TUSLA Emergency Family Plan



Emergency Family Plan

IMPORTANT

This booklet is for parents/carers to think about who could offer support in the event the primary carer is unable to provide care during COVID 19

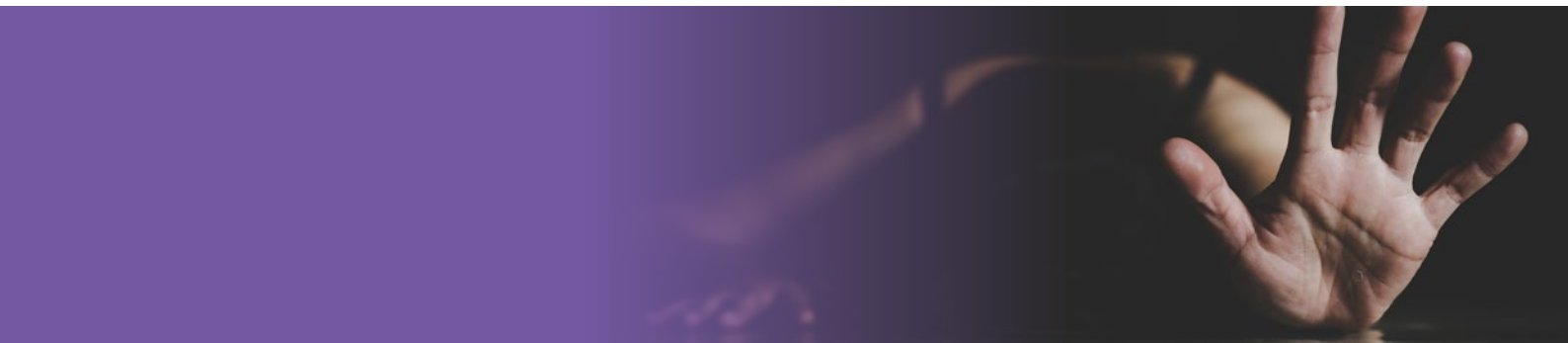
Family Name

.....

Developed by.....Parent/Carer

Eircode

Date.....



If a person is concerned about their own behaviour being abusive, here are some guidelines to think this through:

Am I an abusive person?¹⁵ / SPUNOUT

Behaviours

- Have I scared someone with my behaviour?
- Have I taken advantage of or exploited the trust of another person?
- Have I repeatedly bullied or belittled someone either in private or in front of others?
- Have I attempted to control the behaviours or social interactions of another person?
- Have I repeatedly monitored the behaviour or whereabouts of another person?
- Have I repeatedly broken promises to change my behaviour?

Thoughts

- Do I think that I cannot control my own behaviour?
- Do I deny or minimize the seriousness of my behaviour?
- Do I think that an individual disrespects me when they don't act the way that I want them to?
- Do I think other people or substances (drugs, alcohol, medication etc.) are to blame for my own behaviour?
- Do I think that hurting myself or others is the best/only course of action?
- Do I think that having personally experienced violence or abuse that I can do the same to others or that this excuses my behaviour?
- Do I have very strict views on how people should act or behave?

Feelings

- Do I feel more relaxed or get a 'high' after I have been angry, abusive or violent?
- Do I feel unable to cope with unpleasant thoughts or feelings?
- Do I feel more in control after I have put someone down or physically hurt them?
- Do I feel disrespected when someone does not do what I ask?
- Do I feel excessively jealous when someone is speaking to or spending time with others?

What can I do?

If you are worried about your behaviour, thoughts or feelings, seek help.

- The first step is admitting to yourself that you have been abusive towards your partner, family or friends.
- Changing your behaviour will be a challenging process. Seek help from a counsellor to work through your feelings and learn how to change your behaviour. You cannot go through it alone.
- Know that it is never acceptable to be abusive towards another person. You must make the choice to end your behaviour.
- Remember that no one else is ever to blame for your own abusive behaviour.
- Understand the different types of abuse, such as physical, emotional, and sexual abuse.

¹⁵www.spunout.ie/life/abuse/am-i-an-abusive-person



Underpinning Policy and Legislation

- **The 1981 Family Law (Protection of Spouses And Children) Act.**¹⁶ makes further provision for the protection of a Spouse and Any Children whose safety or welfare requires it because of the conduct of the other spouse and to provide for other connected matters
- **The 1996 Domestic Violence Act, 1996**¹⁷, makes provision for the protection of a spouse and any children OR other dependent persons, and of person in other domestic relationships, whose safety or welfare requires it because of the conduct of another person in the Domestic relationship concerned and for the purpose to repeal and re-enact with amendments the provisions of the FAMILY LAW (PROTECTION OF SPOUSES AND CHILDREN) Act 1981.
- **The Domestic Violence Act 2018,**¹⁸ is an act to consolidate the law on domestic violence; to provide for emergency barring orders in certain circumstances; to provide for evidence to be given through television link in certain proceedings; to provide for the right of an applicant to be accompanied in certain proceedings; to provide for the obtaining of the views of a child in certain proceedings; to provide for the giving of information on support services to victims of domestic violence; to provide for the making of recommendations for engagement with certain services by respondents; to provide for restrictions on those present in court during certain proceedings; to prohibit publication or broadcast of certain matters; to provide for an offence of forced marriage; to repeal provisions for exemption, in certain cases, from minimum age requirements for marriage; for those and other purposes to repeal the Domestic Violence Act 1996 and the Domestic Violence (Amendment) Act 2002 and to provide for the consequential amendment of certain other enactments; and to provide for related matters

Enacted in 2019, the Domestic Violence Act 2018 has provided for a new criminal offence of coercive control. Coercive Control is: a persistent pattern of controlling, coercive and threatening behaviour including all or some forms of domestic abuse (emotional, physical, financial, sexual including threats) by a boyfriend/girlfriend, partner, husband/wife or ex-partner. This can result in fear of violence, or serious alarm or distress that has a substantial adverse impact on the victim's usual day-to-day activities.

¹⁶<http://www.irishstatutebook.ie/eli/1981/act/21/enacted/en/html>

¹⁷<http://www.irishstatutebook.ie/eli/1996/act/1/enacted/en/html>

¹⁸<https://www.irishstatutebook.ie/eli/2018/act/6/enacted/en/html>



CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
COISTÍ NA SEIRBHÍSÍ DO LEANAÍ & DO DHAOINE ÓGA

Dublin City South
Cathair Bhaile Átha Cliath Theas

More information on Dublin City South CYPSC
www.cypsc.ie/your-county-cypsc/dublin-city-south.231.html



More information on Dublin City South Services
www.dublincypscdirectory.ie

TÚSLA

An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency
Dublin South Central

