

# Domestic Abuse Pack

**1 in 7 (14.2%)** children and young people under the age of 18 will have lived with domestic violence at some point in their childhood

**1 in 2** young women have experienced controlling behaviour in a relationship

**Over a third (67%)** of young people would not know where, or who, to turn to for support if they were experiencing abuse

This resource has been created to enable schools to support children and young people living with or experiencing domestic abuse

## Get help here

**Kingston DV Hub**  
020 8547 6046

**Kingston's SPA team**  
020 8547 5008

**CAMHS** 020 3513 5183

**Childline** 0800 1111

**HOPEline UK**  
0800 068 4141

**Samaritans** 116 123

[Wolverton Sexual Health Clinic](#)  
020 8974 9331

## For staff

[Ask AVA](#) Tools and resources to help safeguard women and girls from violence

[Government guidance](#) on relationships and sex education (RSE) and health education

[Safelives tool](#) for working with young people experiencing relationship abuse

[Safelives Safety Plan](#) for young people

[Teen power and control wheel](#)

## For students

[Young minds crisis messenger](#) provides free 24/7 mental health crisis support - if you need urgent help text YM to 85258

Women's Aid have created [The Hideout](#) to help children and young people to understand domestic abuse, and how to take positive action

[Draw the Line](#) is a mobile platform to help young people understand healthy and abusive behaviours in relationships

[Love Respect website](#) to support teenage girls at risk of relationships abuse and challenge myths surrounding the nature of coercive control

## For parents

[Unsafe relationships parenting guide](#)

[Family Lives guidance](#) on teen violence at home

[Guidance](#) on adolescent to parent abuse

## Further reading

[Young Safe Lives](#): Young people and domestic abuse

[Domestic Abuse Bill factsheets](#)

[In Plain Sight](#): effective help for children exposed to domestic abuse

**In an emergency** always call the police on 999 if you cannot speak, make yourself heard through the [Silent Solution](#)

**Safer Kingston Partnership**