

**GMB**

BRITAIN'S GENERAL UNION

STOP DOMESTIC  
VIOLENCE

effective DEVELOPING AN

## IF YOUR PARTNER IS ABUSING YOU



If you or someone you know is experiencing domestic violence there are a range of organisations that will provide help and support

- Women's Aid National Domestic Violence Helpline 0345 023 468
- Refuge 24 hour National Crisis Line 0870 599 5443
- Men should contact their local Domestic Violence Unit
- In an emergency contact the police 999, or your local police station

Remember you are not alone and you are not to blame. You do not have to put up with your partner's behaviour. The abuser will not change unless they are responsible and seek help for their behaviour. You can take responsibility for your own safety, but you cannot stop the abuser's behaviour.

# DOMESTIC VIOLENCE

Physical or sexual assault, or threats of assault, by someone you live with is domestic violence. It is controlling behaviour and includes all kinds of physical, sexual, and emotional abuse within all kinds of intimate relationships.

It erodes self-confidence and negatively affects all aspects of a person's work and social life.

For a long time domestic violence was treated as a taboo subject – nobody talked about it, no one admitted to witnessing or experiencing it, and no one did anything to prevent it.

Now the issue is much more in the public domain. The GMB is promoting this new openness by raising the issue in the workplace.

## WHAT YOU CAN DO



You can use this leaflet and the workplace policy developed by the GMB to start negotiations on this important issue within your workplace.

Contact your Regional Equal Rights Officer for a copy of the workplace policy and a copy of the *Daphne information and joint training manual*. This ground-breaking material was developed in a GMB initiative in the West Midlands, which was part-funded by the European Union.

Use this material to put joint training on this issue on your workplace agenda and ensure joint training takes place.

Information is available in this material for those who may be victims, including details of help that is available locally and nationally. You can also download this material directly from the equal rights section of the GMB website at [www.gmb.org.uk](http://www.gmb.org.uk)

PEOPLE  
EXPERIENCE  
DOMESTIC  
VIOLENCE  
REGARDLESS  
OF THEIR  
SOCIAL GROUP  
CLASS  
AGE  
RACE  
DISABILITY  
SEXUALITY  
OR LIFESTYLE

## OUR STRATEGY

Our strategy for dealing with domestic violence will:

- support and empower individuals to gain control and choice over their own lives;
- ensure that each GMB workplace has a negotiated policy for dealing with domestic violence;
- create an environment, attitude, and culture within the workplace where individuals suffering from domestic violence will feel confident that they will be treated in a supportive and sympathetic way;
- raise awareness, to ensure a culture change so that domestic violence becomes completely socially unacceptable.

**As a major trade union we will campaign on the issue of domestic violence. We will lobby the Government to honour their commitment to develop an effective national strategy to deal with the issue.**



Domestic violence is much more **common** than most people realise. Even if you never **experience** it yourself, research tells us that one of your colleagues at work will do so.

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