

January 2021
Domestic Violence Survey

Break the Silence (1191438)

Please return to stephen@breakthesilenceuk.org or post to Break the Silence (1191438), Unit 48, RCM Business Centre, Sandbeds Trading Estate, Ossett, West Yorkshire, WF5 9ND.

1. Have you ever been directly involved in domestic violence?

- Yes
- No

2. Do you know anyone, currently or in the past, involved in domestic violence?

- Yes
- No
- Unsure

3. Were you the abuser or the abused?

- Abuser
- Abused
- Both
- Both, but abused first
- Both, but abuser first
- Neither

4. In the situation, could you leave or were you bound by circumstances you couldn't change or control?

- Could and did leave
- I was a child and didn't know I could leave
- I couldn't leave
- I was a child and I sought help and left
- I was the abuser
- Doesn't apply to me
- Other

Feel free to describe 'other' here, if you wish.

5. Feel free to share anything here that you want to. Memories, regrets, fears, doubts, thoughts or ideas which could have helped you.

6. Do you believe that alcohol or drugs played a part in the domestic violence you experienced or know of?

- Yes, both
- No, neither
- I feel alcohol did but not drugs
- I feel drugs did but not alcohol
- Unsure
- Doesn't apply to me

7. Who was the abuser?

- Spouse
- Parent
- Significant Other (not married, not living together)
- Significant Other (not married, living together)
- Sibling
- Relative
- Other

Who, if 'other' selected above, was the abuser?

8. What was the gender of the abuser?

- Male
- Female
- Both
- Unsure
- Doesn't apply to me

9. If you were directly involved in domestic violence and/or child abuse, how do you see yourself now?

- Survivor
- Victim
- A little of both
- Neither
- Unsure
- Doesn't apply to me

10. Did you know that you were being abused and if not how did you gain the insight

- Social Media
- Friends/Family
- Professionals such as Police, Social Services or Safeguarding teams such as Schools or Workplaces
- Domestic Abuse Charity or Abuse helplines
- Mental Health or GP support
- Other/Doesn't apply to me

Please use this space to describe how you gained the insight if not above.

11. What services do you think would have helped you gain an insight into abuse and helped you sooner

12. Do you have a fear of using official services such as Social Services or the school safeguarding teams

- Yes
- No
- Doesn't apply to me

13. Would you feel safer and more willing to engage with services if you had a single point of contact, or a single individual where you could build a trusting relationship and guide you through your recovery.

- Yes
- Maybe
- No
- Neither

14. How do you feel today, regardless if you're still in an abusive situation, recently emerged or free for a long time?

- Fine
- Bitter
- Forgiving
- Guilty
- Unloved/Unworthy
- Ugly
- Other

Describe 'other' or expand on your feelings if not listed above.

15. What services do you think could improve how you feel today?

16. What advice could you offer? What advice would have helped you leave? What advice could you use now, if you are currently in a domestic abuse situation?

17. Feel free to express your thoughts, ideas and comments here. We are very open to any suggestions about improving this survey or Domestic Abuse services within the West Yorkshire region.

Remember you can always contact us for help or advice.

01924694900 or 07736992239

email : Joanna@breakthesilenceuk.org

Address : Break the Silence, 48 RCM Business Centre,
Sandbeds Trading Estate, Ossett, West Yorkshire, WF5 9ND

Thank you for taking the time to fill in and return this survey.