

## Rockmount Primary School Designated Safeguarding Leads:

Helen Carvall (Headteacher)

Viv Bull (Deputy Headteacher)

Amber Pearless (Deputy Headteacher)

Donna Rankine (Assistant Headteacher)

Annette Schembri (Learning Mentor)

Ana De Miguel (Extended School Manager)

For more information, please contact any of the Designated Safeguarding Leads.

**Telephone: 0208 6532619**

**Email:** via the contact page on the website or on:

[office@rockmount.croydon.sch.uk](mailto:office@rockmount.croydon.sch.uk)

There is a great deal of information on our website with links to many different services/ agencies that might be able to help you to keep yourself and others safe.

Please go to:

[www.rockmountprimaryschool.couk](http://www.rockmountprimaryschool.couk).

You don't have to wait for an emergency situation to seek help. If domestic abuse is happening to you, it's important to tell someone and to remember you're not alone.

**Croydon Community Safety Unit**  
☎ 020 3276 2174  
🌐 [www.met.police.uk](http://www.met.police.uk)

**The Family Justice Centre**  
☎ 020 8688 0100

**National Centre for Domestic Violence**  
Freephone: ☎ 0800 970 2070  
🌐 [www.ncdv.org.uk](http://www.ncdv.org.uk)

**National Domestic Violence Helpline**  
Freephone: ☎ 0808 200 0247  
🌐 [www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)

**Victim Support**  
☎ 0845 303 0900  
🌐 [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

The Freephone 24 Hour National Domestic Violence Helpline, run in partnership between Women's Aid and Refuge, is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.

The Helpline can give support, help and information over the telephone, wherever the caller might be in the country. The Helpline is staffed 24 hours a day by fully trained female helpline support workers and volunteers. All calls are completely confidential. Translation facilities for callers whose first language is not English, and a service for callers who are deaf or hard of hearing are available.

**Rockmount Primary School**  
**Chevening Road, Upper Norwood, London, SE19 3ST**  
**Telephone: 020 8653 2619**  
**Email: [office@rockmount.croydon.sch.uk](mailto:office@rockmount.croydon.sch.uk)**

# ROCKMOUNT PRIMARY SCHOOL



## Domestic Abuse and Sexual Violence

## Information and Help September 2022

## Are you safe?

- Are you safe at home?
- Are you sometimes afraid of your partner or a family member?
- Are you criticised or belittled by your partner or a family member?
- Have you ever been forced by your partner or a family member to do something you did not want to?

## What is Domestic Abuse and Sexual Violence? (DASV)

*'Any incident of threatening behavior, violence or abuse (psychological, physical, sexual, financial or emotional) between adults who are or have been intimate partners or family members, regardless of gender or sexuality'*

### Abuse can be:

- Psychological
- Physical
- Sexual
- Financial
- Emotional

So-called 'honour-based' violence, forced marriage and female genital mutilation are all forms of DASV.

## Who is responsible for the violence?

The abuser is responsible and there is no excuse for domestic violence. The abuser has a choice to use violence or to behave non-violently, fostering a relationship built on trust, honesty, fairness and respect. The victim is never responsible for the abuser's behaviour.

The impact of DASV on children and young people is huge. Children who live in an environment where DASV is present will be suffering. It is important that you take action immediately if you, or someone you know, is suffering from DASV.

## Things you might notice in a child or young person who is exposed to DASV:

- withdrawn
- sudden changes to behaviour
- anxious
- clingy
- depressed
- aggressive
- problems sleeping
- eating disorders
- wetting the bed
- soiling clothes
- taking risks
- missing school
- changes in eating habits
- obsessive behavior
- nightmares
- drug/alcohol use
- self-harm
- suicidal thoughts

## The Family Justice Centre

Help is available for you at the FJC.

The centre is run by a multi-disciplinary team that works to provide you and your family with access to support services. Their aim is to listen and respond to your needs in a safe way.

The FJC is open for drop-in and appointments on:

Monday, Tuesday, Wednesday and Friday from 9.00 a.m. to 5.00p.m.

[fjc@croydon.gov.uk](mailto:fjc@croydon.gov.uk)

[www.croydon.gov.uk/domesticabuse](http://www.croydon.gov.uk/domesticabuse)

Call: 0208 6880100



Croydon Council is a keen supporter of the White Ribbon Campaign, which is a group of men with a simple message – there is no excuse for violence against women.

[www.whiteribboncampaign.co.uk](http://www.whiteribboncampaign.co.uk)