

**The purpose of this survey is to help us plan and provide local services. It should take between 10 and 15 minutes to complete. You may find that some questions don’t apply to you and that’s ok. Please tell us what you think will help us to help others, based on your own personal experiences.**

**If you need this survey in another format please email** [**safercommunities@torbay.gov.uk**](mailto:safercommunities@torbay.gov.uk)

**This consultation closes on 16 April 2021.**

If someone has ever hurt your mind or your body, that's not ok. Domestic and sexual violence and abuse are not ok, even if they take place within a family or intimate relationship. No one has the right to hurt another person or have sex with them, without their consent.

If someone has hurt your mind or your body we would like to hear from you about your experiences. We'd also like to hear from you if you have been raped or sexually assaulted, either by a stranger or by someone you knew, or by someone who should have loved and cared for you. Your comments and reflections will help us improve the way that we help others.

Remembering abusive experiences may be difficult. If you want to talk to someone about what's happened to you, or if completing this survey triggers bad feelings or memories for you and you need some help, please visit our website: [www.areyouok.co.uk](http://www.areyouok.co.uk) for information about help and support. Contact details for other organisations and groups offering domestic and sexual violence and abuse help and support are also available there.

If someone is hurting you right now, please contact Devon and Cornwall Police on 101 (non-emergency number) or 999 (emergency calls only).

## This survey is entirely confidential.

We will not know who you are from any of your responses. You are not under any pressure to answer all of the questions. If you would only like to answer some of the questions, that's ok, just go to the next section.

This questionnaire is designed for anyone over the age of 16 regardless of your gender and no matter what type of relationships you choose.

Please help us by answering the questions, if:

* you have (had) an abusive relationship with a partner, ex-partner or family member
* you have experienced sexual assault or rape against you

# About you

## Please tell us about yourself:

### What best describes your gender?

Male Female



Prefer to self-describe Prefer not to say

### If you prefer to self-describe, please describe your gender in your own words.

**Which of the following age groups applies to you?**

Under 16



16-17 years

18-19 years

20-24 years

25-40 years



41-60 years

61-80 years

Over 81 years



**Which description would be most accurate in telling us who you are?** *Please tick all that apply*

Someone who has never experienced domestic or sexual violence or abuse A current victim of abuse



An abuse survivor

Someone who has experienced rape or sexual assault

### Do you live in Torbay?

Yes No



I used to live in Torbay

### Do you consider yourself to be disabled in any way?

 Yes  No

**If yes, please tell us how it affects you?** *Please tick all that apply*



It affects my hearing It affects my mobility It affects my vision



I have a learning disability It affects me in another way

### If you ticked another way, please tell us the other way your disability affects you.

**Do you prefer to speak in a language other than English?**

Yes No



### If you said yes, what language do you prefer to speak?

**Have you ever been in care, or looked after by the Local Authority, as a child?**

Yes No



Not sure

# Section 1: Abusive relationships

Domestic abuse and domestic violence are terms used to describe abuse that takes place within a relationship or in a family setting. It can happen to anyone of any age, from any background and of any sexual orientation.

Domestic abuse is about power and control. There are many forms of domestic abuse, including: psychological (hurting your mind), physical (hurting your body), sexual, financial, emotional, stalking, revenge porn. It also includes controlling or manipulative behaviour that makes you do things you don't want to do, either physically or sexually. This is called coercion and control.

The definition of domestic abuse also covers forcing you to marry someone you don't want to, or physically hurting or controlling you because you choose a partner that your family disagrees with. It also includes female genital mutilation (FGM). Both children and adults suffer from the effects of domestic abuse.

**This section is about the domestic and sexual abuse or violence you may have experienced in a relationship or in your family setting.**

### Have you ever been in a relationship where you feel you have experienced domestic or sexual violence or abuse?

Yes No



Don't know

**If no, please go to Section 2: Sexual violence and abuse (page 8).**

**Can you tell us who the abusive relationship is with or was with?** *You can tick more than one box.*

|  |  |  |
| --- | --- | --- |
| Husband | Father | Father in law |
| Wife | Step-mother | Mother in law |
| Boyfriend | Step-father | Carer |
| Girlfriend | Brother | Someone else |
| Son | Sister | I don't want to say |
| Daughter | Grandmother | I haven't experienced an |



Mother

Grandfather

abusive relationship

**If you haven’t experienced an abusive relationship, please go to Section 2: Sexual violence and abuse (page 8).**

**What sorts of violence / abuse have you experienced?** *You can tick any number of boxes if it helps you describe the range of behaviours.*

Verbal (threatened and spoken to cruelly or shouted at - sometimes in public or in front of your children / family)

Emotional (hurt emotionally, someone puts you down and tells you you're worthless, or a bad mother / father etc)

 Coercive control (manipulated and verbally forced to do things you don't want to do)  Physical (including, pushing and shoving, hitting, punching, slapping or burning you etc)

Financial or economic (stealing from you or controlling your money or bank account, or coerces you to make applications for loans or credit cards, or takes them out in your name)

Sexual (criticism or violence is sexual in nature, or you are forced to watch or take part in sexual activities when you don't want to, or you feel pressured to have sex you don't want)

 Threatened or blackmailed you into having sex when you don't want to

Stalking (someone has followed you, waited for you, made up reasons to ‘bump into you’, left you unwanted gifts or given you unwanted attention on social media)

Online abuse (someone hacked or used your social media accounts or email, stalked you online, or threatened to share your personal information or explicit images of you)

‘Honour’ based violence (your family physically hurt you because they say you've brought them shame)

 Forced marriage (forced to marry someone you don't want to)  Female genital mutilation (FGM)

Spiritual (your behaviour is controlled and manipulated because of, or through, your belief system)

 Childhood sexual abuse  Other

### Please feel free to say any other behaviour(s) in the box below

**Are you able to remember when abusive behaviour towards you started?**

 When I was very little

When I was primary school age

When I was a teenager 12 - 19 years old

 20 - 39 years old

40 - 59 years old

 60 years old +

It's been happening all my life

Prefer not to say

## Abuse is never the fault of the victim but it is sometimes triggered by changes in the home environment or in the relationship.

### Do you feel any of the following life events were a trigger for the abusive behaviour?

#### Please tick all that apply.

Having a long term illness

 Becoming disabled

 Having a major accident  Pregnancy

 Having a child  Bereavement

 Becoming unemployed  Moving house

Moving school

 Moving job  Moving area

Starting university / college

Mother or Father's new relationship

Family changes i.e. parent divorce

Saying you're leaving the relationship

At the point of leaving the relationship

Changes in friendship or social group

No specific trigger - the behaviour became abusive over time

 Can't remember

Don't know how to answer this question

Other

### If you ticked “other”, please describe what you feel was a trigger for the abusive behaviour

**If you're not aware of any triggers to the abuse or violence you experienced, was the abuse always present in the relationship?**

Yes No



Not sure

# Section 2: Sexual violence and abuse

The questions in this section are for you regardless of your gender, if you've experienced sexual violence or abuse from either a stranger or an acquaintance. If you find that answering these questions is too difficult for you or not relevant please feel free to go to the next section on page 12.

Sexual assault or rape is about power and control. Many times, a perpetrator of sexual violence or abuse is known to the victim - either a friend or family member. Sometimes a sexually violent attack is perpetrated by an acquaintance, friend, friend-of-a-friend, or a completely unknown person.

### Have you ever experienced sexual violence or abuse?

Yes No



Not sure

**If no, please go to section 3: Injuries following domestic or sexual violence and abuse (page 12)**

**What kind of sexual violence or abuse did you experience?** *Please tick all that apply to you.*

 Rape (vaginal, anal or oral)

Forced sexual acts NOT including penetration

Forced sex or sexual acts after a physical assault

Forced sex or sexual acts when you were ill, incapacitated or drunk

Touching you in places where you did not give permission

Someone having sex or performing sexual acts with you when you did not give your consent (because you were afraid or unable to say no)

 Forced prostitution

 Forced to watch or use pornography

Having sexually explicit photos taken of you without your consent

Being blackmailed to take part in sex or sexual acts because of sexually explicit photos of you or threats to share them with your family

Having sexually explicit photos or texts of you shared on social media, the internet or by text

Criticising you sexually or calling you sexually explicit names

Making sex conditional (for instance, on your behaviour, or on your taking part in sexual acts you don't want to do)

Forced to have or prevented from having an abortion

 Not letting you use contraception  I don't want to say

 Not sure

Other form of sexual violence or abuse

### If you ticked “Other form” and you want to tell us the other form of sexual violence or abuse, please use the box below.

**Can you tell us who the perpetrator of the sexual violence or abuse was?** *Please tick all that apply to you.*

 A friend

An acquaintance (someone you know to perhaps say hello to)

 A friend-of-a-friend  A neighbour

A person in a position of great trust, for instance a health professional, a minister of religion, or a social or youth worker etc

A work mate or work colleague

 A fellow student

 A complete stranger  A fellow prisoner

Partner / Husband / Wife / Boyfriend / Girlfriend

 Family member

 Another ‘type’ of person I don't want to say

### If you wish to say another type of person, please use the box below.

**Do you remember whether the perpetrator(s) was male or female?**

Male perpetrator(s) Female perpetrator(s)



Male and female perpetrators Not sure

### Do you suspect that the perpetrator gave you a drug, for instance by ‘spiking’ your drink, or by encouraging you to take excessive amounts of alcohol or drugs?

Yes No



Probably Not sure

**At what point(s) in your life did the sexual violence or abuse take place?** *Please tick all that apply to you.*

 When I was very little

 When I was primary school age

 When I was a teenager 12 - 19 years old  20 - 39 years old

40 - 59 years old

 60 - 79 years old  80 years or older

 On more than one occasion in my life

I've experienced rape and sexual assault a lot during my life

Not sure

**If you have been raped, have you been affected by any of the following?** *Please tick all that apply to you.*

 Had a sexually transmitted infection

Had an infection i.e. urinary tract or skin infection, etc

Had emergency hormonal contraception

i.e. morning after pill

Had Post Exposure Prophylaxis (PEP) prescribed

 Got pregnant

Got pregnant and had termination of pregnancy

 Lost the pregnancy  I'm not female

I don't want to say

### If you were raped, sexually assaulted or experienced sexual abuse, did you recognise it as such at the time?

Yes No



Not sure

I don't want to say

### Do you want to tell us more about this in your own words? It’s ok if you don't.

**Have you ever told anyone about what happened to you?**

Yes No



**If yes, how long after the sexual violence or abuse did you tell someone?** *Please tick all that apply to you.*

 Straight away  Within a week  Within a month  Within a year

More than a year afterwards

It happened when I was a child and I didn't say anything till I became a teenager

It happened when I was a child and I didn't say anything till I became an adult

It happened when I was a teenager and I didn't say anything till I became an adult

I kept it to myself till I was much older

### If you haven't told anyone, what do you think prevents you from saying something?

#### Please tick all the statements that describe how you feel.

 I'm worried I'll not be believed  I'm worried I'll feel stupid

 I'm worried it was at least partly my fault

 I have concerns about talking to people in positions of trust and authority

I have a lack of trust and confidence in services to deal with my situation in a way I'd find appropriate

 I have concerns about talking to the police about sexual assault, sexual abuse or rape

I already have bad feelings about the whole thing and am worried that disclosing my experiences will make these feelings worse

 I don't want to make trouble for the perpetrator of the sexual assault / rape  I just prefer to put it all behind me and not think about it

 I have trouble remembering all the details about what went on  Re-visiting the sexual assault, abuse or rape is just too traumatic  I don't want to talk to anyone about it because I get too emotional  I don't want anyone in my life to know about my experiences

 I feel like I've moved on in my life and left it in the past

**If there is another reason, please tell us in your own words what prevents you from telling someone, or seeking help or support.**

# Section 3: Injuries following domestic or sexual violence and abuse

No matter whether the abuse is related to emotional, physical or sexual behaviour, the effects of domestic abuse and sexual violence are often difficult to get over. It is usual for people to need help to get over what they've experienced.

### If you experienced any kind of domestic abuse or you've been sexually assaulted or raped, what physical injuries did you have as a result? *Please tick all that apply to you.*

 No physical injuries  Bruising or scratching  Burns or scalds

 Cuts or gashes  Stab wounds

Broken or fractured bone(s)

 Injuries to genital areas

Bite injuries from a human

Bite injuries from dogs or other animals

Crush injuries, for example being shut in a door, or run over by a car

 Concussion Sore muscles

 Life threatening injuries Other physical injuries

### If you wish to tell us about other physical injuries you had as a result of any violence or abuse, please tell us in the box below:

**Have you experienced any of the following as a result of the violence or abuse?**

#### Please tick all that apply to you**.**

 Depression

Anxiety or obsessive worry

Worry about services’ ability to keep you safe

 Panic attacks  Fatigue

 Sleeplessness

 Loss of self-confidence

Constant unwanted and uninvited bad thoughts

Irrational fear of something, including fear of outside spaces (agoraphobia)

Diagnosis of post- traumatic stress disorder (PTSD)

Diagnosis of obsessive compulsive disorder (OCD)

Inability to concentrate on normal daily living tasks

Confusion

 Nightmares Flashbacks

Avoidance of places / environments that trigger bad thoughts or flashbacks

Thinking you saw the perpetrator as you tried to go about your daily life

 No mental health effects

Other poor mental or emotional health

### If you wish to describe other poor mental or emotional health problems that you experienced, please use the box below:

**Do you want to say anything else about how your life and relationships have been affected, either mentally or physically, by domestic abuse and sexual violence?**

### If you think you needed professional help for your injuries or mental health symptoms, did you seek help?

Yes No



I started to get help but didn't follow it through / getting help wasn't possible

**If no, can you tell us why?**

# Section 4: Children

Answering questions about children who are involved in abusive home situations can be difficult. But we know that when violence or abuse takes place in a home environment, children are often present in the home at the same time - either in the same or a nearby room.

**If you find it too upsetting to answer these questions, please go to the next section on page 16.**

### Were there any children in the household, while you experienced any abusive or violent episodes of behaviour towards you?

Yes No



Not sure

Not applicable

### If you answered no or not applicable, please go to Section 5: Asking for help (page 16).

### If yes, do you think the children heard or saw any of the abusive episodes?

Yes No



Not sure

They must have done

### If you have received any help, did you get any support for the children, to help them deal with the effects of the domestic abuse?

Yes No



Not yet Not sure

### If no, can you tell us why?

**If you did get support for the children, what kind of support did they receive?** *Please tick all that apply.*

 GP Support  Health Visitor

Paediatric Service at the Sexual Assault Referral Centre (SARC)

 Counselling

 Family Intervention Team  Social Worker

Child and Adolescent Mental Health Service (CAMHS)

CheckPoint

School help for example school nurse or counsellor

Self-help by joining a social group or youth group

 Self-help by taking up a hobby

Children’s Programme, via a specialist agency like Torbay Domestic Abuse Service (TDAS)

 A charity

 I asked for some, but got none Other

### If you ticked “other” what other kind of support did the children receive?

**What do you feel the most helpful thing has been to support the children?**

**Do you want to say anything else about how the children’s life and relationships have been affected, either mentally or physically, by the abusive situation?**

# Section 5: Asking for help

Getting to a place where you can say that you've experienced any abusive or violent behaviour, including rape, can be very difficult, and people tell us they often find it hard to ask for help for things they find really ‘personal’.

There are a variety of ways that people can be helped to overcome violence and abuse, and to get their lives back on track. Some help can come from a professional, from family and friends, or from ourselves.

### If you have experienced violence or abuse, have you sought help?

Yes No



**If no, please go to section 6: Asking for help early on (page 18).**

### If yes, what was it that encouraged you to seek help and talk about your situation?

#### You can tick as many boxes as you want to.

You had to call the Police to protect or care for you

A sympathetic GP or domestic abuse project worker at my GP Surgery

 A sympathetic work place  A sympathetic NHS worker

 A sympathetic minister (religion)  A sympathetic friend

An injury that needed treatment

Someone became involved to help protect you and your family, for instance a Health Visitor or Social Worker

 Something you saw on social media  You saw a poster about it

 Someone gave you a leaflet  Because of news coverage

I never told anyone about my experience, and no one knows about it

Because of something else

### If you feel it was something else, please describe in the box below:

**Looking back, did you ever feel as though other people knew what was going on?**

Yes No



Not sure

### Do you want to say anything about this? For instance, someone might have tried to talk to you about what was going on or it might be that nobody recognised your situation. Please tell us below.

**What kind of support do you feel was effective and worthwhile, and provided the most help?** *Please tick all boxes that apply to you.*

 Friendship Neighbour(s)

Self-help, like books or internet support e.g. the Are You OK website

A support worker from a specialist agency, e.g. Torbay Domestic Abuse Service Sexual Assault Referral Centre (SARC), Devon Rape Crisis and Sexual Assault Service

Independent Domestic Violence Advocate (IDVA)

Independent Sexual Violence Advocate (ISVA)

 Complex Needs IDVA  Police support

GP support

 Health Visitor or Midwife

Other NHS worker, e.g. a nurse or physio

Mental Health support worker

Substance Misuse (drugs or alcohol) worker

 Social Worker  Youth Worker

Family Intervention Team

 CheckPoint

 A manager at work

Support from a charity or community group, e.g.

Torbay Community Helpline

Support from a faith organisation like a church

 Having a counsellor

Having trauma support from a Rape Crisis organisation

Recovery Toolkit course for women

Freedom Programme course for women

Other self-confidence building course

By taking up a hobby, like a craft

 By taking up a sport  I received no help

I haven't received help yet

Other support

**If you ticked “other support” can you describe what other source of support you felt was effective and worthwhile?**

# Section 6: Asking for help early on

Many people keep their experience of violence or abuse to themselves for a long time. Some people never tell anyone. Our aim is to make it easier for people to seek help, earlier.

**Regarding your own experience(s), where would you prefer to have a helpful conversation about the violence or abuse?** *Please tick all boxes that apply to you.*

In the GP Practice with a doctor

When you saw a Midwife or Health Visitor

In the GP Practice with a nurse

At an appointment in the hospital

At Accident and Emergency (A&E)

At the hairdresser or barbers

 At the gym  In a pharmacy

From a teacher or lecturer

 At the dentist or optician  From a family member  With a friend

 From a helpline  At a social group

At work, say, in a private meeting

At school or college, in a private conversation

 At church

With your housing provider

When accessing benefits

 In a parent/toddler group

From a youth or social worker

With your MP or Local Councillor

From a website or a book

I wouldn't want to talk to anyone about the violence or abuse

I would have wanted to get more information and help via the internet

I would have wanted to access help via a smart phone or device

### If this list doesn't include where you'd prefer to get help and support, please tell us where in the box below.

**Support services have adapted during the COVID-19 pandemic but have still been available. Some methods of contact changed to include phone, email or online chat.**

**If you sought help during the last year, were you able to make contact with support services?**

Yes No



I didn't seek help in the last year

### If you weren't able to make contact with support services, please tell us why.

**Were you aware, if you had to leave home to escape harm or seek help for domestic abuse during lockdown, you could do that without being fined for breaching restrictions?**

Yes No





### [www.areyouok.co.uk](http://www.areyouok.co.uk/) is Torbay Council's website dedicated to providing information and advice for everyone with concerns around domestic abuse or sexual violence.

**Have you seen any information or literature with the Are You OK? logo on it?**

Yes No



**If yes, please tell us where you've seen the Are You OK? logo.**

**Thank you for your help.**

Your comments are confidential. Your responses will help Torbay Council to have the right support services in place for people who have experienced domestic and sexual violence or abuse.

If you would like to talk to someone about current, recent or historic domestic or sexual violence or abuse, you can find more information – including a directory of services on the Are You Ok? Web pages at: [www.areyouok.co.uk](http://www.areyouok.co.uk).

You can also talk to Samaritans on: 116 123 (any time, for free), or contact them via their website: [www.samaritans.org/contact](http://www.samaritans.org/contact).

**In an emergency, always phone the Police on 999.**

Data Protection: The information you provide on this form will be processed by the Community Safety Team and Policy, Performance and Community Engagement Team, Torbay Council in accordance with the Data Protection Legislation. Your responses will be stored in a secure electronic database, they will only be used to assist in the analysis of opinion, and will not be kept for longer than 5 years. It may also be disclosed to other departments within the Council for such purposes. For further information about how we handle your personal data and your information rights please visit our website: [www.torbay.gov.uk/information-and-data](http://www.torbay.gov.uk/information-and-data).

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