

## What is domestic abuse?

Domestic abuse is the abuse of power and control over another person and can take many forms including:



### Psychological

Walking on eggshells | Doubting own mind | Pattern of humiliation



### Physical

Dominant 'play' fighting | Hitting | Throwing things | Grabbing



### Sexual

Non consensual sexual activity even if started as consensual



### Emotional

Silent treatment | Withholding affection as punishment



### Verbal

Name calling | Targeted offensive language | Belittling



### Economic

Restricting your money | Running up debt in your name | Stealing



### Trauma for witnesses

Seeing or hearing someone else's experience

## It can happen to anyone, by anyone, at any time

In 2019, an estimated 2.4 million adults, **7.5% of women** and **3.8% of men** experienced domestic abuse. These percentages **equate to 690 women and 636 men at Sky**.



## Worried about your safety?



- If in danger, **call 999**, if you can't speak, **press 55** after the prompt
- Stay with friends or family
- Get help from:
  - 🇬🇧 **UK** - National Domestic Abuse Helpline or Mankind
  - 🇮🇪 **Ireland** - Women's Aid or Men's Aid

## Worried about your behaviour?



- Remove yourself from the situation, e.g. go for a walk or a run
- Stay with friends or family
- Get help from:
  - 🇬🇧 **UK** - The Change Project or Respect
  - 🇮🇪 **Ireland** - Move Ireland

## Worried about a colleague?

Here's some prompts to find out if someone needs help:

You don't seem yourself, are you ok?

Is everything alright at home?

How you doing at the moment?

Is there anything I can do?

I can help you access support

## Sky emergency accommodation



- Your manager can **contact CWT on 020 3353 0225 or [sky.lon.uk@contactcwt.com](mailto:sky.lon.uk@contactcwt.com)**
- Ask them to charge **Blue Sky** and we'll pay for up to 3 nights including a daily allowance of £60 (€70) for food, laundry and calls or £100 (€115) if you have children/dependants with you
- You may want to book away from your location and check in under another name

## Sky support services



For 24/7 confidential legal, financial, family and wellbeing advice contact

- 🇬🇧 **UK** - Lifeworks
- 🇮🇪 **Ireland** - Laya

If you're in the Sky Healthcare Plan you can also access **counselling for domestic abuse**

- 🇬🇧 **UK** - Mental Health Pathway
- 🇮🇪 **Ireland** - Additional Support from Laya