

Whole Lives

A survey about support for survivors of domestic abuse in Scotland.



Tell us what you think

1. Do you think the idea is a good one?

☐ Yes

☒ No

☐ Not sure



This is a survey about how survivors of domestic abuse get help and why some people do not go to services for help.

The survey has been written by a charity called SafeLives.

What is domestic abuse?

Domestic abuse is when you are hurt, bullied or frightened by your partner or ex-partner (someone who used to be your partner).



This could be:

- Your husband or boyfriend
- Your wife or girlfriend



They are not allowed to do this.
It is wrong.

How do I take part in the survey?

If you are aged 16 or over and have experienced domestic abuse from a partner or ex-partner, please tell us what you think.



You can fill out the survey on your computer, then save it and email it to:
surveys@safelives.org.uk



Or you can print a copy of the survey, fill in the answers and post it to:

Lindsay Sutherland
SafeLives
Suite 2a, Whitefriars
Lewins Mead
Bristol BS1 2NT



It should take about 15 minutes to fill in the survey.



Your responses are confidential.

No-one will know it is you and your information will be kept private.

Tick the box of the answer you agree with and a tick will appear. ☐

If you change your mind you can click on it again to untick it.

Where there is a dotted line, type your answer.

If you are filling out a paper copy, tick the box of the answer you agree with, or write your answer on the dotted line.



Sometimes SafeLives use quotes from surveys on our website, in our reports, or on social media (like SafeLives Twitter feed or Facebook page).

The quotes do not have people's names with them.



Are you happy for us to use quotes from your comments?

☒ Yes ☐

☒ No ☐

**Now we would like some information about you.
Miss out any questions that make you feel uncomfortable.**



1. Where in Scotland do you live?

.....



2. How old are you?

.....



3. What is your ethnicity?

Ethnicity is the word we use to describe our background.

People from an ethnic group might have the same language, culture or religion.

What best describes you?

White British ☐

White Irish ☐

White Other ☐

Gypsy or Traveller ☐

Asian/Asian BritishBlack/African/ ☐

Caribbean/Black British ☐

Mixed Ethnic ☐

Other. Write your answer here:

.....

4. What sex were you given when you were born?



Female ☐

Male ☐

Intersex
(body not defined as male or female) ☐

5. Do you think of yourself as:



Female ☐

Male ☐

Non-binary (I don't see myself as only male or only female) ☐

In another way ☐



6. Sexual orientation means what kinds of people you love or have sexual or romantic feelings about.

Do you think of yourself as:

Heterosexual or straight ☐

Gay ☐

Lesbian ☐

Bisexual ☐

Any other sexual orientation ☐



7. Do you consider yourself to have a disability, long-term illness or health condition?



Yes ☐



No ☐

8. If yes, and you are happy to, tell us the type of disability or health condition that you have.

Physical disability ☐

Learning disability ☐

Mental health ☐

Sensory disability ☐

Other ☐



If you chose other, write your answer here:

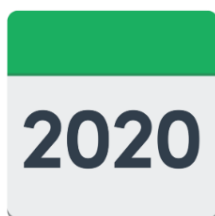
.....

Tell us about a time when you experienced domestic abuse.



9. How old were you when the abuse started? Write your answer here:

.....



10. Is the abuse still happening?



Yes ☐



No ☐



11. Did more than one person abuse you?



Yes ☐



No ☐

12. What was your relationship to the person/people who was abusing you?

Partner – male ☐

Partner - female ☐

Ex-partner - male ☐

Ex-partner – female ☐





13. How long did the abuse last?
Write a number in the boxes.

Years

Months



14. How would you describe the abuse?

Tick as many as you need to.

Physical abuse ☐

Sexual abuse ☐

Mental / emotional abuse ☐

Other. Write your answer here:

.....

15. How often did the abuse happen?

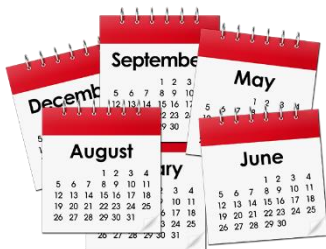
Every day or nearly every day ☐

Once or twice a week ☐

Once or twice a month ☐

Less than once a month ☐

Don't know/don't remember ☐





16. Were there ever children or young people in the house when the abuse happened?

✓ Yes ☐

✗ No ☐



17. If you answered 'yes', tell us how many children or young people were in the house.

What were the ages of any children or young people?



.....



18. Did you have any problems with any of these things at the same time as the abuse?

Tick as many as you need to.

Mental health ☐

Physical health ☐

Alcohol misuse ☐

Drug misuse ☐

Homelessness ☐

Financial issues ☐

Employment ☐

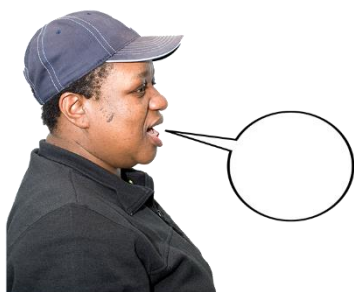




Relationships with adult family members ☐

Relationships with children ☐

The next questions are about any support you got, and if you got help from a specialist domestic abuse worker (someone trained to support survivors of domestic abuse).



19. Have you told anyone about the abuse or how you felt?



Yes ☐



No ☐

Don't know/don't remember ☐

If your answer is no, go to question 24 on page 12.

20. Who did you tell?



Family ☐

Friend or neighbour ☐

Work colleague ☐



Domestic abuse service ☐

Helpline ☐

Learning disability support worker ☐



Police ☐

GP or health worker ☐



Counsellor or therapist ☐

Adult Social Work ☐

Children and Families Social Work ☐

Religious leader (for example, a priest) ☐

Other. Write your answer here:

.....



21. How long had the abuse been going on before you told someone?

Years Months



22. Were you worried about telling someone?

✓ Yes ☐

✗ No ☐

Don't know/don't remember ☐

23. If you were worried about telling someone, why?



Frightened I was not safe ☐

Shame or embarrassment ☐

Did not know who to tell ☐

Frightened of losing children ☐



Didn't think they would believe me ☐

Didn't think anyone could help ☐

It was private ☐

Worried the abuse was my fault ☐

It was not important ☐

Other. Write your answer here:

.....



24. Have you had support from a specialist domestic abuse service?

✓ Yes ☐

✗ No ☐

Don't know/remember ☐

If your answer is no, go to question 33 on page 17.

25. What kind of specialist domestic abuse worker supported you?

Support and Advocacy Worker (Independent Domestic Abuse Advocate) ☐

Domestic Abuse Support Worker ☐

Refuge Worker ☐



Social Worker ☐

Children & Young People's Worker ☐

Don't know/don't remember ☐

Other. Write your answer here:

.....



26. How long had the abuse been going on before you got support from the specialist domestic abuse worker?

Years Months

27. Who referred you to the service?



I referred myself ☐

Learning disability service ☐

Another domestic abuse service ☐

Sexual abuse service ☐

Children & Families Social Work ☐

Adult Social Work ☐

Community Mental Health ☐

Housing ☐

Police ☐



Other. Write your answer here:

.....

28. How did you find out about the service?



I searched online ☐

A professional told me ☐

A helpline told me ☐

A friend / family member found the information for me ☐



Other. Write your answer here:

.....

29. How did you get the support?



At my home ☐

In a refuge ☐

At the service ☐

On the phone ☐

Online ☐



Other. Write your answer here:

.....



30. How easy was it to find out about the service?

Delete the answers you don't want, or circle the right one.

Very easy / Easy / Ok / Hard / Very hard



31. How easy was it to access the service?

Delete the answers you don't want, or circle the right one.

Very easy / Easy / Ok / Hard / Very hard



32. Do you want to say anything else about the support you got or how it could be better?

Write your answer here:



Thank you for sharing your experiences with SafeLives.

What you tell us is important.



If you would like to find out more about the work of SafeLives, you can visit our website: www.safelives.org.uk



To talk to somebody about your experiences or for information contact:

Scotland's Domestic Abuse and Forced Marriage Helpline: 0800 027 1234

Free and open all day every day.

www.sdafmh.org.uk

or

Men's Advice Line Scotland:

0808 801 0327

Free. Open Monday – Friday from 9am-5pm. or visit

www.mensadviceline.org.uk



The next questions are only to be answered if you said 'no' to question 24 on page 12.

33. Did anything stop you getting support from a domestic abuse service?

Cross as many answers as you like.

I didn't want to get support ☐

I didn't feel safe to get support ☐

I didn't think I would be believed ☐

I was ashamed or embarrassed ☐

I didn't know what support was available ☐

Professionals didn't ask me about domestic abuse ☐

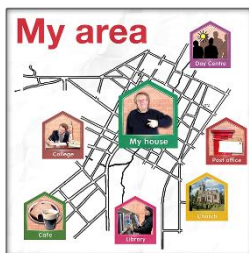
There wasn't a local service ☐

Services were too far away from where I lived ☐

Waiting lists were too long ☐

Services didn't feel right for my identity (for example my gender/sexuality/ethnicity) ☐

Services could not help with all my needs (for example mental health, drug or alcohol use) ☐





Services didn't know how to help me ☐

I was unhappy with support I got before. ☐

I was scared of losing my children ☐

Other. Write your answer here:

.....



34. Is there any help you wish had been available?

Write your answer here:



35. What could your local area do to make it easier to get specialist domestic abuse support?

Write your answer here:



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