

# Honour Based Violence

Please note, this is a sensitive topic that impacts many people. If you find that this has caused you any upset or distress, please stop and seek appropriate support or feel free to reach out to the Safeguarding team.

## Safeguarding support options

Ways to access support if you are worried for yourself or someone else:

- Email [safeguarding@qa.com](mailto:safeguarding@qa.com)
- Complete a [Safeguarding Self-Referral Form](#) if the concern relates to you.
- Complete a [Safeguarding Referral Form](#) if you are worried about someone else.



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## What is Honour Based Violence?

Honour based violence is a collection of practices, which are used to control behaviour within families or other social groups to protect perceived cultural and religious beliefs and/or honour. Honour-based violence takes many different forms. Most commonly, a girl or woman is abused, disowned by her family, or forced to have an abortion. Women and girls are the most common victims of honour-based violence. However, men and boys can be victims, too.

### How to recognise signs of honour-based violence:

- There may be evidence of domestic abuse, including controlling, coercive and dominating behaviour towards the victim.
- Self-harming, family disputes, and unreasonable restrictions on the victim such as removal from education or virtual imprisonment within the home may occur.
- Victims may be fearful of being forced into engagement/marriage.
- Other warning signs may be FGM, sexual abuse and forced marriage.

Victims may face significant harm if their families / communities realise that they have asked for help. All aspects of their safety need to be carefully assessed at every stage. Initially this needs to address whether it is safe for them to return home following a disclosure. Victims will need practical help such as accommodation and financial support, as well as emotional support and information about their rights and choices.

### Who to contact and how can they help

We know it can be difficult to talk about what's happening but telling someone can really help. Below is a list of organisations who offer advice and support.

- **Karma Nirvana** - A specialist charity for victims and survivors of honour-based abuse in the UK. They also have a UK Helpline, Monday to Friday, 9am to 5pm: 0800 5999 247 [Karma Nirvana](#)
- **The Halo project** - A national project that supports victims of honour-based violence, forced marriages and FGM by providing advice and support to victims. Telephone - 01642 683 045 Open: Mon - Fri 9am - 5pm. [Forced Marriage and Honour Based Violence Charity - Halo Project](#)
- **Freedom Charity** - Bringing awareness, help and support to victims of forced marriage, honour-based violence, and female genital mutilation (FGM). Telephone 0845 607 0133. You can text us for help, text the words 4freedom: to 88802. [Home - Freedom Charity](#)
- **Refuge** - A charity helping victims rebuild their lives and overcome different forms of violence and abuse. They also have a 24-hour helpline: 0808 2000 247 [Refuge, the largest UK domestic abuse organisation for women](#)

## Activity - Video

<https://youtu.be/kHHxF6ahxEg?t=3>



Please watch the above video. This will provide you with further awareness and context to this learning. Questions related to this can be found below.

Questions:

1. What is Honour based abuse?
2. Why was Banaz Mahmood a victim of honour-based violence?
3. How many honour-based killings take place each year?

## Further Resources

Visit our learner portal for Information, advice and activities to help prioritise your wellbeing during your apprenticeship programme, including workload management, handling stress, and external support services. [Apprentice learner's portal](#)

## Reminder:

For safeguarding support please contact [safeguarding@qa.com](mailto:safeguarding@qa.com) for further advice and support or make a referral via these links:

- [Staff/Employer/Peer Referral](#)
- [Learner Self-Referral](#)
- [Low level & Behavioural Concern](#)

