



Domestic Abuse & Sport

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The Euros are a time for celebration, emotion, and excitement, encouraging a general sense of togetherness that unites most of the country. Many people across the UK, and other countries, enjoy the comradery of watching the football with their friends and family.

However, there is a darker side to these large-scale football events that impacts the mental health of vulnerable people in the UK.



What is Domestic Abuse/Violence?

1 in 5 adults experience domestic abuse during their lifetime.

Domestic abuse is an incident or pattern of incidents of controlling, coercive, threatening, or/and violent behaviour towards someone else. Abusers can use tactics, such as degradation, isolation, control, and intimidation to psychologically, emotionally, financially, or/and physically abuse someone.

Men can fall victim to domestic abuse but often men are the perpetrators. According to Women's Aid, a woman is killed by her male partner or former partner every four days in the UK.

Domestic Abuse/Violence and the Euros



Leeds Women's Aid chief executive Nik Peasgood said: "Research shows that people generally tend to watch more football at home now; often women will be in their home, and they can't escape. Survivors bear the brunt of that anger, rage and joy.

- Football doesn't cause abuse, but factors around it can increase the prevalence of it; it's going to exacerbate the situation.
- A consortium of charities has received 22% more calls since the Euros kicked off - an increase of 19% compared to June 2023.
- 95% of callers were women.
- If England lose, domestic abuse can increase by up to 40%; if they win, surprisingly, it can still increase by 25%.

Ms Peasgood added: "Calls could potentially double - that's what we've seen historically, and we are already seeing the trend. It's the build-up, the walking on eggshells, the fear of what may happen after games."



Alcohol Consumption



The Euros, and other large-scale football events, encourages excessive drinking and for long periods of time which is known to incite anti-social, abusive, and violent behaviour and offences.

- Roughly 55% of domestic abuse perpetrators were drinking alcohol prior to assault.

When alcohol is involved, domestic abuse can become significantly more intense and severe. Alcohol affects our decision-making, information processing, and self-regulation skills, meaning that abusers tend to be more violent without considering the consequences.

Heightened Emotions

Football, like many other sports, is passionate and significantly emotional for many fans. This passion and dedication often encourage enjoyment and happiness, but occasionally can encourage despair and anger.

With negative emotions high, perpetrators may take this as the time to lash out at victims.



Support Available

If you, or anyone you know, is experiencing domestic abuse there are a few things you can do to get yourself to safety. It is important to note that you do not need to wait for a crisis to find support.



- Getting in contact with your **GP**, a doctor, home visitor, or midwife.
- Most **police stations** have Domestic Violence Units with specially trained officers, and you can also call **999 OR 101** to report an incident.
- For women, you can call The Freephone National Domestic Abuse Helpline, run by Refuge on **0808 2000 247**
- For men, you can call Men's Advice Line on **0808 8010 327**
- For more information and contact details you can visit the NHS website here - [Getting help for domestic violence and abuse - NHS \(www.nhs.uk\)](https://www.nhs.uk)



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