

DARE (Domestic Abuse Routine Enquiry) training FAQs

What is DARE?

We designed the DARE (Domestic Abuse Routine Enquiry) toolkit to support frontline professionals in playing their part in a whole system change where services embed DARE as part of their work with clients so that perpetrators can be identified earlier, more effectively held to account and access the right specialist intervention to help them change their behaviour.

Training consists of three half days over three consecutive weeks of online training as follows:

Week 1: How to identify domestic abuse perpetrators.

Week 2: How to explore risks and context associated with domestic abuse perpetrators.

Week 3: How to engage domestic abuse perpetrators and nudge them into specialist services.

Note: In-person training can be arranged for group bookings.

Why was the Domestic Abuse Routine Enquiry (DARE) Toolkit developed?

Individuals causing harm in their relationships access a range of services and their behaviour frequently remains under the radar and often unchallenged. Frontline professionals report feeling ill equipped to engage in conversations around abusive behaviour. As a result, we are letting victims down and missing valuable opportunities to nudge and support perpetrators to access specialist domestic abuse perpetrator services.

Who can access DARE training?

The DARE toolkit and training has been designed for any professionals working with clients, patients or service users. This includes those working in social care, health, substance misuse, housing, schools and other educational settings, blue light services, etc. Domestic Abuse is a feature in the lives of many of the people who access services, even if that is not a focus of the service they access.

How does the DARE Toolkit assist frontline professionals?

DARE is designed to support professionals in adopting a 'domestic abuse routine enquiry' approach in their day-to-day engagement with clients by use of guiding principles to assist non-domestic abuse services. For example, the DARE Toolkit equips a Housing Officer or Substance Misuse Worker with a set of tools to explore a client's understanding of their

couple relationship and to explore whether domestic abuse, including coercion and control is present. Various probing questions and techniques provide strategies for exploring what an unhealthy relationship looks like.

Is there a minimum level of knowledge or qualification required to access DARE?

To gain the most from this training, it is beneficial to have a basic understanding of domestic abuse, the impacts on victims/survivors, and relating issues. To access free online training click on the following link:

[Domestic Abuse Basic Awareness Training - IDAS Online Training Courses](#)

Is DARE relevant if I don't encounter perpetrators in my daily role?

Yes, DARE is about encouraging all professionals to establish a routine of enquiring about attitudes and behaviour, offering opportunities for individuals to discuss or disclose areas of their relationships they may be struggling with. If we normalise conversations relating to healthy/unhealthy behaviours, we standardise the client experience of talking about such issues, removing barriers for those seeking assistance. Most people who use abusive behaviour are not known to services for this but may be known to and accessing other services for different reasons.

What are the benefits of DARE training for my employer/organisation?

DARE will increase your workforce's knowledge and understanding of domestic abuse by offering an alternative perspective whilst recognising and responding more effectively to risk. Your staff will have access to a toolkit to continue their learning journey, along with an increase in confidence to communicate effectively with service users.

How many people will be on the training course?

Online sessions are restricted to a maximum of 15 trainees, which helps to facilitate a discussion-based environment. If the course is full at time of booking, you will be placed on a waiting list for the next available course.

Note: In-person group bookings can be flexible depending on venues, please contact us to discuss further.