

**ONLY to be placed in Staff areas of the workplace.**

The Bright Sky App is a digital application to support domestic abuse sufferers and their families. It is NOT to be shared with the abuser.

[www.hestia.org/brightsky](http://www.hestia.org/brightsky)

- Its aim is to offer sufferers of domestic abuse a range of resources to empower them to seek the help they require within this comprehensive toolkit that is updated every 3 months.
- It is also useful for those concerned for someone suffering domestic abuse, for example; family, friends, a work colleague, a manager and professionals etc.
- The most used feature of the application is the Risk Assessment tool inspired by the DASH, here there are 12 questions that allow the person to assess if they might be in an abusive relationship. By clicking 'YES' or 'NO' and then the 'ARROW' to continue to next question. Once completed it suggests that other people who have answered Yes like yourself have found themselves to be in an abusive relationship, it then goes on to recommend where to find support and the other elements of the App.
- At any point on the App the 999 image can be clicked on to dial the Police for support. The home icon image will take you back to the home page and the location pin image will allow you to search for support in any location you wish. These images are always at the bottom of the screen whichever page you are on in the App.
- The App is in 5 languages currently, English, Polish, Punjabi, Urdu and Welsh. It is GDPR compliant and is suitable for those experiencing Domestic Abuse, Stalking and also covers Sexual consent.
- The App has sections on ALL the forms of domestic abuse, with examples and looking at what the forms look like, Statements to dispel the Myths of abuse, as well as an Online Safety Guide.



- The other main feature to this App is the Journal and this is useful for both those being abused IN a relationship [Controlling & Coercive Behaviours] and those NOT in a relationship [Stalking]. The Journal allows the domestic abuse sufferer to document the behaviours, so for example photos and videos of any physical incidents, text messages, emails, notes sent or left for the person to read, as well as conversations had over the phone, face to face that the sufferer may be in a position to record, or someone else may be. All of this can be embedded onto the phone via this App, however, this information is not kept on the phone. When looking at the 'How to use My Journal' the person will be informed to set up a completely NEW email account that the abuser does not know about, that only they would be able to guess the password to, so it is completely secure and this is where the App then sends all this material too. This way if the Abuser does manage to find the APP there is nothing kept on the phone.
- The secure email allows the sufferer to maintain a journal of events and behaviour that can then at some point be used for convictions or as evidence against the abuser.