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Background

“Listen to me. Ask me and understand what I need. Help support me to stay safe from being at risk of experiencing, causing or witnessing serious harm or death from domestic abuse”.

What Are the Three Me's?
The Three Me's represent the individuals central to a domestic abuse incident:

- The Victim Me
- The Perpetrator Me
- The Child Me

Each “Me” has distinct experiences, needs, risks, and aspirations that must be understood and addressed for risk to be effectively reduced.

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Why it matters

The Three Me's model matters because it recognises that domestic abuse affects victims, perpetrators, and children in connected ways. By understanding the needs, risks, and experiences of each Me, practitioners gain a clearer picture of harm. Coordinated multi-agency work strengthens safety, reduces repeat harm, and supports meaningful change. Earlier help and better information-sharing reduce duplication and missed risks. Ultimately, the model enhances professional judgement and promotes sustainable, long-term safety for families and improved outcomes for all involved.

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Information

High-quality, timely, and well-shared information is essential to the Three Me's model because it enables practitioners to understand the complex dynamics of domestic abuse. Abuse does not occur in isolation; it is shaped by personal history, trauma, coercive control, patterns of behaviour, contextual harm, and the lived experiences of the Victim Me, Perpetrator Me, and Child Me. The model relies on practitioners gathering rich, meaningful information directly from each Me

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..and combining it to create a real-time, coherent picture of risk. This is not about collecting data for its own sake, but about understanding stories, needs, strengths, and what each individual requires to feel safe. Strong information-sharing supports earlier intervention, reduces duplication, improves multi-agency coordination, and enables more accurate, holistic assessments.

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It strengthens professional judgement and leads to purposeful, proportionate actions that reflect what matters most to those involved. This approach aligns with Blackpool Families Rock, which emphasises relationships, curiosity, and seeing the whole family within their context. Practitioners are encouraged to listen deeply, recognise strengths, and build trust so families feel heard rather than processed. By combining relational practice with the structured clarity of the Three Me's model, information becomes the foundation for meaningful, coordinated change.

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What to do

When using the Three Me's model, focus on understanding the needs, risks, and experiences of the 3 Me's equally. Build trusting relationships, listen carefully, and gather information that reflects each Me's voice. Work collaboratively across agencies to plan coordinated actions. Stay curious, challenge assumptions, use professional judgement, and ensure every step prioritises safety, dignity, and long-term change for the whole family.

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Questions to consider

- What does each Me need to feel safe, and what risks or barriers exist?
- What do we know or not know about patterns of harm?
- What immediate safeguarding or multi-agency actions are needed today?
- What is my professional judgement telling me, and am I considering all Three Me's without bias?

