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INFORMATION PACK FOR FAMILIES

IMPRINT

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Project workstream 3



SUNIA GEEL – Prevent and combat violence
against children, young people and women and to
protect victims and groups at risk

For further informations please visit:
www.suniageel.eu

PROJECT- COORDINATOR

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**INFORMATION PACK FOR
FAMILIES**



Did you know?



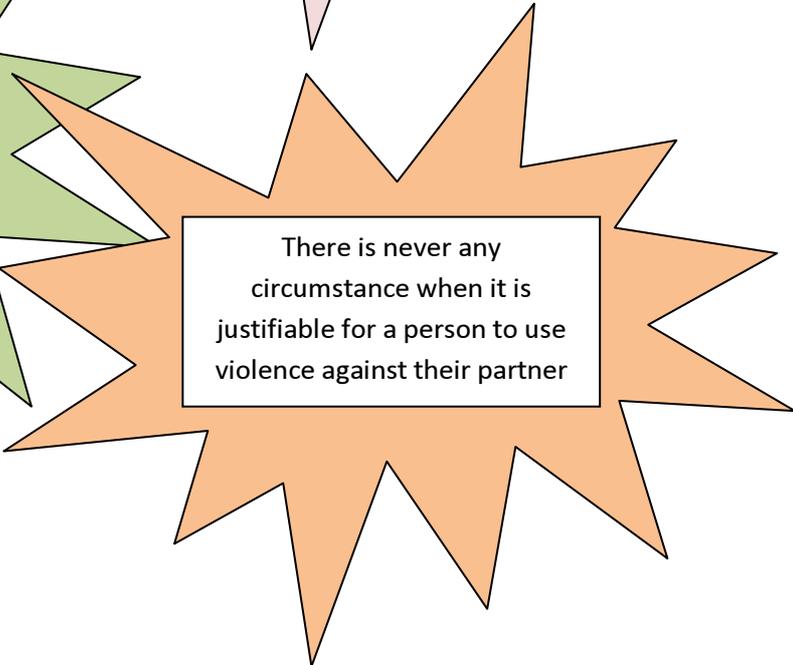
Domestic violence is a pattern of coercive behaviour that one person uses to maintain control over his or her partner.



Domestic violence is always the responsibility of the perpetrator.



Children who experience domestic violence in their families are victims of domestic violence, even when they don't physically witness the violence



There is never any circumstance when it is justifiable for a person to use violence against their partner

Families and Domestic Violence

Domestic Violence (DV) is a whole pattern of actions that one person uses to dominate and control another person through physical and sexual violence, and the ongoing threat of violence.

Who Commits DV?

Any person who uses physical violence and the threat of violence to control or limit the actions of his or her partner.

A victim of domestic violence is any person who is in a relationship with this person.

DV happens in every neighbourhood, in every social class, and in every religious, racial and ethnic group. It can happen to our friends, grandparents, neighbours and ourselves.

The majority (90%) of reported domestic violence assaults are committed by men against women. Some women assault their male partners, but in many of these cases, they are acting in self-defence.

Domestic violence also occurs in gay and lesbian relationships.

Domestic violence may also occur across generations

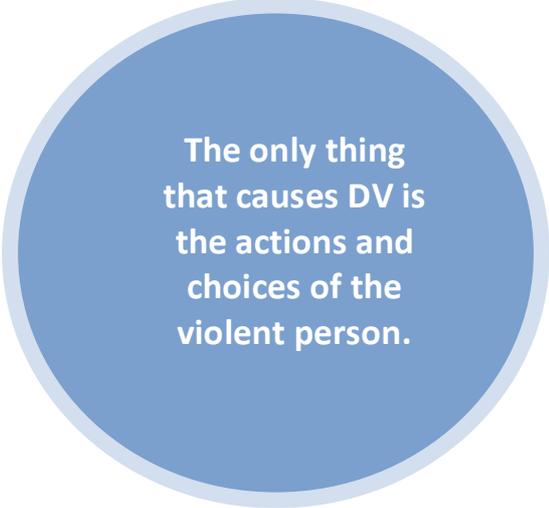
Why Are People Violent to Their Partners?

People are violent to their partners because at some time in their lives, they have learned that being violent is the way to make your partner and children act the way you want them to. They believe that they have the right to be violent at home.

Men who batter are often supported in their violence by social norms that say that the man has to do whatever it takes to "be in charge," or "wear the pants." They may also be supported by family members, friends or others who choose to ignore the violence when they hear about it.

Domestic Violence is **not** caused by:

- Stress
- Alcohol or drugs
- Problems in communication
- Something the victim did
- Anger
- Jealousy
- Insecurity



The only thing
that causes DV is
the actions and
choices of the
violent person.

Family Rules

All families have different rules – about what is acceptable and what is not acceptable.

These rules might be very clear and stated, or not so clear and never said out loud.

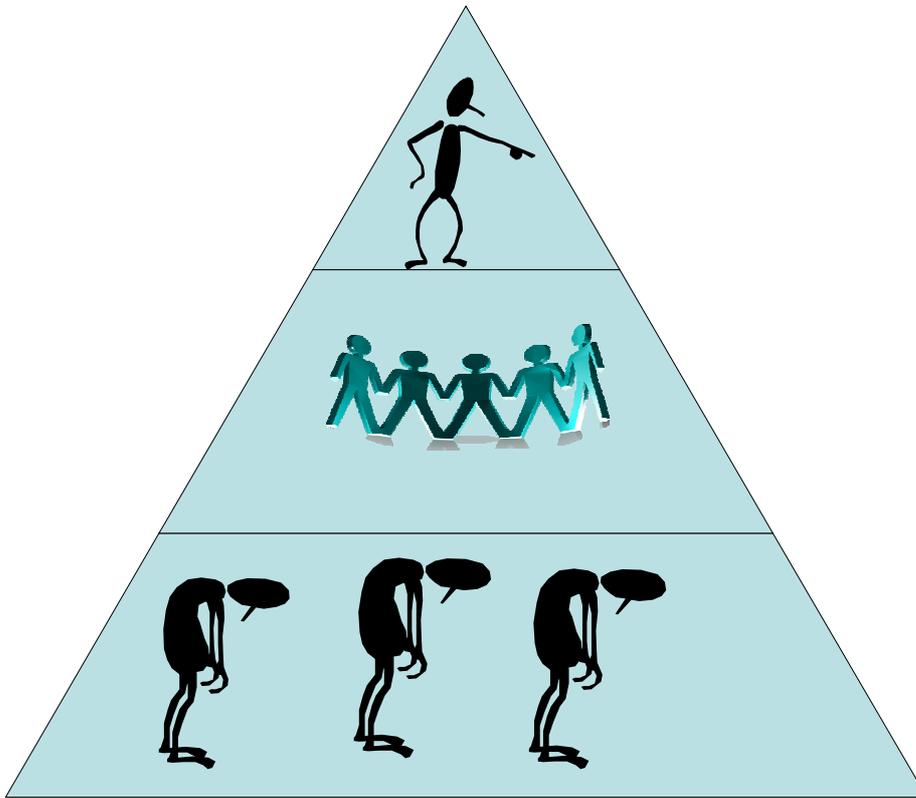
There are many factors which influence which rules we might have in our families. These factors could include:

- Your own family including parents and grandparents, aunts and uncles and others,
- Your culture,
- Your ethnic background,
- The culture in which your children are being raised, if different from your own,
- Your religion,
- Your spouse or partner's background,
- Your relationship with the father or mother of your child,
- The community where you currently live with your family,
- Your income level,
- Other factors that affect your life.

Rules can keep family members safe
or they can keep family members stuck
in situations which are not safe.

The Power Pyramid

Power relationships can be thought of as a pyramid. The person or people at the top are in control, and the person or people on the bottom are relatively powerless.



One way to understand this kind of system is to look at a country like South Africa under apartheid. In that country, the white minority attempted to maintain complete control over the black South Africans, and other people of colour.

The people in power maintained control over others by:

- Dictating where people can live and what kind of work they can do
- Establishing curfews, and limiting travel
- Denying them education, jobs, and access to medical care
- Preventing them from voting or having any voice in political decisions
- Denying them police protection
- Denying them fair treatment in court
- Preventing people from gathering

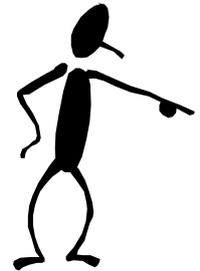
- Limiting access to information
- Creating negative stereotypes through media

Those in power used violence and the threat of violence which this affected the black people.

- They were afraid for themselves and their families.
- They felt hopeless, powerless.
- They felt there was no point in trying to change the system.

The people in control at the top of the pyramid felt:

- Entitled, all-powerful, and that they could do whatever they wanted to
- Threatened and afraid that oppressed people would try to take power



The people at the bottom of the pyramid felt:

- Hopeless, angry, trapped, despairing, voiceless, powerless, vulnerable, vengeful, depressed, and self-destructive
- Fearful of speaking up against the oppressor

In violent relationships, the abusive person is at the top of the pyramid, and uses many different tactics to control his partner and keep her powerless. The person who is being abused experiences all of the same feelings of hopelessness, anger, loss of self-esteem, powerlessness, etc., that oppressed people feel. Some common tactics abusive people use to keep their partners under control are:

- Controlling financial resources
- Deciding whether or not their partner can work
- Determining who s/he sees socially
- Preventing their partner from making any family decisions
- Threatening to take the children away
- Expecting their partner to have sex whether they want to or not
- Punishing their partner when they do something the abusive person doesn't want them to do.

Children Learn from their Parents

Learning from Important Role Models

As most parents probably notice, children imitate the behaviours of their parents, and of other people who are important to them.

Children are more likely to imitate the behaviours of people they view as like them. For example, boys are more likely to imitate their fathers, and girls are more likely to imitate their mothers.

Children learn the behaviours they observe, and are more likely to imitate these behaviours when they are rewarded for it.

Imitation starts at an early age. Researchers (and parents) found that children can imitate behaviours beginning at age 12 to 21 days (for example, sticking out their tongues). Infants can imitate adult's sounds by 12 weeks old.

Domestic violence and abusive behaviours are no different. Children in these situations will learn violent and abusive behaviours.

Ways to Help Children Develop

1. **Encourage your children:** Notice your children's positive qualities and let them know that you appreciate these.
2. **Set clear limits:** Set limits that are reasonable and appropriate to your children's ages, to help them feel valued and secure.
3. **Listen carefully:** Pay attention to what your children say, and let them know you hear what they are saying.
4. **Be affectionate:** Hug, kiss, pat, and smile at your children. Tell them you care for them.
5. **Allow them to solve problems:** Encourage your children to solve problems and make some decisions for themselves.
6. **Communicate respectfully:** Share your feelings, expectations and needs with your children in a way that is respectful.
7. **Promote independence:** Allow your children to play independently in a safe environment.
8. **Spend time with your kids:** Talking and listening, or playing together helps children feel cared for.
9. **Be a positive, non-violent role model for your children:** Maintaining safe, reliable interaction with your children and their other parent can help them develop self-esteem.
10. **Let your children know they are capable:** Allow your children to have responsibilities and let them know you have confidence in them.



Protective Orders

1. Safety Order: A safety order prohibits the person against whom the order is made (the respondent) from engaging in violence or threats of violence. It does not oblige that person to leave the family home. If the person does not normally live in the family home, it prohibits them from watching or being in the vicinity of where the person applying for the order (the applicant) and dependent children lives. A safety order can be made for up to five years.

2. Barring Order: This requires a person against whom the order is made, to leave and stay away from the place of residence of the person applying for the order and/or the dependent children. It may also include terms prohibiting the respondent from using or threatening to use violence. The District Court can make a barring order for three years and this can be reviewed. A Barring Order can be sought if the couple has lived together for six months during a nine month period.

Once a summons has been issued for a safety order or a barring order the applicant can apply for a **protection order** or an **interim barring order** while waiting for the application to be heard in court.

3. Protection Order: This is a temporary safety order. It gives protection to the applicant until the court decides on a safety or barring order application. It is intended to last until the case is heard and a decision made. It does not oblige the respondent to leave the family home.

4. Interim Barring Order: This is a temporary barring order. It is intended to last until the barring order application is heard in court and a decision made. Under the Domestic Violence Act, 2002 a full court hearing must take place within 8 working days of the granting of an interim barring order. The Court must be of the opinion that there are reasonable grounds for believing there is an immediate risk of significant harm to the applicant or any dependent person if the order is not made immediately and the granting of a protection order would not be sufficient to protect the applicant or any dependent person.

Safety Planning for Families

Safety and your children

Personal safety and safety planning are extremely important and necessary for children whose families are experiencing violence. Ensure that the children learn ways to protect themselves.

- Teach your children how to use the telephone to call for help and who to call. Rehearse this with the child in advance.
- Ensure the children know their full name and address.
- Talk to your children about the need to keep your address, phone numbers and location confidential.
- Inform people who take care of your children what has happened and give the names of the persons who have permission to pick them up.
- Stress the importance of being safe, and that it is not the child's responsibility to make sure that his/her mother is safe.

Safety planning in a domestic violence situation

Domestic violence is one of the major issues of concern in Ireland. Exchange House Domestic Violence Support works with women who are experiencing abuse.

When living in an abusive situation, a woman's and her children's safety is the number one priority. The time when a woman leaves an abusive relationship is the most dangerous time for her. The abuser is enraged and may carry out the threat to kill the woman, himself, their children and/or family members. It is vital that a woman in an abusive situation plans for her safety and that of her children in advance on how she might respond in different situations. Therefore it is extremely important to think ahead and have a safety plan before acting. A well thought out safety plan will enable a woman to think clearly and move quickly.

Safety during a violent incident

A woman cannot always avoid violent incidents. In order to increase safety, the following strategies can be used:

- Plan how to get out safely. What doors, windows, elevators, stairwells or fire escapes would you use?
- When you believe that an argument or violence is about to happen, you can minimize the risk of physical injury (by trying to get to a room that has access to an outside door, by avoiding rooms that provide easy weapons for the abuser such as knives in the kitchen or rooms where you might get trapped such as the bathroom)
- Keep purse and car keys ready. If possible leave a set of keys with a trusted friend or a relative. Make sure they know why so they don't accidentally let it slip if your partner talks with them.
- Inform certain neighbours about the situation and request they call the police if they hear suspicious noises coming from the house.
- Teach children how to use the telephone to contact Gardaí and medical help by using 999/112.
- Devise a code for the children so they can call for help.
- Use your judgment and if the situation is very serious, agree with your partner or give him what he wants to calm him down. Protect yourself until you are out of danger.

Safety when preparing to leave

If you are preparing to leave your partner plan this carefully as this can be a particularly dangerous time for you. It is important to remember that ending the relationship will not necessarily end the abuse.

- You may have to confide in your children that it may be necessary to leave home at some point in the future. Make sure they are old enough to understand that this must be kept secret and reassure them that you have plans for how to protect them but that you need their co-operation.
- Rehearse an escape plan (and teach it to your children) so that in an emergency you and your children can get away safely

- Agree on a code word to signal to your children that it's time to leave now.
- If you can, open a savings account in your own name to establish and increase your financial independence.
- Identify who will let you and your children stay with them or lend you some money.
- Leave an 'emergency bag' containing money, extra keys, and copies of important documents and clothes with someone you trust.
- Keep change for phone calls or public transport on you at all times.

Emotional Needs of Children Who Have DV in Their Families

1. Dealing with fear Feeling fear of those they love, in their home, where they should feel most safe

Child needs to:

- Be able to talk to someone they trust about their feelings
- Learn ways to keep themselves safe and to know they have a plan for what to do when there is violence
- Have a feeling of control in the situation ("I will go over to my neighbours when it happens")

Plan:

- To talk to my child about the violence
- To listen to her feelings
- To let her know that it's OK to talk about the violence, and to ask questions
- To develop a safety plan with her or to work on being nonviolent

2. Dealing with anger Feeling angry at the abusive person, or at the survivor for not leaving the situation

Child needs to:

- Know that it is normal and okay to feel angry about this
- Be able to talk about the feelings with someone they trust
- Express their anger in non-destructive ways

Plan:

- To acknowledge my child's anger and her right to feel angry
- To use my parenting skills to teach her to express anger by talking about it, not by hitting, kicking, yelling, etc.
- To model appropriate expression of anger by using respectful communication, and by avoiding any kind of violent, threatening, or abusive behaviour

3. Dealing with mixture of anger and love Feeling torn between feelings of anger and love toward the abusive person. Feeling guilty for both feelings

Child needs to:

- Learn that it's okay to feel both anger and love toward someone
- Know it is okay to love their parent even when they hate the behaviour they see
- Know they are not bad if they love the abusive parent

Plan:

- To help your child understand that is normal to have both positive and negative feelings for someone they love

4. Confusion about being able to love both parents Feeling they need to choose one parent over

the other, or the need to take sides. Thinking, "If I love Mom, I can't love Dad" and vice versa.

Child needs to:

- To know that it is okay to love both parents at the same time

Plan:

- To accept that your child loves the other parent, even if you no longer do
- To let your child know that it's OK with you that he loves his other parent
- To support your child when he interacts with his other parent, so that he doesn't feel caught in the middle
- To encourage your child to talk freely about his feelings for and activities with the other parent, if he wants to

5. Dealing with loss Loss of a healthy, safe family; loss of one parent if they leave, or the constant threat of this; loss of comfort in the home

Child needs to:

- Talk about feelings with someone they trust
- Develop a support system of extended family or friends outside the home

Plan:

- To help your child to identify another person; for example, a grandparent, aunt or uncle, teacher, counsellor, etc., who they can talk to about their feelings
- To encourage/arrange for your child spend time with supportive family members and friends
- To speak honestly and thoughtfully about changes in your life that might affect them (i.e. moves, separation, etc.)

6. Feelings of Guilt and Responsibility Fears of having caused the violence, or not stopping it in some way. Feeling that they have to prevent the violence, take care of Mom, and take care of the family.

Child needs to:

- Understand that the violence is not their fault, and that it is an adult problem for the adults to work out.

Plan:

- To talk honestly to your child about the violence, and to reassure her that she is not to blame
- To make sure she doesn't take responsibility for housework, chores, child care, etc., that are her parents' responsibility
- To take whatever steps possible to ensure that violence does not take place again

7. Feeling life is unpredictable and never knowing when a crisis will erupt Feeling vulnerable on a daily basis, with no power or control about what will happen.

Child needs to:

- Find areas in their lives where they can have control and make plans and decisions
- Create a safety plan with someone they trust
- Create some structure and stability wherever possible (creating daily routines that provide a sense of control)

Plan:

- To help your child plan a predictable daily routine to help him have a sense of control
- To maintain some consistency in his meals, bed-time, clothing, or a favourite toy, even when you are in transition
- Whenever possible, to let them know when there is a change in plan, and the reason for that change
- To encourage your child to make his own decisions whenever it's appropriate, and to give him positive feedback for decision-making

Useful Telephone Numbers

<p>Exchange House National Travellers Service 61 Great Strand Street, Dublin 1.</p> <p>Direct provision of family support and social work; education; youth work.</p> <p>Tel: 01 872 1094</p> <p>Email: info@exchangehouse.ie</p> <p>Web: www.exchangehouse.ie</p>	<p>Crosscare Traveller Inclusion Project</p> <p>The Red House Clonliffe College, Dublin 3.</p> <p>Tel: 01 836 0011</p> <p>Email: info@crosscare.ie</p> <p>Web: www.crosscare.ie</p>	<p>National Traveller MABS</p> <p>Unit 2, North Park, North Road, Finglas, Dublin 11.</p> <p>Tel: 01 864 8510</p> <p>Email: nationaltraveller@mabs.ie</p> <p>Web: www.nattravellermabs.org</p>	<p>National Traveller Women's Forum</p> <p>First Floor, unit 4, Tuam Road Retail Centre, Tuam Road, Galway.</p> <p>Tel: 091 771 509</p> <p>Email: ntwf@iol.ie</p> <p>Web: www.ntwf.ie</p>
<p>Pavee Point</p> <p>46 North Great Charles St, Dublin 1.</p> <p>Tel: 01 878 0257</p> <p>Email: info@pavee.ie</p> <p>Web: www.paveepoint.ie</p>	<p>For details on where your local Traveller organisation is please contact:</p> <p>The Irish Traveller Movement,</p> <p>4/5 Eustace St, Dublin 2.</p> <p>Tel: 01 679 6577</p> <p>Email: itmtrav@indigo.ie</p> <p>Web: www.itmtrav.com</p>	<p>The Parish for Travelling People</p> <p>New Cabra Road, Phibsboro, Dublin 7.</p> <p>Tel: 01 838 8874</p>	<p>Traveller Counselling Service</p> <p>6 New Cabra Road Phibsboro, Dublin 7.</p> <p>Tel: 086 308 1476</p> <p>Email: travcounselling@hotmail.com</p>

Gardaí

In case of emergency ring: 112 or 999.

Legal Aid Centres, by County

<p>Cavan Law Centre Newcourt Shopping Centre Church Street Cavan Tel: 049 433 1110</p>	<p>Clare Law Centre Unit 6A Merchants Square Ennis Co Clare Tel: 065 682 1929</p>	<p>(Cork) Popes Quay Law Centre Northquay House Popes Quay Cork Tel: 021 4551 686</p>	<p>(Cork) South Mall Law Centre 1A South Mall Cork Tel: 021 4275 998</p>
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<p>Donegal Law Centre Unit B9, Letterkenny Town Centre Justice Walsh Road, Letterkenny Co. Donegal Tel: 074 91 261 77</p>	<p>(Dublin) Blanchardstown Law Centre Units 6-8 Blanchardstown Business Centre, Clonsilla Road Dublin 15 Tel: 01 820 0455</p>	<p>(Dublin) Brunswick Street Law Centre 48/49 Nth Brunswick Street/Georges Lane Dublin 7 Tel 01 646 9700</p>	<p>(Dublin) Clondalkin Law Centre Tower Shopping Centre Clondalkin Dublin 22 Tel: 01 457 6011</p>
<p>(Dublin) Finglas Law Centre 44-49 Main Street Finglas Dublin 11 Tel: 01 864 0314</p>	<p>(Dublin) Gardiner Street Law Centre 45 Lower Gardiner Street Dublin 1 Tel: 01 874 5440</p>	<p>Galway Law Centre 9 Francis Street, Galway. Tel: 091 561 650</p>	<p>Kerry Law Centre 1 Day Place Tralee Co Kerry Tel: 066 712 6900</p>
<p>Kildare Law Centre Canning Place Newbridge Co Kildare Tel: 045 435 777</p>	<p>Kilkenny Law Centre 87 Maudlin Street Kilkenny Tel: 056 776 1611</p>	<p>Laois Law Centre Unit 6A Bridge Street Portlaoise Co Laois. Tel: 057 866 1366</p>	<p>Limerick Law Centre Lock Quay Limerick Tel: 061 314 599</p>
<p>Longford Law Centre Credit Union Courtyard 50A Main Street, Longford. Tel: 043 475 90</p>	<p>Louth Law Centre Condiul House Roden Place Dundalk, Co Louth Tel: 042 9330448</p>	<p>Mayo Law Centre Humbert Mall Main Street Castlebar, Co Mayo Tel: 094 902 4334</p>	<p>Meath Law Centre Kennedy Road Navan Co Meath Tel: 046 907 2515</p>
<p>Monaghan Law Centre Alma House The Diamond Monaghan Tel: 047 848 88</p>	<p>Offaly Law Centre Harbour Street Tullamore Co Offaly Tel: 057 935 1177</p>	<p>Sligo Law Centre Bridgewater House, Rockwood Parade, Thomas Street, Sligo. Tel: 071 916 1670</p>	<p>Tipperary Law Centre Friars Court Abbey Street Nenagh, Co Tipperary Tel: 067 341 81</p>
<p>Waterford Law Centre Canada House Canada Street Waterford Tel: 051 855 814</p>	<p>Westmeath Law Centre Paynes Lane Irishtown, Athlone Co Westmeath Tel: 090 647 4694</p>	<p>Wexford Law Centre Unit 8 Redmond Square Wexford Tel: 053 912 2622</p>	<p>Wicklow Law Centre Bridge Street Wicklow Tel: 0404 661 66</p>



EXCHANGE HOUSE

National Travellers Service

Exchange House National Travellers Service is the leading provider of front line services to some of the most marginalised Travellers in Ireland since 1980.

We are a multi-disciplinary frontline service provider offering Family Support Services, Youth Services, Addiction Services, Prison Services and Education Services to members of the Traveller community based in the greater Dublin area.

In addition, we deliver a national service through training, provision of expertise and partnerships with other organisations providing services to Travellers in Ireland.

Exchange House has been providing a professional standard of practice that has been shown to produce good results with our client group, particularly as it relates to domestic violence.

Exchange House utilises a distinctive multi-disciplinary approach. Clients are facilitated to address their individual situation and needs under one roof; from crisis intervention through to long term education and employment.

OTHER EXCHANGE HOUSE SERVICES

Family Support Service

Addiction Service

Youth Service

Education Service

Research & Policy

Training Programmes

Conference Facilities

Visit our website

www.exchangehouse.ie

for more information



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EXCHANGE HOUSE

National Travellers Service



Sunia Geel Domestic Violence
Project



SUNIA GEEL DOMESTIC VIOLENCE PROJECT

The *Daphne* project is an EU funded project. Out of hundreds of applications made to the EU Commission's Justice section, Exchange House National Travellers Service was selected as the only Irish organisation to lead this project under the Daphne III Programme. The Sunia Geel Domestic Violence Project will run for 24 months

"Sunia Geel" derives from the Traveller language, Cant. It translates "take care of yourself", and is viewed as an apt name for what the project aims to achieve - families being valued and supported.

The prevalence of domestic violence within minority groups and barriers to resolving this is Sunia Geel's focus.

The goal of the Sunia Geel Domestic Violence Project is to prevent and reduce the extent and impact of Domestic Violence within marginalised communities in Europe by:

- Providing Support to Women, Children and Young People
- Generating Education & Community Awareness
- It will also expand knowledge of effective domestic violence interventions with these minority groups (Travellers in Ireland) amongst service providers

This will promote positive attitudes and behavioural changes within disadvantaged communities



DOMESTIC VIOLENCE RESPONSE

- Counselling
- Family Support
- Group work with women
- Group work with men
- Group work with children
- Community awareness
- Research
- Seminars
- Training on Best Practice when working with Travellers experiencing domestic violence

FAMILY SUPPORT GROUP

In line with Sunia Geel's main objective, Exchange House provides open Support Groups for family members.

The purpose of the groups is to raise awareness around domestic violence, clarify issues, address issues family members might have and to explore interventions.

This group is facilitated by Social Workers and Family Support Workers and is 2 hours long.

To date, the groups have been facilitated in Ballymun, Balbriggan, Bray and Exchange House.

**For enquiries please contact Exchange House at
01872 094**



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