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TRAINER SLIDESHOW PRESENTATION IRELAND

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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:
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Best Practice in working with Ethnic Minority Groups experiencing Domestic Violence





Introduction

Day 1

- Session 1: Introduction to ethnic minority groups
The concepts of culture
- Session 2: Definition of Domestic Violence
- Session 3: Current legislation and how it works
- Session 4: The impact of domestic violence on women and children

Day 2

- Session 5: Challenging myths and misconceptions
 - Session 6: Socio-cultural issues affecting ethnic minority groups
 - Session 7: Barriers to disclosing domestic violence
 - Session 8: Practice responses
Best practice
- Recap and Evaluation





Culture

“Everybody has a culture. It is a package of customs, traditions, symbols, values, phrases and other forms of communication by which we can belong to a community”

“The belonging is in understanding the meaning of these cultural forms and in sharing values and identity”





Culture

- Culture is the way we learn to think, behave and do things
- Culture has both tangible and intangible elements





Cultural Elements

- **Tangible:** behaviour and tradition, i.e. nomadism, economic activity, family structures and language
- **Intangible:** values and beliefs at the root of different behaviours, the key to how issues are perceived or addressed



Session 1

Introduction to Ethnic Minority Groups

Add slides as appropriate



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Prejudice

- “is a set of negative personal beliefs about a social group that leads individuals to prejudge people from that group in general regardless of personal differences among members of that group.”
- Applies to attitudes, stereotypes and assumptions. Attitudes can be positive or negative



Discrimination

- Discrimination is the acting out of prejudice
- Prejudice + power to act = discrimination



Discrimination & Ethnic Minority Groups



- Ethnic minority groups continue to experience high levels of social exclusion and disadvantage
- Discrimination is at both the individual or **interpersonal** level and at the **institutional** level

Creating positive change through.



- Awareness
- Challenge/Question
- Understand
- Respect
- Support
- Connect
- Political representation/power
- Socialising
- Friendship



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Create interculturalism through:



- Interaction and respect
- Acknowledge diversity
- Consultation in planning
- Sharing of cultural heritage



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Definition of Domestic Violence

- Domestic Violence is the use of physical, mental, economic and sexual violence in close adult relationships
- The term 'domestic violence' goes beyond actual physical violence. It can also involve emotional abuse such as the destruction of property, isolation from friends, family and other potential sources of support, threats to others including children, stalking, and control over access to money, personal items, food, transportation and the telephone





Session 3

Current Legislation & How it Works

Add slides as appropriate



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The Impact of Domestic Violence on Women

- Physical Effects:
 - Broken bones and teeth
 - Bruising
 - Scarring
 - Gastrointestinal disorders
 - Asthma
 - Injuries causing blood clots / strokes
 - Reduced physical functioning
 - Eating disorders
 - Poor sleep patterns
 - Death by the abuser
 - Death by suicide



Impact (continued...)

- Emotional / Psychological Effects
 - Depression
 - Psychosomatic problems
 - Self Harm
 - Shame and guilt
 - Feelings of identity loss
 - Low or no self esteem / confidence
 - Difficulty making decisions
 - Hopelessness, apathy, despair
 - Exhaustion
 - Confusion
 - Suicidal ideation / attempts
 - Isolation / loneliness





Impact (continued...)

- Social Effects
 - withdrawal and forced isolation from family, friends and social interactions,
 - loss of autonomy,
 - hiding,
 - feelings of disconnection with the outside world
 - homelessness
- Financial Effects
 - no choice in financial / household spending,
 - financial dependence on the abuser,
 - the abuser uses money to bribe her into behaving in certain ways,
 - difficulty in sustaining employment,
 - control of social welfare allowance by abuser.



Impact (continued...)

- Sexual Effects
 - rape
 - unwanted pregnancy
 - gynaecological injuries
 - S.T.D.'S
 - loss of sex drive
 - no choice over sexual activity, or contraception
 - sexual humiliation or degradation
 - forced to watch pornography
 - prostitution

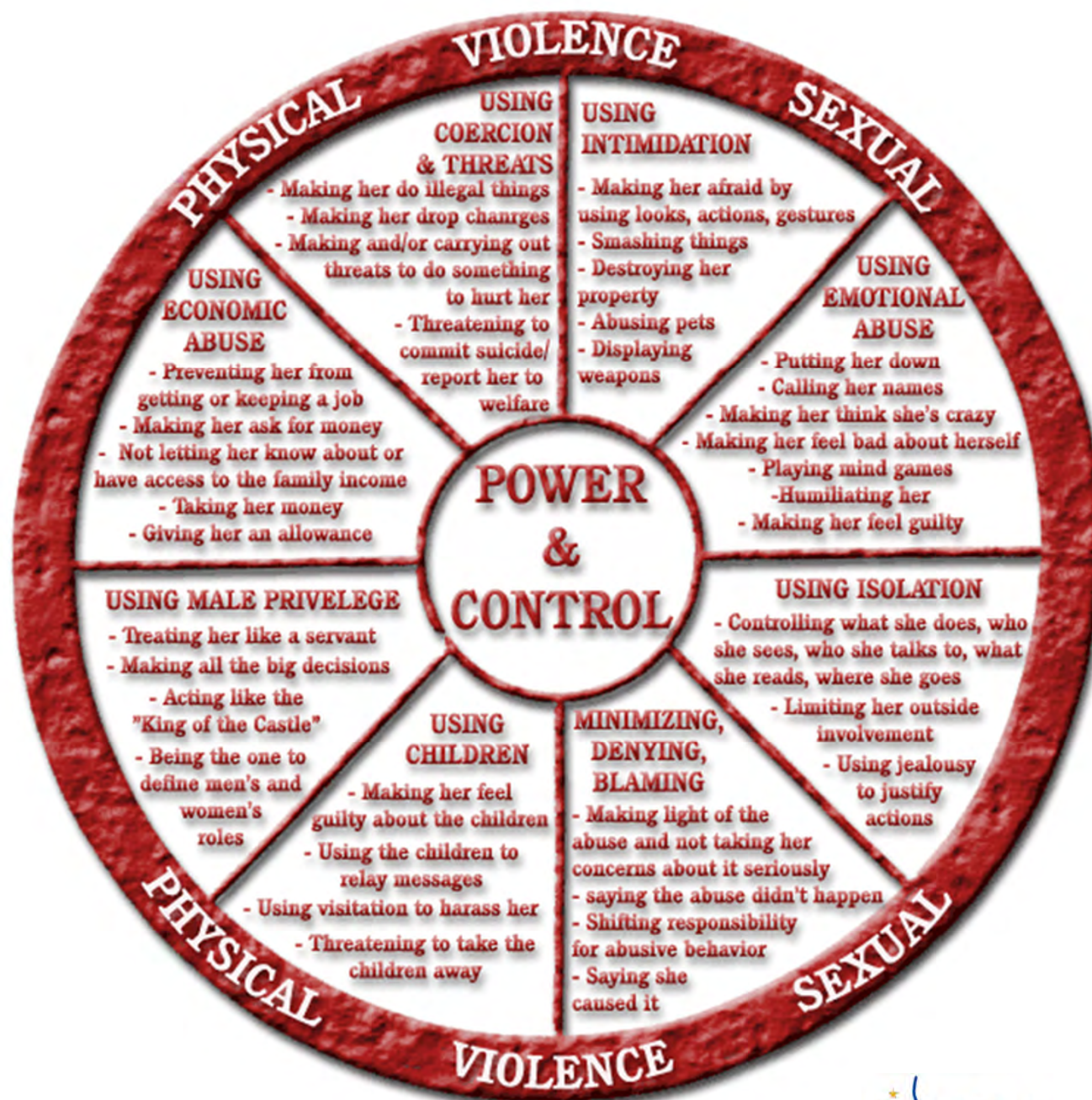




The Power and Control Wheel

- Developed in 1984 by the Domestic Abuse Intervention Project in Duluth, Minnesota
- DV is characterized by the pattern of actions that an individual uses to intentionally control or dominate his intimate partner; that is why the words “power and control” are in the centre of the wheel
- A perpetrator systematically uses threats, intimidation, and coercion to instil fear in his partner
- The behaviours are the spokes of the wheel, while physical and sexual violence holds it all together and are represented by the rim of the wheel.







Impact of Domestic Violence on Children

- Physical Effects
 - Sweating
 - Bedwetting / soiling
 - Palpitations
 - Asthma
 - Muscle tension
 - Stress-related illness
 - Alopecia
 - Eczema
 - Tummy aches
 - Headaches
 - Bulimia Anorexia Nervosa
 - Obesity
 - Self harm
 - Fatigue



Impact (continued...)

- Emotional/Psychological Effects
 - Negative emotions including guilt , anger, isolation, shame, fear, self blame,
 - Low self esteem
 - Depression
 - Confused loyalties
 - Clingy / over protective of mother
 - Developmental delays
 - Difficulties or over-achieving at school
 - Neglect of their own needs due to the impact on their mothers' physical and mental state.
 - Suicide ideation



Impact (continued...)

- Social Effects
 - Withdrawn / isolated
 - Social immaturity
 - Poor social skills
 - Low empathy
 - Poor interpersonal relationships
- Behavioural Effects
 - Delinquency
 - Alcohol/drug misuse
 - Disordered eating patterns
 - ADD
 - Acting out
 - High level of physical aggression



Myths & Misconceptions

Violence against women is more prevalent in minority ethnic groups and is inherent in their cultures

Facts:

- Violence against women is not inherent in minority ethnic cultures
- Women from every cultural, economic and social background can and do experience violence
- Incidents are often not reported as there is fear and social stigma attached to being a victim of domestic abuse





Myths & Misconceptions (continued...)

Support services are easily accessible for women from minority groups

Facts:

- The relationship with Support Services for many women from minority groups can be based on fear and mistrust which puts the women under pressure when trying to find support
- Women may fear being alienated by their own communities for bringing Support Services into the family home
- Limited knowledge of and access to the legal system creates additional barriers
- Women might have inaccurate information about their rights and entitlements





Myths & Misconceptions (continued...)

Information for women experiencing violence is available to all

Facts:

- Domestic violence affects women from all walks of life
- The needs of women seeking support will vary depending on factors like ethnicity, class, education and religious beliefs
- Written material might make information inaccessible to women with limited literacy levels



Myths & Misconceptions (continued...)

DV only happens to working, migrant and Traveller families

Facts:

- Domestic violence is often described as the 'most democratic of all crimes'
- Domestic violence can happen to any woman in an intimate relationship
- There is no '*type*' of home in which it happens



Socio-cultural Issues

Affecting Ethnic Minority Women

Women experience double discrimination: discrimination as women, and discrimination as a member of a minority group

- Lack of access to basic facilities; compounded by the cumulative effect of poverty, social exclusion and poor living conditions
- Direct discrimination and intimidation when women engage with settled services in a male dominated or patriarchal society
- Negative experiences of state agencies e.g. police
- Fear that disclosure may risk their child(ren) being taken into care

Socio-cultural Issues (continued...)



- Cultural emphasis on family, marital stability and the woman's traditional child caring role within the home
- Perceived as disloyal to their cultural group
- Can be perceived as reinforcing negative stereotypes





Further Social Issues....

- Lack of sufficient refuge accommodation / appropriate emergency and long term accommodation
- Discrimination by private landlords
- Lack of access to legitimate credit facilities
- Little recognition from service providers of the importance of having people of the same cultural background working in services for victims of domestic violence





Barriers to Disclosure (Interpersonal)

- Fear of isolation from her family/community
- Fear of intimidation from his/her family
- Fear of violence from his/her family
- Fear for personal safety
- Lack of privacy
- Separation from some (boys) of the children
- Partner/children/family members always with her
- Fear that the children will be removed into care

Barriers to Disclosure (Interpersonal)...continued



- Blaming herself for abuse
- Shame/embarrassment
- Feeling she will not be taken seriously
- Fear that things will be taken out of her control
- Fear that partner may be arrested
- Previous negative experiences of disclosure
- Low self efficacy
- Addiction



DO



Service providers can do a number of things to reduce the barriers to disclosure and provide support to a woman experiencing domestic violence.

If you suspect someone is a victim and they deny it, engage her as if it were a possibility:

- **DO** Provide an environment conducive to disclosure and confidentiality. Use active listening and empathy
- **DO** Talk about the common feelings of embarrassment, guilt, shame and fear
- **DO** Offer a definition of abuse that includes emotional abuse
- **DO** Reassure the individual that it is not her fault, and you are not there to judge or blame anyone. You may not agree with her decisions, but let her know that you are there for her and that she is not alone



DO



- **DO** Explain your policies on confidentiality and mandatory reporting / child protection, risk to self or others
- **DO** Let her know that domestic violence is a complex problem which can be difficult to handle alone
- **DO** Indicate that there are specialized resources, support services and information
- **DO** Recognize the limits of the victim's resources
- **DO** Reassure the individual that she will decide what to do next
- **DO** Inform her of your ongoing support and the availability of resources if she requires them



DO



- **DO** ensure that domestic violence resource information is displayed in areas where victims can access them confidentially
- **DO** research and familiarise yourself with domestic violence services generally and within local communities
- **DO** Ensure safety for the victim and dependent children is always the first priority
- **DO** Discuss a safety plan including the storage of important documents
- **DO** Provide her with possible resources in a safe format (to avoid risk if discovered). Leave the door open for her to make the best decision possible for her at that time
- **DO** Remember self care

DON'T



- **DON'T** Make assumptions but allow disclosure in the victim's own time
- **DON'T** Tell her what to do. Instead, discuss with her what all of their options are, both in staying and leaving
- **DON'T** Make ultimatums about choosing to leave their abusive partner
- **DON'T** ask about the abuse in front of her partner, family or friends

DON'T



- **DON'T** Recommend couples counselling or marriage counselling as a solution
- **DON'T** Tell them everything will be ok
- **DON'T** Try to offer a service that is not within your expertise; instead link the woman with the relevant resources
- **DON'T** respond with your own frustrations in wanting to 'fix' things



The Empowerment/Advocacy Wheel





Best Practice Guidelines

- Maintain confidentiality
- Respect diversity through cultural appropriateness
- Engage in community development practices
- Promote equality and interculturalism
- Safety
- Empowerment
- Respect
- Encourage traveller representation
- Monitor intercultural competence





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