

[IE] english

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# TRAINER HANDOUTS IRELAND

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## **IMPRINT**

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Daphne Project JUST/2009/DAP3/AG/1235  
Project workstream 2



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](http://www.suniageel.eu)

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# Best Practice in working with Ethnic Minorities experiencing Domestic Violence

[ Training Handouts ]



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

## Training Handouts

(To accompany Training Guide Pack)

Handout 1	<b>Sign-in Seet</b> (1 page : 1 per Training Group)	Session 1
Handout 2	<b>The Power and Control Wheel</b> (1 page : 1 per participant)	Session 3
Handout 3	<b>The Impact of Domestic Violence on Children</b> (1 page : 1 per participant)	Session 4
Handout 4	<b>Challenging Myths and Misconceptions</b> (4 pages : 1 set per Training Group)	Session 5
Handout 5a	<b>The Empowerment Wheel—Pie sections</b> (6 pages : 1 set per Training Group)	Session 8
5b	<b>The Empowerment Wheel</b> (1 page : 1 per participant)	Session 8
Handout 6	<b>Evaluation Form Sunia Geel—Domestic Violence</b> (1 page : 1 per participant)	Ending
6b	<b>Evaluation Form (<i>no writing needed</i>)</b> (1 page : 1 per participant)	



# Handout 1

## Sign-in Sheet

### “Sunia Geel” Best Practice in working with Ethnic Minorities experiencing Domestic Violence

Name	Organisation	Signature	Date

\_\_\_\_\_  
Signature of Facilitator

\_\_\_\_\_  
Signature of Facilitator



## Handout 2

### The Power and Control Wheel



with financial support from the Daphne III Programme of the European Union



## Handout 3

### The Impact of Domestic Violence on Children

#### 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



## Handout 4

### Challenging Myths and Misconceptions

#1

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





## Handout 4

### Challenging Myths and Misconceptions #2

**Support services  
are easily  
accessible for  
women from  
minority groups**



## Handout 4

### Challenging Myths and Misconceptions #3

**Information for  
women  
experiencing  
violence is  
available to all**



## Handout 4

### Challenging Myths and Misconceptions #4

**Domestic Violence  
only happens to  
working class,  
migrant and  
Traveller families**



Handout 5a

Pie Section 1



**Respect /  
Confidentiality**



Handout 5a

Pie Section 2

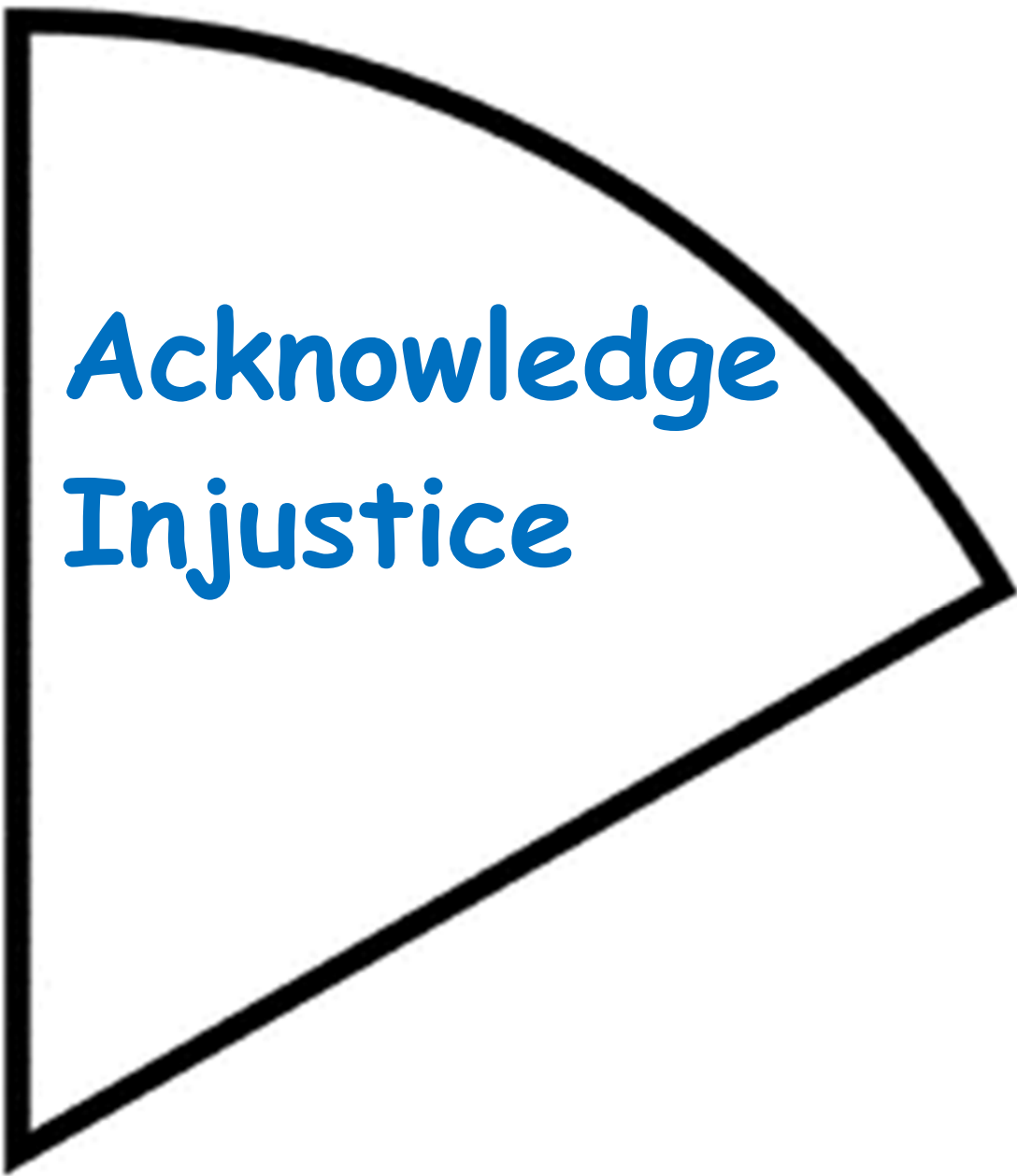
A large, black-outlined sector of a circle, resembling a slice of a pie, is positioned on the left side of the page. The text is centered within this sector.

**Believe &  
Validate  
Experiences**



Handout 5a

Pie **Section 3**



**Acknowledge  
Injustice**



Handout 5a

Pie Section 4



Respect  
Autonomy



Handout 5a

Pie Section 5



Help Plan  
for Future  
Safety





Handout 5a

Pie Section 6



**Promote  
Access to  
Services**



## Handout 5b

### The Empowerment Wheel





# Handout 6

## Evaluation Form Sunia Geel—Domestic Violence

How did you find the training? (please tick)

**GOOD**



**OK**



**BAD**



What did you enjoy the most?

.....

.....

.....

What did you enjoy the least?

.....

.....

.....

Which part(s) was most useful for your work?

.....

.....

.....

Any other comments?

.....

.....

.....






# Handout 6b

## Evaluation Form

### Sunia Geel—Domestic Violence

How did you find the training? (please tick)

<b>GOOD</b>	<b>OK</b>	<b>BAD</b>
		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Give the sessions your 1st, **1**  
 2nd **2**  
 and 3rd **3** place scores

		Score
<b>Day 1:</b>	<b>Session 1</b> Culture, Prejudice & Discrimination	
	<b>Session 2</b> Definition of Domestic Violence	
	<b>Session 3</b> Legislation & Domestic Violence	
	<b>Session 4</b> The Impact of Domestic Violence on Women & Children Power & Control	
<b>Day 2</b>	<b>Session 5</b> Challenging Myths and Misconceptions	
	<b>Session 6</b> Socio-Cultural Issues and Discrimination	
	<b>Session 7</b> Barriers to Disclosure The 'Dos and Donts'	
	<b>Session 8</b> Best Practice The Empowerment Wheel	





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