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# INFORMATION PACK FOR CHILDREN AND YOUNG PEOPLE

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CHILDREN & YOUNG PEOPLE**



Daphne III Project JUST/2009/DAP3/AG/1235

# The Sunia Geel Project

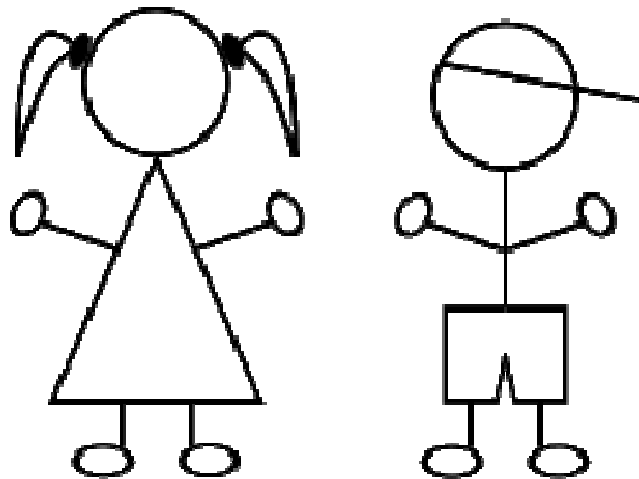
**Sunia Geel** derives from the Irish Traveller language, Cant. It translates "take care of yourself", and is viewed as an appropriate name for what the project aims to achieve - families being valued and supported.

The goal of the “**Sunia Geel Domestic Violence Project**” is to prevent and reduce the extent and impact of domestic violence within marginalized communities by generating education, community awareness and providing support to Women, Children and Young People. This will promote positive attitudes, and behavioural changes within disadvantaged Communities. It will also expand knowledge of effective domestic violence interventions with these minority groups amongst service providers. This knowledge will be disseminated to other service providers through training and resource materials provided by **The Sunia Geel Domestic Violence Project**. The partners of Sunia Geel have identified specific target groups. These include; Irish Travellers, Sinti and Roma families, and Muslim migrants in Europe. The objectives of the project are:

1. To increase the knowledge base and skills of service providers in addressing the needs of marginalized, minority groups experiencing domestic violence. This objective acknowledges that Domestic Violence has not been effectively addressed by service providers in the past
2. To generate domestic violence community awareness and address domestic violence from within these communities
3. To support the victims of domestic violence from disadvantaged and marginalized communities through the use of therapeutic interventions. The project aims to empower women, children and young people to make informed decisions
4. To develop knowledge and a set of generalizable insights for use in addressing domestic violence within marginalized communities. The strategic approach developed will be of assistance in other cultural contexts

## Key Messages for Young People

- ✚ *You have a right to be safe*
- ✚ *You are not alone*
- ✚ *It is really important to talk to someone you can trust*
- ✚ *Abuse is never your fault*
- ✚ *It is not up to you to stop abuse*
- ✚ *Abuse is always the responsibility of the abuser*
- ✚ *Domestic Violence is never justified, it is a crime.*



*Did you know....?*

*Did you know that you have rights as a child in Ireland?*

*Ireland signed the United Nations Convention on the rights of the child in 1992.*



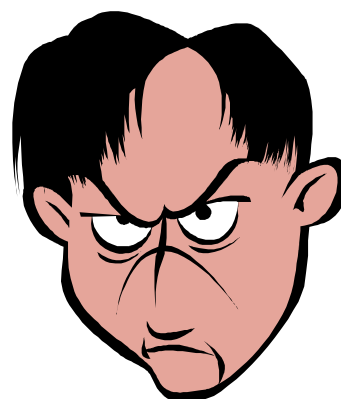
*The Convention provides rights to all children and young people in order to protect them, promote their well-being and help them to develop their unique potential.*

## What is Domestic Violence?



Everybody shouts sometime...

Everybody gets mad at sometime...



Every family has arguments

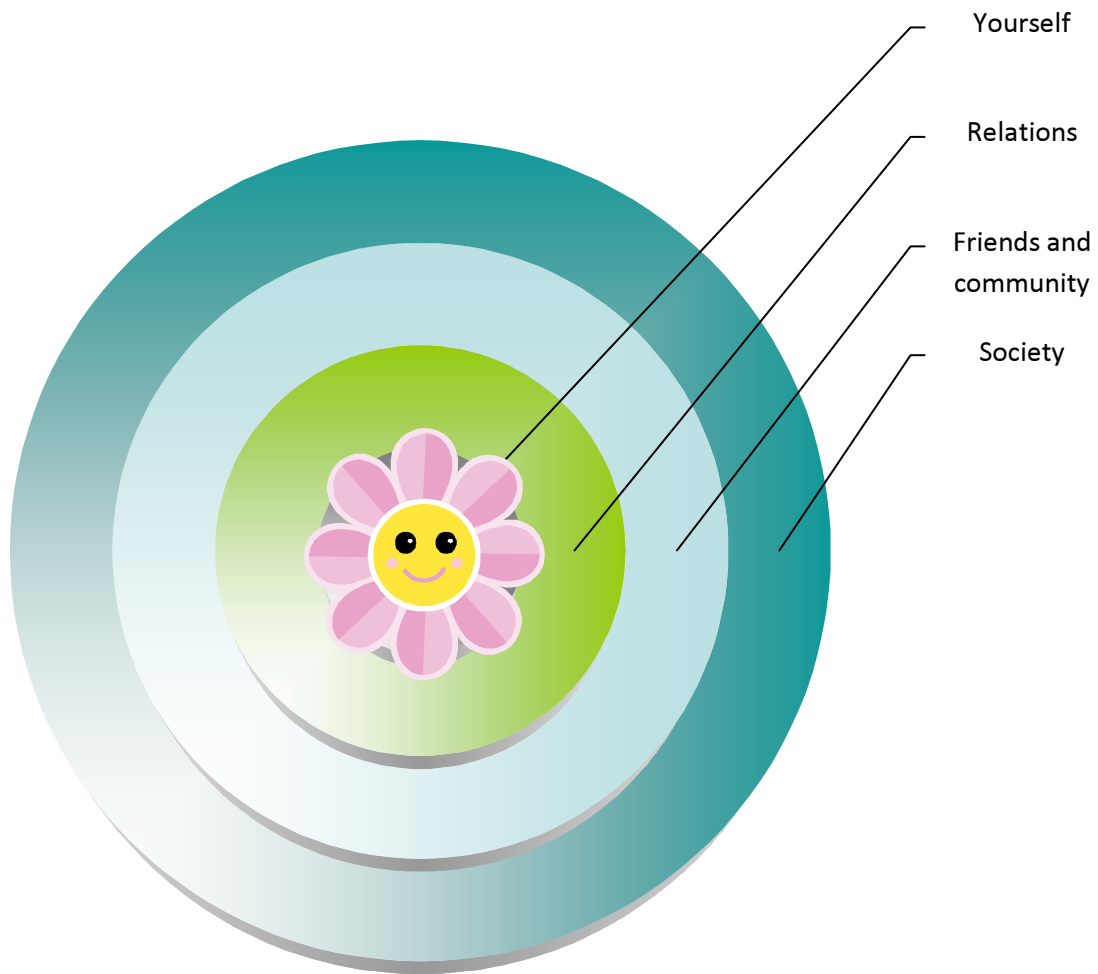


Domestic Violence is different.

This is when one person tries to control another by hurting or bullying them

Domestic Violence can happen in any family – in any home in the country - in any country in the world...

## Who can keep you safe?





## Types of violence

Family violence can mean lots of different things – it's not just being hit. There are different kinds of violence that can happen in the home. The violence may be directed at one of your parents, at you or your sisters and brothers or at other people who may be living with you.

**Some examples of violence:**

### Physical violence

Someone hurting you or a loved one by hitting, slapping, pushing, biting, kicking or burning you or another

Someone throwing or breaking things in your home

Someone hurting your pets

Physical violence also includes threats to hurt you or another family member in any of these ways.

### Verbal violence

Someone hurting you or another family member by yelling mean and nasty things at you or them

Someone calling you or other family members rude names

Someone shouting or talking to you or them in a scary or threatening way.

### Neglect

Someone hurting you by not giving you adequate care, food, clean clothes, safety, attention, affection and love.

## Violence at home can make you feel bad

The violence at home may be directed at a parent, a brother or sister, you or another family member you care about. You may see or hear the abuse happening or it may happen to you.

Violence at home can make you feel really sad, helpless and confused.

Often children think they have done something to cause the violence in their family. This is not true, but sometimes you might:

- Blame yourself for the violence
- Feel frightened, sad, ashamed, confused, or unhappy
- Feel sick, have stomach pains or headaches
- Stop eating or not feel like eating
- Cry a lot
- Sleep badly, have nightmares or wet the bed
- Find school difficult
- Lose interest in your school work or your friends
- Have trouble concentrating
- Feel like running away
- Feel angry and want to hurt yourself or somebody else or to smash something
- Have trouble talking – for example, you might stutter
- Worry about the safety of someone in your family who is being abused
- Take drugs or alcohol to cope.



## Questions and Answers

### Q: Why does my mother stay?

*It's difficult for anyone to leave a relationship, and particularly hard when you are being **abused by your partner**. It can be hard to understand how difficult it can be. Your mum might still love him; she might hope he will change; she might not have anywhere to go or any money to leave; or she might not want to take you and her other children away from your dad. Maybe your dad has threatened to hurt her if she leaves. Or maybe she just feels confused about what to do, or blames herself for the way your dad treats her.*

*It's important to remember that the victim is never to blame for the abuse.*

### Q: What can I do to help my parents?

*It's important to remember that it's not your responsibility to protect your parent from abuse. Don't get hurt by trying to protect your mother - don't put yourself in any danger. Think about your own safety - fill in the **Safety Plan**.*

*If you are worried about your mum or a family member getting hurt, you can ring 999 and ask for the **police**. They will ask what is happening and find out your address. Or you could get a neighbour, a friend or someone else to ring them for you. Then the police will come to your house to stop your mum getting hurt.*

*When you can, it might be worth talking to your mum about the abuse and how you feel about it. She might think you don't know about what's happening. She might not want to talk about it because she doesn't want to worry you. But it can help for your mum to know how you feel and to have a chance to talk about it.*

*There are domestic violence **services** that your mum can contact. They can support her, talk about her feelings, and give her ideas about what she can do. She can also get legal help - she could apply for a court order that says that your dad has to stop hurting her. There are even places where your mum and you and your brothers and sisters can stay (these are called 'refuges') if she needs to be somewhere safe where your dad can't hurt her (or you).*

### **Q: What is a refuge like?**

*It is just a normal house. The addresses of most refuges are kept secret, so your dad won't be able to find out where you have gone. There are workers there who can talk to your mum and help her to stay safe, and sometimes there are Children's Workers if you need someone to talk to. You might get your own room or you might have to share a room with your mum and your siblings. There might also be other families who are staying there too, who also need a safe place to stay.*

### **Q: Should I still see my dad?**

*Often kids feel confused after their parents have separated and they worry about being 'disloyal' to one or both of their parents. You have a right to have your own feelings about your parents. It's understandable that you are upset and angry about the way he has treated your mum, and for what he put you through.*

*It's okay to still love your dad, even you don't love the way he treated your mum. Maybe you can talk to your mum about this and she might start to understand that you still want a relationship with your dad. Also, if you can, perhaps you could tell your dad that it upsets you when he criticises your mother and you don't want him to talk to you like that.*

### **Q: What can I do to get safe?**

*It's important to keep yourself out of danger. You can call the **police** and they should come and stop the violence, and/or you can get to a safe place.*

### **Q. Will I become an abuser too?**

*Lots of young people who grow up with violence at home worry that they will become an abuser when they are older. You might have heard myths about a 'cycle of violence' - that victims grow up to become abusers.*

*But there is no proof for this idea - in fact the research shows that most adult abusers did not experience abuse as children, Most kids who grow up in*

*homes with domestic violence do not turn into abusers (or victims) themselves. In fact, they may be less likely to be abusive than other people - because they know how much abuse hurts and damages people.*

*Remember - you are in control of who you want to be and how you behave. Even if you feel angry or confused, you don't have to act in ways that hurt others.*

**You.....**

***Have a right to be safe  
Are not responsible for the violence  
Can talk through what you have been through  
Are not going to end up being a victim or being violent – You have a  
choice  
Have a right to express your ideas and feelings  
Have the right to be respected  
Have the right to be given information about what's happened to  
you or what is going on.***

***A Young Person's Safety Plan***

***When I get scared I can think about***

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***When I get scared I can go to***

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***When I am feeling down or afraid I can talk to***

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***These are the safe exits from my house***

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***In an emergency I can***

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## ***My Important Numbers***

***My phone number:***

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***The Gardaí:***

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***Our GP:***

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***A neighbour:***

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***A friend:***

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***A relative's number:***

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## Useful Telephone Numbers

**Gardaí** In case of emergency ring: 112 or 999.

**The Samaritans** 1850 609 090

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Web: [www.samaritans.org](http://www.samaritans.org)

**Childline** Text from your mobile phone, just send the word "Talk" to 50101 - it's free and confidential.

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

## GROUP WORK WITH YOUNG PEOPLE

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

The purpose of the groups is to raise awareness and to address the issues children might have in relation to domestic violence.

This group is facilitated by Social Workers and Youth Workers.

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





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