

EMPOWER

Building Resilience to Address Domestic Violence

IO2 - Programme for Parents to Build Positive Family Relationships



Co-funded by the
Erasmus+ Programme
of the European Union

Introduction to IO2

Programme for Parents to Build Positive Family Relationships aims to support parents to:

1. Develop their own awareness about domestic violence
2. Develop their understanding of how to develop and maintain healthy relationships within the family unit
3. Work on their communication skills to be able to resolve conflicts safely and peacefully
4. Invest in their own self-awareness and self-care routines



Introduction to IO2

Programme for Parents to Build Positive Family Relationships sits within the timeline of the family learning approach to preventing domestic violence:



It is a vital aspect of the family learning approach as it provides parents with the background knowledge they need to identify unhealthy dynamics in their families; and it also encourages them to practice self-care and self-awareness which is key if they are to successfully use the family learning toolkit.



Format for Programme

The content of the programme will address six topics:

- Delivered through face-to-face workshops and, supported by
- An online library of digital resources that will be developed as a series of self-help resources, case studies and accompanying activity sheets.

Development Team

- SRC will develop the content for the content for the Face-to-Face Sessions
- SKILLZONE will develop the content for the digital self-help resources



Face-to-Face Workshops

The face-to-face workshops will address 3 specific topics, and each workshop will be developed as two 2-hour sessions.

The curriculum will comprise a total of 12-hours of classroom-based learning and support addressing the following topics:

- (1) building positive family relationships;
- (2) conflict management and resolution in families
- (3) self-care and maintaining emotional and mental wellbeing.

Each of these workshop sessions will comprise a short theoretical input from the adult educator, followed by a supportive space to complete role-play activities and simulations.

These practical workshops will support parents to develop and refine the communication skills they need to manage healthy relationships within their family; and also, to practice self-care.



Self-help Digital Resources

These workshops will be supported by a series of self-help resources and activity sheets.

This online toolkit will comprise 9 digital resources, 3 each addressing the following 3 topics:

- (1) case studies for resolving conflicts with children, teenagers and grandparents;
- (2) self-reflection activities to promote self-awareness, how to manage my own emotions, and how to practice self-care;
- (3) infographics that provide information on the signs and symptoms for domestic violence; possible triggers for abusive behaviour among parents, grandparents, children and adolescents; how to access support and ask for help.

Each of these digital resources will be supported by a self-reflection activity or exercise, to support parents to apply what they have learned to their own family.



Self-help Digital Resources

These resources will be used by parents who attend the workshops, to further develop their awareness and skills for managing and resolving conflict; however, they will also be available online through the EMPOWER project website so that parents who are in a vulnerable position and cannot attend the face-to-face sessions can still access the resources and access support.

These resources will also be supported with a service directory for each partner country, outlining where parents can access external support if they require.



Tasks for All Partners

- SRC will develop a learning outcomes matrix that outlines the knowledge, skills and attitudes to be achieved for each of the proposed workshops and the online library of digital resources. SRC will develop the content for the 3 workshops of 12-hours total. SRC will test, brand and implement all resources.
- SKILLS ZONE will develop the content for the 9 self-directed learning resources, test and implement resources.
- CARDET, SIC, RCA & FHB will test, translate and implement training.
- BWC will test and implement the training.
- CARDET will upload materials to the website.



Building Family Relationships

Knowledge

- Factual knowledge of the role of communicating and listening in building strong families.
- Theoretical knowledge of the importance of spending time together as a family and individually with children.
- Theoretical knowledge of how to manage difficult family dynamics.

Skills

- Discuss why fair and open communication is important in families.
- List examples of times when one's own family don't communicate properly; or don't spend quality time together.
- Plan an activity to have quality family time.
- Engage in a role play with different family dynamics.

Attitudes

- Openness to reflect on one's own family dynamics.
- Willingness to reflect on how much quality time one's family really spends together, and to make changes to prioritise family time.
- Willingness to work on communication style.

Conflict Management and Resolution in Families

Knowledge

- Factual knowledge of conflict resolution techniques.
- Factual knowledge of using 'I' messages, not 'You' messages when resolving conflict.
- Factual knowledge of how to resolve conflicts fairly.
- Factual knowledge of conflict triggers in one's own family.

Skills

- Discuss various family-based conflict resolution techniques.
- List triggers of conflict in one's own family.
- Plan how to manage these triggers to mitigate conflict.
- Engage in a role play activity to manage conflict fairly.
- Practice using 'I' and 'You' messages and examine how each makes you feel as recipient.

Attitudes

- Willingness to acknowledge one's own role in conflict situations.
- Openness to identify conflict triggers in one's own family.
- Willingness to practice resolving conflicts fairly.
- Appreciation that triggers don't have to lead to conflict.
- Understanding how one's own words can make others feel.

Self-care and Maintaining Emotional and Mental Wellbeing

Knowledge

- Factual knowledge of why self-care is important for parents.
- Factual knowledge of the importance of maintaining good emotional and mental wellbeing.
- Factual knowledge of good practices for maintaining well-being.
- Factual knowledge of habits that are detrimental to well-being.

Skills

- Discuss why self-care, and good emotional and mental well-being is important.
- Describe how self-care can be practiced.
- List some common do's and don'ts for well-being.
- Practice different self-care techniques.
- Find a self-care routine that works for you.
- Developing coping strategies.

Attitudes

- Awareness of how one is feeling today.
- Awareness of one's own mental and emotional wellbeing.
- Understanding of what makes you sad, angry, upset.
- Awareness of what self-care means to me.
- Willingness to practice self-care.

Case studies for resolving conflicts with children, teenagers and grandparents

Knowledge

- Factual knowledge of techniques for resolving conflicts with children.
- Factual knowledge of techniques for resolving conflicts with teenagers.
- Factual knowledge of techniques for resolving conflicts with older adults.
- Factual knowledge of techniques for resolving conflicts between family members.

Skills

- List what techniques and practices are useful for one's own family.
- Keep a diary to monitor instances of conflict in one's own family; and log how this conflict was managed.
- Write a list of do's and don'ts for managing conflict in a household.
- Monitor how effective these techniques are in one's own family and make changes.

Attitudes

- Willingness to invest time in resolving conflicts in the family.
- Openness to resolving conflicts in a fair and open manner.
- Awareness of the impact that conflict has on a family.
- Willingness to work to develop positive family dynamics.

Self-reflection activities to promote self-awareness, manage my own emotions, and practice self-care

Knowledge

- Factual knowledge of how to complete a self-assessment.
- Factual knowledge of how to name and manage my emotions.
- Factual knowledge of different self-care techniques.
- Factual knowledge of how to develop and implement a self-care plan.

Skills

- Practice being more self-aware through regular self-reflection exercises.
- Undertake daily emotional 'check-ins' to evaluate how you are feeling.
- Practice naming emotions.
- Identify emotional triggers.
- Plan how to manage emotional triggers.
- Practice different self-care techniques.
- Develop a self-care plan.

Attitudes

- Willingness to self-reflect to better understand oneself and one's emotions.
- Awareness of what emotions you are feeling and where these emotions come from.
- Awareness of the impact that emotion has on your overall sense of wellbeing.
- Willingness to invest in self-care.

Signs and symptoms for domestic violence; triggers for abusive behaviour & getting help

Knowledge

- Factual knowledge of what domestic abuse is, and the different forms it can take.
- Factual knowledge of symptoms of domestic abuse.
- Factual knowledge of what triggers abusive behaviours.
- Factual knowledge of available supports and where to go to ask for help.
- Factual knowledge of how to prepare oneself to ask for help.

Skills

- Identify the signs and symptoms of domestic abuse.
- List the different types of domestic abuse.
- Discuss some potential triggers for abuse behaviour.
- Create a list of available supports in your region.
- Write a list of personal supports you have.
- Practice (role-play) asking for help.

Attitudes

- Appreciate that asking for help can be hard, but that help is available.
- Awareness of the different forms of domestic abuse, and how dangerous all forms can be.
- Willingness to self-reflect on family relationships to identify unhealthy behaviours and dynamics.

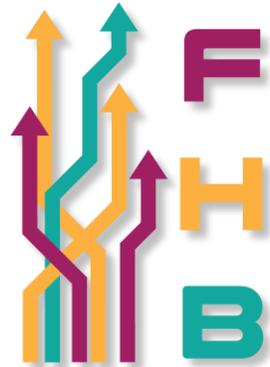
Templates

- SRC will use a lesson plan template, handouts and branded PowerPoints to develop the content for the face-to-face workshops.
- SRC will work with SkillZone to develop the templates for the case studies (3), self-reflection activities (3) and the infographics (3).



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