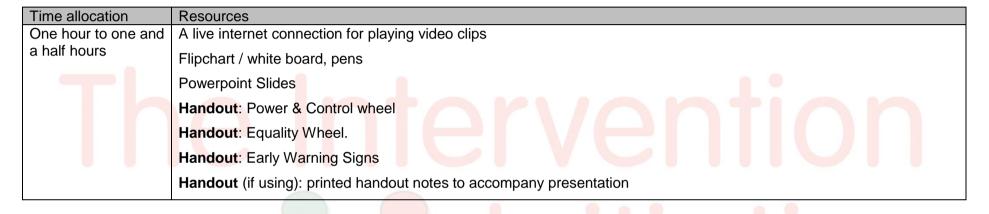
SESSION FOUR (4 of 8)

Objectives for this session:

- Understand and recognise the features of domestic violence and abuse
- Understand social norms theory in relation to domestic violence and abuse

Session plan: ONE HOUR to one and a half hours



Time alloca tion	Focus / Activity	What to Say	What you need to know as facilitator – info only	Resources
	Ground rules	In this session we are talking about domestic violence and abuse. Some of the content might be upsetting for some people – many people have experienced some form of abuse or know someone close to them who has. Please use our handouts which have details about help and support, if you need someone to talk to. And this is a good time to remind everyone about our ground rules which include confidentiality.	entic	Slide: domestic violence and abuse Session Four Domestic Violence and Abuse Session Four Domestic Violence and Abuse Slide: ground rules - and the large account produce as your Fin regions and account a
	Bystander focus	We will be talking about domestic violence and abuse in the context of what you can do as bystanders. This is not about taking the perspective of perpetrators or victims. Remember that it is only a minority of people who offend and our aim is to empower everybody else to stop this. It is really important to realise that you must not try to persuade someone to leave a relationship that might be abusive – you should always refer them to specialist help.	itiativ	Slide: This is a bystander programme This is a bystander programme:
	Stage 1 bystander - noticing	Casting our minds back, we remember that there are four stages to effective bystander intervention and the first stage is to notice the behaviour – to understand that something is happening. In order to be empowered to intervene it is important to understand and recognise domestic violence and abuse.		Slide: Stage 1: Noticing Stage 1: Noticing behaviour / event We need to understand / learn about domestic violence and abuse in order to be able to notice situations and see behaviours / events as potentially problematic.

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		This exercise helps students to understand some dynamics of domestic abuse but not draw parallels to it, leaving the students to contemplate. We will draw the parallels later.	Write down suggestions from the floor.	Slide: dictator
		Tell the group that they live on a desert island represented by the triangle and it is ruled by a dictator. Reproduce the triangle on a whiteboard / flipchart if you don't have interactive whiteboards Question 1	Write these suggestions inside the triangle	Flipchart/whiteboard
	Th	On your island what would the dictator control? Looking for: education, food, housing, healthcare, work, law, travel on and off island, freedom of movement, freedom of association, media (manipulating sense of reality – 'gaslighting') rules e.g relationships like marriage, access to abortion.	More information about mental abuse / gaslighting here https://en.wikipedia.org/wiki/Gaslighting	
		Question 2 What would you do if you lived on this island – what are your choices? Looking for: 2 main themes / choices – compliance or escape (resistance)	On one side of the triangle (outside the triangle) list all words around compliance	/e
		Compliance Looking for: comply, follow, avoid, passive, employ coping mechanisms such as substance abuse - drink, drugs, disordered eating, self-harm, appeasement, hoping it will change, self-blame	On the other side list all words around resistance / escape	
		Escape Looking for: resistance, escape, flee, plan, rebel, crisis decision, conspire, fight back (victims do fight back), disobey	Write these suggestions under the words on resistance / escape	

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		Question 3 What might the repercussions be if the dictator finds out about your plans to escape Looking for: harm / kill/ torture / punishment / increase controls / harsher regime /withdrawal of privileges / humiliation Question 4	Write the suggestions on the board where there is space	
		What might the consequences be for you if you do escape the dictator? Looking for: coping alone with new responsibilities that dictator used to manage, leaving friends / family / pets / home / security / starting from scratch	entic	
		The point about a certain demographic is important – this student points out the stigma they felt.	itiativ	Slide: student A student writes T was in a violent relationship for 3 years and fet totally atoms their as a signar that demonstrate The manufacture of the property of pacific as a certain demonstrate
		Here are some key facts that are important to bear in mind and recognise. It can happen to anyone, in any type of relationship. But it is also gendered in that women are more likely to experience it.		Slide: key facts Key facts: - Commits (videous sen largen to anymon, regardless) of age, count insulgenced graphers (religion, teasurity of the second country of the second c

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Interve	Understandi ng domestic abuse	This is a summary of the government's definition of domestic violence and abuse. It covers a wide range of behaviours, wider than the stereotype we might have of a brutal domineering man hitting his wife. Around the outside, you can see this range — i.e. physical, psychological, emotional, financial and sexual abuse. What they have in common is that they make up a pattern of coercive, controlling behaviour by one person over another. Coercive behaviour is harming, punishing or frightening someone, which has the result of making them subject to the other person's control and unable to act freely. As you can see, domestic abuse can happen to anyone regardless of their gender or sexuality and it can be perpetrated by anyone, regardless of their gender or sexuality. It happens in lesbian, gay, bisexual and transgender relationships and it happens to men in straight relationships.	The full definition is Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality. This can encompass but is not limited to the following types of abuse: • psychological • physical • sexual • financial • emotional Controlling behaviour is: a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour. Coercive behaviour is: an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim."* *This definition includes so called 'honour' based violence, female genital mutilation (FGM) and forced marriage, and is clear that victims are not confined to one gender or ethnic group. https://www.gov.uk/government/publications/new-government-domestic-violence-and-abuse-definition	Slide: government definition
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		In 2015 the government put controlling behaviour and coercive behaviour on a statutory footing with s.76 of the Serious Crime Act 2015. It is an offence for A (the offender) to repeatedly or continuously engage in controlling or coercive behaviour towards B (the victim), where A and B are personally connected and the behaviour has a serious effect on B. "Serious effect" means that it causes B to fear, on at least two occasions, that violence will be used against B, or it causes B serious alarm or distress which has a substantial adverse effect on B's usual day-to-day activities (such as socialising, working patterns, mental or physical health deterioration). Personally connected means intimate partners or ex intimate partners and family members. The penalty is indicative of how seriously these behaviours are now being taken, with punishment up to 5 years in prison.	For the full definition see http://www.legislation.gov.uk/ukpg a/2015/9/section/76/enacted For more information see http://www.cps.gov.uk/legal/a to c/controlling_or_coercive_behaviour/	Slide: Serious crime act
		This slide indicates the types of behaviour that the offence is designed to capture. It is the cumulative impact of controlling or coercive behaviour and the pattern of behaviour within the context of the relationship that is crucial.		Slide: Types of behaviour. Same of the control of

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	So called honour based violence	For women and men from some cultural backgrounds, there are increased risks of experiencing and living with the consequences of abuse such as female genital mutilation, and forced marriage. Sometimes as bystanders we encounter abuse that has already happened, and our role is to be supportive and trustworthy friends, and to make sure that our friends have access to specialist support services who can help them.		Slide: Family/Honour Abuse 'Honour' based abuse 'b for fortier rocks world home based abuse 'b fortier and based abuse 'b fortier rocks world home based abuse 'b fortier fortier and based abuse 'b fortier fortier and based abuse 'b fortier fortier and based abused 'b fortier fortier and based abused 'b fortier fortier and based abused 'p fortier fortier and based abused abus
	So called HBV	There are some features of so called honour based abuse which make the experience different from other kinds of domestic violence. There can often be multiple perpetrators (such as members of the family, from parents and siblings to cousins, as well as members of the wider faith or cultural community). Also, these crimes can be committed as some kind of 'punishment' – members of the family might describe the victim as a person who has committed an 'honour crime' through their behaviour, for example adopting 'Western' dress or going out with somebody from outside their community, or telling someone that they have experienced FGM. When perpetrators come from within the family it means the family home is not a safe place for victims which is important to remember when thinking about how to stay in touch with, or support, a friend.	entic	Slide: Honour based abuse – key features Honour based abuse – key features There are often multiple perpetrators (family, community) The perpetration as communitied in communities and in honour crimer through their behaviour When perpetrators can form within the family it means the family hone is not a safe place for victims The research & & States The research &
		Here is a description of physical partner violence - physical violence is definitely part of domestic violence, and it happens in student relationships as this student testifies.		Slide: physical violence experienced by a student Physical violence experienced by a student Physical violence experienced by a student Paid the first four journal stapped showed or violence to the student of the

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	Recognising abuse	All of you will recognise that a man hitting a woman is domestic violence. It's the stereotype and it is easily identifiable and it is all too common. It is often this that rings the alarm bell. But physical violence is only one manifestation of abuse in a relationship. We need to know and to be able to recognise other patterns of behaviour that are abusive. Remind the students about patterns of behaviour.	This is an animated slide – click to add the alarm bell and click again to add the blue box. Click again to add reminder.	Slide — identifying abuse Ident
	Th	It's really important to recognise that coercive and controlling behaviour can be manipulative and verbal, not necessarily always physical although there might be the threat of physical violence. Here are some common signs of domestic abuse. Have a look at this list; let's think about what you might notice (Looking for: bruises; rumours about a 'fight'; a friend having to take a photo to prove where she is; a friend needing to check with a partner before being able to spend money; a friend being jumpy or nervous if their partner is around or expected to arrive soon; a friend's normal pattern of using Facebook has changed; studies might be suffering; unable to come out even for special occasions; never available to study any more)	entic	Slide- subtle and not so subtle signs of abuse Some subtle and not so subtle signs of abuse. Some subtle and not so subtle signs of abuse. Is your friend Deep supposed how seep flewed is fairly House flow flowers in contended abuse flowed in the law of the
		This short clip from the TV programme Hollyoaks is part of a government campaign to raise awareness about domestic abuse. In the clip we will see many examples of abusive behaviour. You can see that with both of the boyfriends, they are showing a pattern of behaviour that adds up to a clear picture of abuse.	Play the clip, maximising the screen (This clip is from the Home Office This is Abuse campaign, and is called "Hollyoaks 1").	Hollyoaks "This is Abuse" clip Holyoaks "This is Abuse" clip

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		It can be very difficult to recognise abuse, especially in one's own relationships. This student sums it up. This is another reason why bystander intervention can be so important in this setting.		Slide: recognising abuse — student Recognising abuse: a student's reflection There had to _ne-evaluate my thoughts about domestic volence in homeosexual relationships, it is violence and about in any _student, relief about that I failed to recognise the mistewarest that I was subjected to in an objective manner!
	Online abuse	It is also important to recognise that online abuse is increasing, unsurprisingly: we are all so dependent on our smart phones, i-pads and we use social networking sites continuously. Note the recent change to law on revenge porn Stalking now mostly includes an online element and the predominant student age group is the most likely to use social networking. Many students have been victims of stalking including online stalking and the perpetrators are largely male. Stalking can have a serious effect on victims.	entic	Slide: online abuse Online abuse: The control of the control of abuse of
	Power and Control wheel / Equality wheel	Let's look at some handouts. The Power and Control Wheel is a very well known summary of what domestic abuse looks like. Often, domestic abuse can follow learned behaviour patterns that come from family, culture and media. "But that's just how our family is" or "that's how we do things in our culture" is a common excuse for perpetrators and victims in relationship violence. Also, many people never consider themselves abusive or abused, so they don't recognize "warning signs" for abuse as having anything to do with their relationship.	Much of this text is drawn from the Step Up Facilitator Guide: http://stepupprogram.org/	Handout – Duluth wheels The Duluth Wheels (Handouts)
	Facts and statistics: awareness	The statistics show that both men and women are victims of domestic abuse and both can be perpetrators. But it is important to know that it is also gendered: men's violence is likely to be more severe and repeated and create fear in the victim.	Try to be positive here and try to emphasise that men can be victims and that women can be offender so that men do not feel blamed.	Slide: statistics Statistics - Since the app of 16, allowed 20 to 4 errors and 17 % of the app of 16, allowed 20 to 4 or 4 errors to 4 or 4 errors and 17 % of the app of 16, allowed 20 to 4 or 4 errors and 17 % of the app of 16 errors and 17 % of the app of 16 errors and 17 % of the app of 16 errors and 17 % or 4 errors and 17 % or 18 errors and 18

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		Let's explore these differences further, in terms of impact and consequences of abuse.		Slide: key differences Whitat domastic violence and abuse is experienced by both violence and abuse is of excelling. there are some key differences. Impact Consequences
	Gender differences: impact	The impact of abuse is gendered, an NSPCC study shows that teenage girls experience a greater negative impact on their welfare than boys. The table shows that men experience non-physical effects of abuse as well as women, but it you look at the stats, you can see these are felt more by women.	Point out the numbers	Slide: Impact is gendered IMPACT is gendered: Teenage girls report much higher levels of negative impact on their welfare than boys
		This slide shows other differential impact. For men, masculinity ideals tell them they should always be strong, so admitting abuse can be difficult. In LGB relationships, sexuality is often part of abuse and there is some fear of homophobic reaction from service providers. In transgender communities abuse is a hidden issue. In some BME communities there are fears about reporting in case others find out and about racist reactions.	itiativ	Slide: male victims • Save administed statistics and the emitted required about a major and about
	consequenc es	Women are more likely to be high risk victims, 96% of those at risk of serious harm or murder are women		Slide: consequences Consequences Consequences are gendered: Women are also much more likely to be high risk victims: Proportion of all light flack distributions to the second to the

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	Prevalence	Where in the world are two women a week killed by domestic violence? – you can probably guess that the answer is the UK. Does that shock you? For more information about women killed through domestic violence in the UK, and for answers to commonly asked questions like who is counting the number of men killed as a result of domestic violence, you can visit the website identified on this slide.		Slide: Where in the world Where in the world are 2 women a week killed by DV? A South Africa B UK C South America
	Th	This poster shows us the grim reality of domestic violence in the UK today.	entic	Slide: poster, every week Shockingly, 2 women a week are killed by their partner or expander in the UK
	Escalation	Murder doesn't generally just happen out of the blue. It is important to know that generally speaking, domestic violence escalates becoming more severe.	itiativ	Slide: escalation Escalation Demestic violence is rarety a one-off. Incidents generally become more frequent and severe over time

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		Many people will have this reaction to a victim: why doesn't she just leave? This implies that it is the victim's fault for continuing in the relationship. As the poster shows – this assumption that she must be ok because she hasn't left. Note the parallel with victim-blaming in rape cases.	entic	Slide poster: Why doesn't she just leave? "So why doesn't she just leave?" : Slide: she must be ok
		This slide shows you some of the reasons why it can be difficult to leave. Be aware that some people may simply not recognise that their relationship is abusive and are likely to have received the message from the perpetrator that it is their fault because theyprovoked it, did something wrong, are stupidetc	Run through the reasons on the slide	Slide: reasons Reasons it can be extremely difficult to leave an abusive pattner: - Fra sits girner sit is fifty inter. - Fra sits girner sit is fifty inter. - Time the girner sit is fifty inter. - Time the different situates on the it generally difficult to leave the situation of the situa
		This is really important to know: you must refer anyone you think is being abused to specialist services, this is because leaving is complicated AND crucially, the victim is MOST at RISK when they leave / separate.	Women are most at risk of being killed when they leave	Slide: need specialist support Domestic Abuse victims need specialist support 'Don'taller to laws or criticisher for staying. Although you may want her to leave, shih has to make the discision her our time. It is important to remember that research shows an obsused to remember that research shows an obsused to remember that research shows an obsused to see the shows a shown of the second shows a show of the second show of the second shows a show of the second s

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		This is a good response to keep in mind: being non-judgmental.		Slide: I won't judge "I won't judge you"
	Ih	This student talks about her experience of being judged.	ontic	Slide: being judged: A student on being judged: "I was in a violent relationship for 3 years and felt totally allow; there is a stigns that violence in the state of the sta
		Here is another student experience.		Slide: one respondent One repondent expense stry the held not be lessly members. Multi-like all steen fet by the held not be lessly members. Multi-like all steen fet by the beginned. The street by the less of the fet by the less of the lessly members. I shall be lessly the less of the less o
	Stage 2 bystander	The second stage in feeling empowered to intervene is interpreting it as a problem that has not been solved and that is going on all around you in your community.		Slide: stage 2 Stage 2: Interpreting it as a problem Demantic vidence and abuse is not a problem. The increase in online abuse means the problem is going to get worse.
		In fact, the evidence shows that young people in the predominant student age group are far more at risk	Familiarise yourself with the chart and the numbers and point out where the 16-24 age group are much higher percent of victims	Slide: Young people far more at risk Voung people are far more at risk Autorities for more at risk A

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		So here is why you have to act! Violence is everybody's problem and you are part of the solution!	Be positive!	Slide: violence is everybody's problem VIOLENCE IS EVERYBODY'S PROBLEM VOU ARE PART OF THE SOLUTION
	Stage 3 bystander	So why should you feel responsible? Because you are part of the community! If we don't speak out we are part of the problem. Our friends and loved ones may not realise they are being abused, you can help your friends recognise the signs and be safe.	Be positive!	Slide: stage 3 STAGE 3: Feeling Responsible You are part of the community in which this is taking place On the stage of the community in which this is taking place On the stage of the
		This student tells us why it is so important to understand that abuse does happen in student relationships and to understand what you can do.	itiativ	Slide: a student writes A student writes: "Preconceptions of domestic violence are so, deeply-outdomt people interview it is donesn't happen in student relationships. It also means that people in preceding have no leds to not brondle the shadoon, and the student of the stud
	Mental health	Another reason it is our responsibility is the effects on our friends and loved ones.	Go through the list	Slide: mental health impact Mental Health Impact of Domestic Violence: - Studes inflicted fund - Post branch crease - Aniorly - Post presents - Steme of location - Loss of continue - Studes flooring Strike Anior Anior Report Continue - Studestie Recognite Strike Anior Anior Report Continue - Studestie Recognite Strike Anior Anior Report Continue - Studestie Recognite - State S

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		If you remember in the very first session, the costs to society in economic terms are huge – billions of pounds in terms of lost working hours, providing services, the criminal justice process, civil courts etc. Look at how much recorded crime is domestic abuse!		Slide: costs to society Cost to society: - Direction combine to pay an a second CIS (by pay your live combined combine
	Offenders and law	It is also important to note that being a bystander can involve stopping a friend doing something stupid – here are some of the criminal offences that are involved in domestic violence. There are potentially huge consequences for offenders.	entic	Slide: Impact offender Impact on offender In inex. domastic rodence is regulated by a large variety of romain of freezes depending on the type of about e. e.g. Impact on offender Imp
		So as a friend and a bystander you can notice and act when you see signs of abuse in possible victims and from possible perpetrators	itiativ	Slide: being a friend BEING A FRIEND: - Noticing signs that a friend is being abouted and mastering of the control of the co
	Social norms theory	This research shows the misperception of men who are perpetrators of IPV – intimate partner violence. So note how they substantially misunderstand the norm. The offenders think that far more men behave as they do, whereas in actual fact, most men do these acts far less. So the perpetrators are suffering from false consensus which helps them justify their own behaviour – they think it is normal.		Slide: social norms Social Norms International Control of Contro

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		What happens when we get social norms wrong? If you remember the session on rape and sexual assault, it is the same here: the majority whose behaviour is fine, think that they are in the minority and therefore do not speak out even though actually they are in the majority.	Be positive!	Slide: results of social norms misperceptions 1
		Furthermore, just as we saw for rape and sexual assault, there is a correlation between overestimating others' abuse and perpetrating abuse. So this research by Neighbors et al found that the more men think other men are perpetrating abuse, i.e. the more they thought it normal behaviour, the more abuse they perpetrated.	entic	Slide: misperceptions 2 I have been been been been been been been be
		You are part of the solution! By speaking out we can change the red people into green people!	itiativ	Slide: part of solution You are part of the solution!
	Bystander intervention	Start thinking about bystander interventions – what situations might you notice?	Ask for ideas – if you have time do small group work. Alternatively ask students to do for homework.	Slide: what situations might you notice? How might you challenge the cultural context? -What situations might you notice as they occur?

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	Next time	Next time we will be looking at the strategies we can all use to be effective bystanders.		References War # 100man 1, from 1, Cade M, Challe K, Sings B, Singson M, Sin

The Intervention & Initiative