



IO2. Programme for Parents to Build Positive Family Relationships



EMPOWER
Building Resilience to Address Domestic Violence



Infographic 1: Promoting self-awareness and managing own emotions

Quote: "Being self-aware is not the absence of mistakes, but the ability to learn and correct them."

-Daniel Chidiac

Text 1: Who are you? Do you know yourself?

Text 2: '4 simple habits that will change the direction of your life':

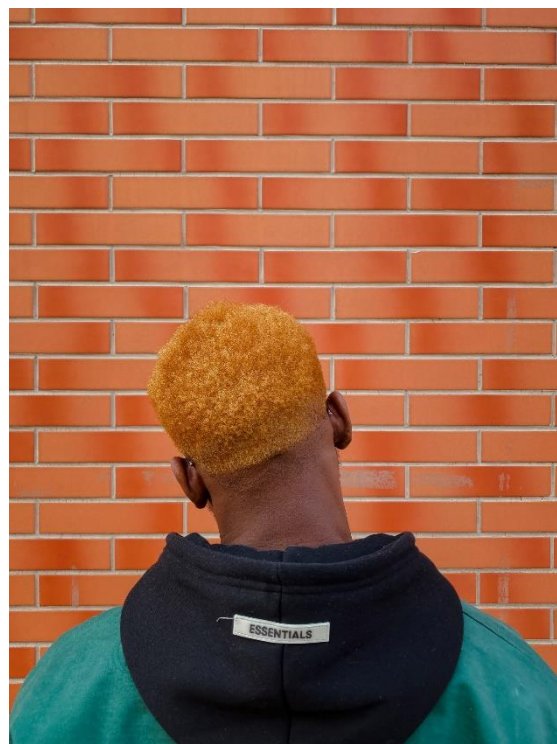
- **Take a look at the impact of your emotions** [It's perfectly normal to experience some emotional overwhelm on occasion— when something wonderful happens when something terrible happens when you feel like you've missed out. Find some time to take stock of just how your uncontrolled emotions are affecting your day-to-day life. This will make it easier to identify problem areas (and track your success). Aim for regulation, not repression!]
- **Exercise daily self-reflection** [write out the things that you are good at; the things that you need to improve; the things that you are most proud of – dedicate 15 minutes out of your 1440 minutes in a day.]
- **Keep a journal** [put your thoughts down on paper. Every night write in your journal your feelings, successes and failures of the day – this will help you grow and move forward in your achievements.]
- **Practice meditation** [a moment of peaceful reflection that will help you find greater clarity. During meditation, you may come up with questions like what is your goal?; what are you doing that is working?; what are you doing that is holding you back?; how can you change your process for the better?]



Potential Image for Infographic 1.2:



Possible Image for Infographic 1.2:





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Potential Images for Infographic 1. 3:





Infographic 2: Possible triggers for abusive behaviour amongst parents, grandparents, and children

Text 1: Family violence is a pattern of abusive behaviour in an intimate or family relationship where one person assumes a position of power over another and causes fear.

Text 2: Family violence (also called domestic violence) is not only physical abuse; it can also be sexual, psychological, emotional, economic, spiritual or legal abuse.

Text 3: Arguments are a natural part of family life, and these can certainly start to happen more often as your child enters their teenage years. This can be hurtful and frustrating for any parent to deal with. Although a certain level of anger and frustration is common from children, it is not acceptable for you and your child to use aggression, threats or become violent towards each other.

Text 4: Psychological or emotional abuse can be verbal or nonverbal, and the actions or behaviours are less obvious than with physical abuse. Physical abuse may seem worse, but verbal or nonverbal abuse can be very emotionally damaging.

- The causes of family violence include deeply held beliefs about masculinity/femininity.
- Perpetrators tend to blame other people, alcohol or circumstances for their violent outbursts.
- Perpetrators often minimise, blame others, justify or deny their use of violence or the impact of their violence.
- A man/woman who is undergoing counselling for his/her violent behaviour needs to recognise that regaining the trust of his/her family will take time and that his/her partner/parents/children have the right to end the relationship if he/she chooses to.



Potential Image for Infographic 2.1:



Potential Image for Infographic 2.2:





Potential Image for Infographic 2.3:





Infographic 3: Accessing support and asking for help

Are you worried about relationships in your family? Every person in a family, whatever their age, status or gender, deserves to be treated with respect. When blaming, criticising, arguing or withdrawing affection dominate, family relationships get damaged.

Family violence thrives in secrecy – do not keep it a secret if you are experiencing violence, using violence or witnessing violence.

Before you decide where to go for help, here are some things you might like to find out:

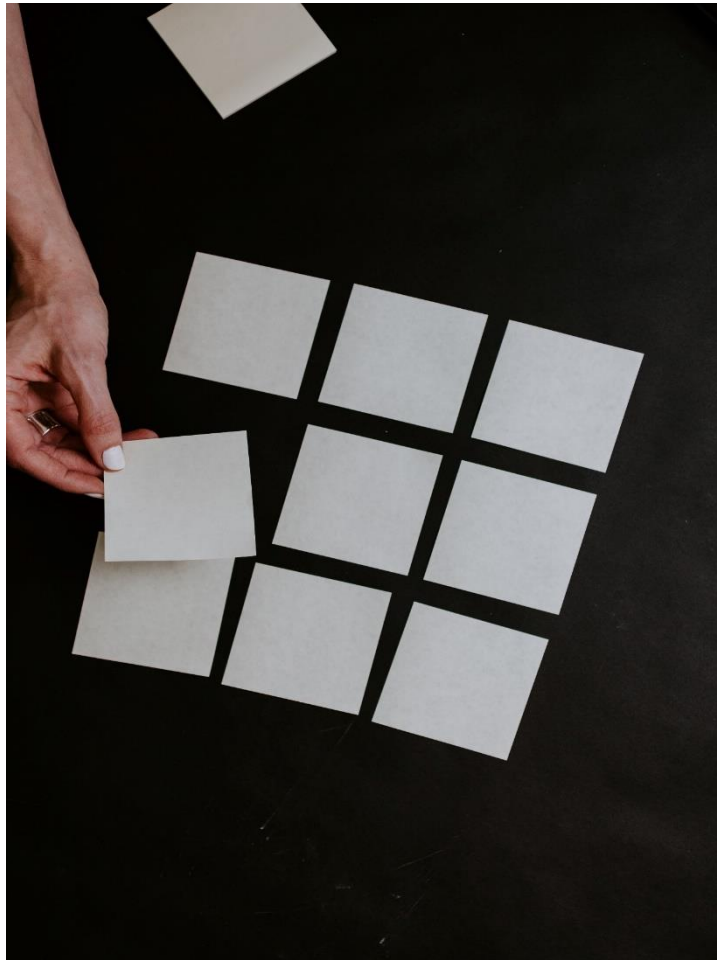
- What experience in working with family violence does the service/ person have?
- Is the service free, or will there be a cost?
- What sort of service will they offer – will you be in a group; will it be individual, couple or family work?

Most services require you to go and talk to someone, but you can often phone first and get more information before you meet. You can phone most services and talk confidentially without giving your name or details.

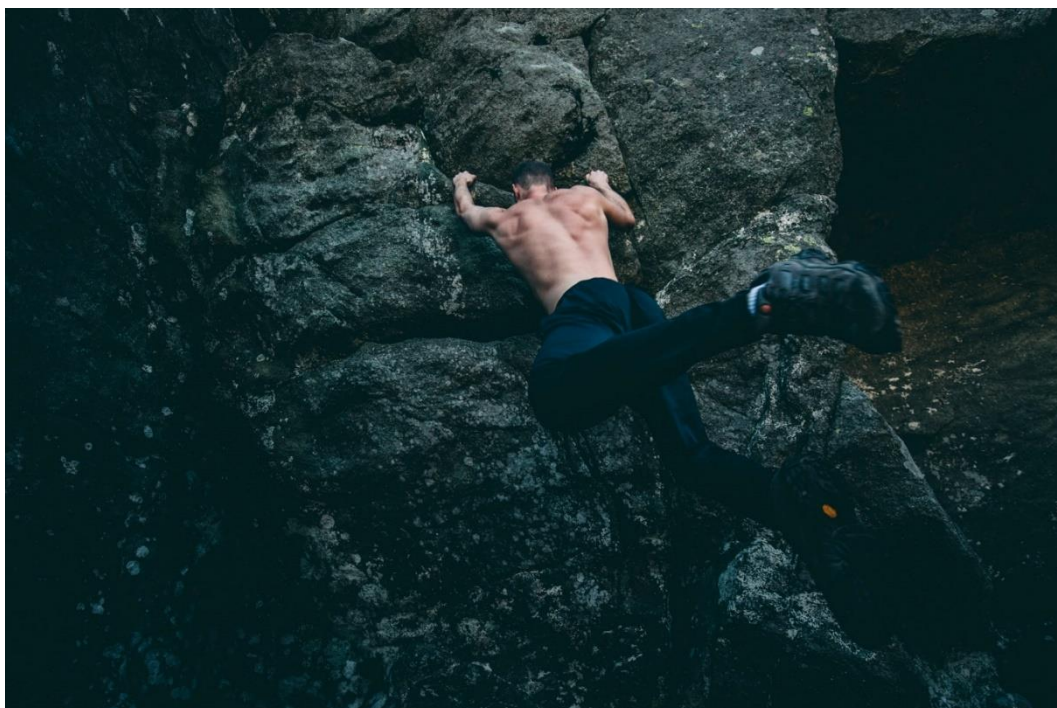
Quote: **"Don't put off until tomorrow what you can do today."** - Benjamin Franklin



Potential Image for Infographic 3.1:



Potential Image for Infographic 3.2:





Potential Image for Infographic 3.3:



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