



Introduction

The 'Thinking It Through' DVD pack is a resource for facilitators, support workers or therapists to use with 12-16 year olds affected by substance use and domestic abuse, whether within the family or in their peer relationships.

The films in the pack are based on work by groups of young people affected by domestic abuse and substance use who attend support groups in different parts of the country. Comic Relief funded this project and it was run by Adfam in partnership with the Stella Project at Against Violence and

Abuse (AVA). Adfam would like to thank all the partner organisations involved in the project for their valuable contributions.

Substance use can seriously negatively influence children and young people's outcomes, whether it is young people using the substance or their parents. Domestic violence can also profoundly affect families, and the relationship between the two is highly complex. We identified a lack of resources for practitioners supporting young people around substance use and domestic violence and believe that this resource pack will be a valuable tool for those working on this sensitive topic.



What is the DVD for?

The 'Thinking It Through' DVD and resource pack can be used in a one-to-one or group setting to help young people talk about:

- substance use
- domestic violence or abuse
- healthy relationships
- keeping safe
- difficult feelings or mixed emotions
- common worries
- getting help
- how to help friends.



Who should facilitate?

Domestic violence and substance use are sensitive issues which young people might find difficult to discuss. For young people who have been personally affected by domestic violence and/or substance use, watching the DVD may be distressing.

The activities and discussions included in 'Thinking It Through' should therefore only be facilitated by professionals who have an in-depth knowledge of the issues covered on the DVD, and who are experienced in supporting young people affected by these sensitive issues. Facilitators must be able to provide a safe and supportive environment for discussion and be able to respond to the needs of their group.

Adfam and the Stella Project highly recommend that before using the 'Thinking It Through' DVD and resource pack, all professionals receive training about substance use and domestic violence in relation to young people as well as training in facilitating groups with young people.

It is also imperative that all professionals are aware of local safeguarding protocols and maintain the safeguarding of vulnerable young people as a priority at all times. Facilitators should contact their local authority or specialist agencies for relevant training opportunities.

Adfam and The Stella Project have a range of training which may be relevant to facilitators using 'Thinking It Through'. For more information please visit www.adfam.org.uk/training and www.avaproject.org.uk.

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Information for facilitators

Before using the 'Thinking It Through' DVD and resource pack, you should have a thorough understanding of domestic violence and substance use. This includes knowledge of what domestic violence and substance use are, how they are linked, their effects on young people, risks and protective factors and where to get help. There are also many myths and stereotypes surrounding domestic violence and substance use which facilitators should be fully aware of and feel confident about challenging.

The information set out in this section provides an introduction to domestic violence and substance use along with information about common myths, and the feelings and worries domestic violence and/or substance use can generate in young people.

DOMESTIC VIOLENCE

1 What is domestic violence?

The Home Office definition of domestic violence is: *'Any incident of threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between adults who are or have been intimate partners or family members, regardless of gender or sexuality.'*

This definition includes female genital mutilation (FGM), so-called honour-based violence and forced marriage.

Whatever form it takes, domestic violence is rarely a one-off incident, and should instead be seen as a pattern of abusive and controlling behaviour through which the abuser, usually a man, seeks power over their victim, usually a woman. Whilst some men do experience abuse from a female or male partner, the overwhelming majority of victims of domestic violence are women experiencing abuse from a male partner.

For more information about women’s and men’s experiences of abuse, see page 11. Domestic violence can also occur in both lesbian and gay relationships.

Although the Government definition limits domestic violence to happening between adults, it is well-documented that teenagers are affected by the same level of domestic violence in their own relationships.

Domestic violence can also occur between family members. From our research and consultation work, Adfam acknowledges that teenagers or adults can be abusive towards their parents, siblings, grandparents, and other family members. If these behaviours form a regular pattern where the abuser seeks to control another adult within an intimate or close family relationship, and leads the victim to be frightened or harmed, physically or emotionally, this is also defined as domestic abuse. Respect (the national organisation for perpetrators and male victims of domestic violence) run training on working with young people who have domestic abuse in their own relationships¹.

VIOLENCE OR ABUSE?



There is some debate over whether to use the term ‘domestic abuse’ or ‘domestic violence’. Some people use the term ‘abuse’ because it is more reflective of the different types of abuse a victim might experience. Others argue that ‘domestic violence’ highlights the fact that all forms of abuse are actually violence.

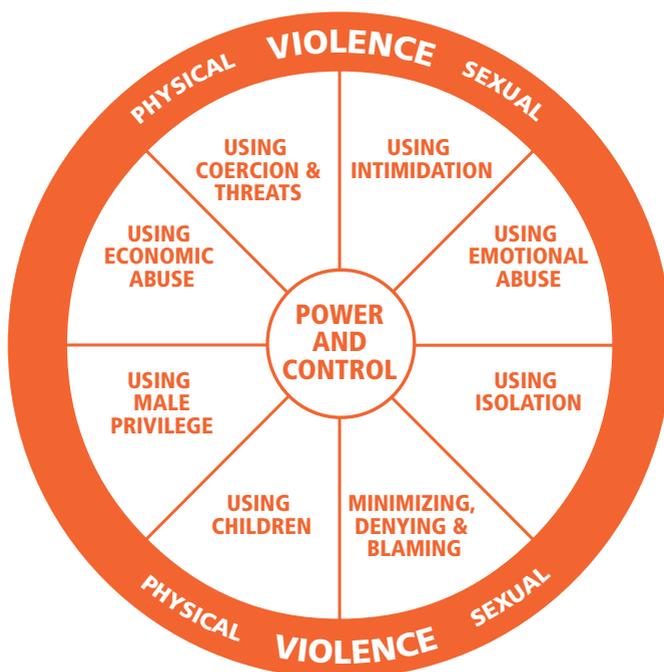
In this pack we use both ‘domestic abuse’ and ‘domestic violence’, and we recommend using the term you feel most comfortable with. The most important thing is that the young people fully understand what is meant by either domestic violence or abuse (see next section).

¹ Details can be found at www.respect.uk.net/pages/young-peoples-services.html.

2 Explaining domestic violence

For many people, domestic violence or abuse is not a clear concept. Many victims of abuse do not realise that what they are experiencing is domestic violence until the different kinds of behaviours are explained in more detail. This is particularly true for victims who may not have experienced any physical violence from their partner.

The Duluth Power and Control Wheel below is a helpful tool for understanding the wide range of abusive and violent behaviours which someone can use to establish and maintain power and control over another person. One of the most obvious ways is through physical or sexual violence. There are, however, many other ways one can exert power (such as emotional, financial or verbal abuse) which can be harder to see and these tactics can be used independently or in combination with physical violence.



Physical violence can include: punching; slapping; hitting; biting; pinching; kicking; pulling hair out; pushing; shoving; burning; or strangling.

Sexual violence can include: using force; threats or intimidation to make her perform sexual acts, having sex with her when she don't want to; or any degrading treatment based on your sexual orientation.

Coercion and threats can include: making and/or carrying out threats to do something to hurt her*; threatening to leave, commit suicide, or report her to welfare; making her withdraw support for the prosecution; making her do illegal things; threatening her to give money; or threatening to hurt her if she uses/does not use drugs or alcohol.

Intimidation can include: making her afraid by using looks, actions, and gestures; shouting or smashing things; destroying her property; abusing pets; or displaying weapons.

Emotional abuse can include: putting her down; making her feel bad about herself; calling her names, or making her think she's crazy; playing mind games; humiliating her; or making her feel guilty about past drug or alcohol use.

Isolation can include: controlling what she does and who she sees or talks to; what she reads, and where she goes; limiting her outside involvement; using jealousy to justify actions; or preventing her from attending drug or alcohol treatment.

Minimising, denying, and blaming can include: making light of the abuse and not taking her concerns about it seriously; saying the abuse didn't happen; shifting responsibility for abusive behaviour; saying she caused it; or saying she caused the abuse with her drug or alcohol use.

Using children can include: making her feel guilty about the children; using the children to relay messages; using child contact to harass her; threatening to take the children away; or tell social services that she is using substances.

Economic or financial abuse can include: preventing her from getting or keeping a job; making her ask for money; giving her an allowance; taking her money by threat or by force; not letting her know about or have access to family income; or forcing her to sell drugs.

Male privilege can include: treating her like a servant; making all the big decisions; acting like the 'master of the castle'; or being the one to define men's and women's roles.

* Please note domestic violence can affect both women and men.

3 Female and male experiences of domestic violence

Whilst both women and men may be victims of domestic violence, their experiences are very different.

- Women are much more likely than men to experience all forms of domestic abuse.
- Women are much more likely to experience multiple incidents of abuse.
- Women are more likely to receive frightening threats and to live in fear of their partner than male victims.
- Women are more likely to experience physical injuries and a decline in their emotional and psychological well-being than men.
- Women are at greatest risk of violence when they separate from an abusive male partner, whereas men are very unlikely to experience post-separation violence from a female partner.

Research by the University of Bristol and the NSPCC in 2009 reported similar findings for young women and men: 25% of girls and 18% of boys experienced physical abuse, 75% of girls and 50% of boys experienced emotional abuse and one in three girls and 16% of boys experienced sexual abuse. However, although boys reported having experienced physical violence at a similarly high rate to girls, girls were far more likely to report multiple incidents of physical abuse. Further, whilst over 75% of girls reporting physical violence said that it had negatively impacted on them, only 14% of boys who had experienced physical violence said the same.

4 The effects of witnessing or experiencing domestic violence

Witnessing abuse (either by seeing violent or abusive behaviour, hearing abuse or witnessing the effects of abuse on a victim) or experiencing domestic violence in their own peer or intimate relationships can impact on young people in many different ways. A young person may be physically abused themselves or be injured when intervening to protect their mother or siblings. Living with domestic violence may also cause a young person to feel very anxious, fearful or worried about their safety or that of family members. Some young people may also become depressed because of their experiences. The physical and psychological impacts of

domestic abuse may lead to young people having difficulties sleeping or eating, missing school or having trouble concentrating, withdrawing or becoming aggressive. A young person may choose to use drugs or alcohol as a means of coping, or may run away from home to escape the violence².

5 Risk and child protection

There are a number of factors which make domestic violence more likely to happen or reoccur. Firstly, being a woman is the greatest risk factor as women are more likely to experience domestic violence, to experience multiple incidents of abuse and to be injured as a result. Secondly, young women between the ages of 16-24 are at greater risk than older women of experiencing domestic abuse. Some factors that are commonly linked with risk of further domestic violence are:

- disputes over child contact
- previous assault or abuse (including sexual)
- escalation in severity or frequency of violence
- recent separation
- threat or attempts to kill/commit suicide (by either partner)
- pregnancy
- previous criminal behaviour
- child abuse
- mental health issues
- substance use
- vulnerability of the victim³.

CHILD PROTECTION

It is important for facilitators using 'Thinking It Through' to be familiar with the child protection policy of the organisation they are based in. If a young person in your group discloses they are experiencing abuse or you have concerns that a young person is at risk of harm, you must consider what action you are required to take under the organisation's child protection policy to safeguard them.

2 Summarised from Department of Health, *Improving Safety, Reducing Harm* (2009) p.10-11

3 Taken from Department of Health, *Improving Safety, Reducing Harm* (2009) p.123

SUBSTANCE USE

DEFINITION OF SUBSTANCE USE

In this pack, the term 'substance use' refers to both drug and alcohol use, to cover a range of substances, legal and illegal, that may be used in a problematic way by young people, their friends, family members or partners. Problematic substance use is defined by the Stella Project as: 'the use of substances (such as illegal drugs, prescription medicines or alcohol) in such a way that results in harm to the individual user or to the wider community. The range of harms includes problems for physical health, psychological health, violence, financial problems, family problems or social problems.'

The word 'drug' itself can be confusing. Some people use the term broadly to describe all substances which change the way a person thinks, feels or behaves – which might include illegal drugs, medicines, alcohol, tobacco and caffeine – whilst others presume it to refer to illegal drugs only.

1 Why do young people use drugs and alcohol?

Substance use is a complex problem for our society to face. Many people have to take drugs to control illness or pain, and many of us take a painkiller occasionally if we have a headache. Some people will take illegal drugs because it makes them feel good or just able to cope with their lives more easily. It is a fact that we live in a world where drug use, of one form or another, is part of everyday life for many people.

There are several levels of drug taking, but it is not always easy to distinguish between them. Most people, usually when they are teenagers or young adults, experiment with substances such as tobacco and alcohol. A significant number go further and experiment with illegal drugs such as cannabis. There is a risk with experimentation, although most young people come to little harm and are often more aware of the need to keep safe than parents give them credit for.

Of those who experiment, some will use drugs or alcohol on a regular or recreational basis - from a cup of coffee to wake us up in the morning to a glass of wine to relax, a cigarette when feeling stressed or taking ecstasy to feel sociable and keep going whilst enjoying a night out.

A few of those who use drugs regularly will go on to develop signs of dependency, or become addicted. The person in this situation uses substances to cope or feel normal every day. Dependency can have many adverse consequences on lives, such as an impact on relationships with other people and health problems.

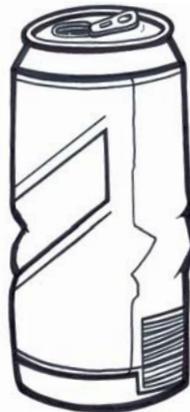
2 Young people and substance use

Young people's own use

Young people may be using drugs or alcohol themselves. They may already be experimenting with drugs or alcohol or be thinking of doing so.

They may also be affected by substance use amongst their peers and in teenage relationships.

It is important that facilitators have up-to-date information about the range of substances that may be available to young people, and are able to help them explore the associated effects and risks in an informative and non-judgmental way. Up-to-date drugs and alcohol information is available through the Department of Health's FRANK website: www.talktofrank.com. Facilitators can also direct young people to this resource, including the FRANK text and email services. Those working with young people should also be aware of local young people's drug and alcohol services and be prepared to signpost the young people in the group to appropriate sources of help should they need it.



Substance use in the family

While parental use of drugs or alcohol does not in itself automatically reduce parenting capacity, having a drug or alcohol user in the family can have a devastating impact on young people, arousing complex emotions, dividing family members, and weakening the foundations upon which family units are built.

The stress can affect the physical and psychological health, education, housing, and employment opportunities of all family members, as well as affecting finances, relationships, social life, child development and parenting capacity.

Young people affected by parental drug or alcohol use often talk about feelings such as fear and loss, anger and betrayal, guilt and responsibility and shame and isolation, to name but a few.

Facilitators should ensure that they are well aware of the issues surrounding parental substance use and the range of effects that a parent or family member's drug or alcohol use can have on young people. They should be skilled at identifying risk and protective factors, and building capacity for resilience.

Facilitators should also have some knowledge of the local provision of family support services for those affected by drug or alcohol use in the family. If a young person discloses an instance of substance use in the family, facilitators should be comfortable in signposting them to a relevant service.

An overview of the experiences of young people affected by parental drug use can be found in the publications *Hidden Harm*, (Advisory Council on the Misuse of Drugs, 2003)⁴, *Bottling It Up*, (Turning Point, 2006)⁵ and *Journeys: 'When Parents Take Drugs'* (Adfam)⁶.

4 Available at www.homeoffice.gov.uk/publications/drugs/acmd1/hidden-harm?view=Binary

5 Available at www.turning-point.co.uk/inthenews/Documents/Bottlingitup06report.pdf

6 May be ordered at www.adfam.org.uk/publications

MAKING THE LINKS BETWEEN DOMESTIC VIOLENCE AND SUBSTANCE USE⁷

Substance use is often present in violent relationships. This can manifest itself in multiple ways.

1 Do alcohol or drugs cause violence?

There is no simple causal relationship between substance use and domestic violence. Most people who use drugs or alcohol are not abusive or violent towards a partner or family member, and the majority of domestic violence incidents take place when the perpetrator has not been drinking or using drugs. Even when physical violence only takes place with drug or alcohol use, emotional, psychological, financial and sexual abuse often takes place in its absence.

Lots of other factors can affect levels of domestic abuse and violence e.g. pre-drinking mood; aggression and worries; environmental factors; personality specific factors; and individual reasons and expectations when using drugs or alcohol. There is a much more complex relationship which takes place which combines the physiological effects of alcohol or other substances, and other cultural and social factors, such as the belief in using violence against women, expectations of gender roles and feelings of entitlement within relationships.

2 Survivors: is their substance use a cause or are they simply coping with violence?

Research from the US and Britain strongly supports the understanding that use of substances usually follows rather than precedes experiences of abuse. The Yale trauma study showed that abused women are 15 times more likely to use alcohol and nine times more likely to use drugs than non-abused women⁸.

⁷ Taken from the Stella Toolkit, pp. 16-17 available at www.avaproject.org.uk/our-resources/good-practice-guidance-toolkits/stella-project-toolkit-%282007%29.aspx

⁸ Cited in Barron, J. (2004) *Struggle to Survive: Challenges for delivering services on mental health, substance misuse and domestic violence* (Bristol: Women's Aid Federation England)

3 Using drugs and alcohol as a means of abuse

As demonstrated in the Duluth Power and Control Wheel (see page 9), perpetrators may also use their own or their partner's substance use as a means of abuse. For example, they may force their partner to use drugs, act as a supplier and use access to substances as a form of control, limit access to information and treatment or use their partner's earnings to buy substances.

4 Substance use, domestic violence and diversity

Substance use and domestic violence may not affect everybody in the same way. Young people from different cultural backgrounds may face additional difficulties due to cultural or religious traditions, societal norms or prejudices. Practitioners should be aware of any relevant cultural or social factors which may influence the situation or behaviour of young people in the group. These might include differing cultural views, norms or values which add additional complexity to the individual situations of the young people involved. The organisations in the Where to get Help section on page 25 may be able to provide more information relevant to this topic.



ATTITUDES AND MYTHS

Domestic violence and substance use can be emotive subjects which people have strong opinions about - often based on common myths. As described in the previous section, many people believe alcohol and drugs cause people to be violent but the evidence shows there is no causal link. Below are some of the most common myths about abuse and substance use which you should be aware of and feel confident to challenge.

'Alcohol isn't that bad for you: after all, it's legal!'

Legal drugs can be just as, or even more, dangerous than illegal ones. Alcohol intoxication can lead to a lack of judgment and perception, and the long term health effects can be fatal. Whilst illegal drug use can carry with it a greater stigma and sense of shame, the social acceptance and widespread use of alcohol can make it particularly likely to affect young people, within the family or through their own use.

Drug education resources such as those available on the FRANK website (www.talktofrank.org.uk) should be used to help young people to discuss and explore the risks associated with a range of legal and illegal drugs.

'Domestic violence only happens between couples'

Research indicates that domestic violence, as well as happening between adult couples and as abusive behaviour from parents towards their children can also occur as inter-generational violence from adult children towards their parents.

'Domestic violence happens between couples or within a family - it's none of my business'

Domestic violence is not a private issue. It particularly affects children and vulnerable members of families. The definition of child abuse has been altered in recent years to include the witnessing of domestic violence, reflecting the damaging effect this can have on children. Domestic violence can include a range of criminal behaviours such as harassment, assault, theft, sexual assault, rape and even murder or attempted murder, and we all have a duty to safeguard those who may be affected.

'If the victim/perpetrator gets treatment for substance use, the problems will go away'

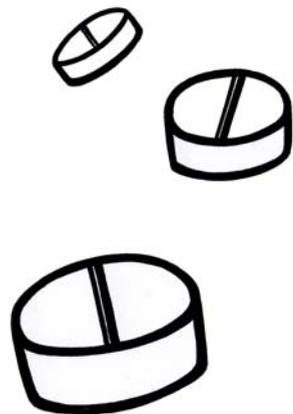
In most cases it is unlikely that drug or alcohol treatment alone will adequately address domestic abuse. Children and young people have told us that when there is conflict at home, getting treatment does not necessarily make this go away, and could in fact lead to an increase in family tension, conflicts and arguments. Where there is domestic abuse, there is the potential for increased danger: abstinence, withdrawal, and having to face difficult emotions can all make an increase in levels of abuse more likely.

Even if treatment is able to reduce the severity of the violence, it does not address the complex dynamics and power and control which underpin domestic violence. Therefore, work which specifically addresses such dynamics and promotes the safety of family members should always accompany a treatment plan.

'Abusers lose control when they're drunk', 'He can't help it'

There is no evidence that abusers lose control when perpetrating abuse - whether this involves substances or not. In fact, in a number of studies on partner abuse, women reported that even when their partners have seemed 'uncontrollably drunk' during a physical assault they routinely exhibit the ability to stop the abuse when there is an outside intervention e.g. family members or the police.

Abusers exhibit control over which area of the body they direct their assault on, even when drunk. Also the majority of abusers only target their abuse and violence at one person e.g. their partner.



Victim blaming - 'Some people deserve abuse', 'It's OK to hit your partner when...', 'She made me do it'

There's no excuse for domestic abuse. Abusers tend to deny or minimise their abusive behaviour and to blame others for it. They frequently blame their victims. Commonly used justifications for violence include: feeling stressed; the victim's use of substances; the victim 'nagging', not listening, not 'pulling their weight' at home; the victim flirting or being unfaithful; or the victim trying to end the relationship. This does not give someone the right to be abusive. It's never 'OK'.

The law says that it is wrong to hurt, threaten or harass anyone, regardless of whether they are your partner, ex-partner or family member. Responsibility for abuse always lies with the abuser, never the victim.

'They're both as bad as each other'

Sometimes it is difficult to establish who is the abuser and who is the victim, especially when substance use is involved. Many abusers will tell the police they are the victim when their partner uses physical force to defend herself or resist abuse.

In a situation where both partners claim to be victims, it is important to ascertain who is most fearful or frightened for their safety. Remember, domestic violence is not an individual incident, but is a pattern of controlling behaviour which induces fear in the victim. In young people's own relationships, feeling confident to say 'no' is of key importance.

Practice guidance on identifying 'Who is doing what to whom' is available from the Respect website: www.respect.uk.net.

'Domestic violence only happens between heterosexual couples'

Domestic violence can occur between any partners, regardless of their sexuality. Understood as a pattern of controlling behaviour, domestic violence can affect men or women in gay or lesbian relationships with just the same issue as those in heterosexual relationships.

Broken Rainbow UK (www.broken-rainbow.org.uk) is an organisation which offers support for lesbian, gay, bisexual and transgender people affected by domestic violence.

'If it was that bad, she would leave'

People often ask why a woman stays in an abusive relationship. The fact is that women often try to leave but come up against multiple barriers which make it very difficult to end the relationship.

Common barriers to leaving include: fear of physical harm or murder which are based on threats made by the perpetrator; loss of home, income, pets, possessions and overall reduced standard of living; the negative impact on children including the loss of school, friends, community, relationship with their father; having nowhere to go and no money to get there; not knowing where to get help; not being believed by services so having to return home; rejection from family, friends or community for 'breaking up the family'.

In relation to substance use, leaving the relationship also might mean the victim losing their supply of drugs, losing their social group or location for using drugs or drinking, and being unable to access drug or alcohol services because their partner uses the same service.



COMMON FEELINGS

Young people living with or experiencing abuse or problematic substance use may experience a wide range of worries, difficult feelings and mixed emotions.

It's extremely important that young people are not judged for what they feel. As a facilitator you should always give the following key messages:

- It's OK to have these feelings, other young people sometimes feel like that too.
- It can help if you talk to someone about how you are feeling.
- There are people you can talk to, who can help you and your family.

Love and loyalty

Children often want to help parents or adult family members in any way they can. Even when parents are violent, abusive or using substances, a child's love can be enduring. This means they can often feel reluctant to disclose anything they feel might get their parents into trouble. The same could be said for young people in a girlfriend/boyfriend relationship. You may need to press home the key messages about disclosure and confidentiality before encouraging young people to talk. Also, young people should be reassured that it is OK to ask for help as it might help keep them or someone they love safe.

Anger and frustration

Children whose parents drink or take drugs, or who witness domestic abuse, often report feeling angry and frustrated by their situation. These feelings can sometimes be directed towards their parents, and sometimes towards themselves or their peers. Some children may try to intervene in parental disputes, while others may simply wish to be removed from the situation.

Guilt

Children can feel guilty about their parents' experiences and problems, believing that they are to blame for what goes on at home. Some young people feel that parental drinking and

drug use is due to their own behaviour. Some young people may feel guilty for loving a parent or family member despite their abusive behaviour, or feel they are forced to 'take sides'. It's important to reassure young people they are never to blame for someone else's behaviour.

Within their own relationships, young people may feel guilty about their own abusive behaviour. Abusers may also blame the victim for the abuse as a way of justifying their behaviour, which can make the victim feel very guilty.

Shame and stigma

In families and relationships where domestic violence or substance use is a problem, children can feel embarrassed or ashamed of the way their loved ones behave. Where young people are required to carry out intimate care tasks, such as helping their parents undress or putting them to bed, this can be a common reaction. Some children deliberately keep quiet about their parents' problems, with embarrassment becoming a rigid barrier to communication.

Sadness, isolation and depression

Depending on the scale of problems at home, self-esteem can often be affected. Loneliness and depression can be particularly acute for children taking on additional household responsibilities. Sometimes young people assume the role of carer, taking responsibility for their parent's welfare. This can deepen their sense of isolation. They may feel confused and trapped, particularly if they seek to deny the existence or extent of a problem in order to protect their parents.

Victims of domestic violence often experience depression and other mental health issues as a result, and can often feel isolated as a direct result of the manipulative, controlling and isolating behaviours of domestic abuse.

Fear and anxiety

Experiencing problems at home can cause young people a significant amount of worry. More than anything, most young people want to feel safe. Domestic violence or substance use can threaten this sense of security and often lead to emotional stress and anxiety. A child's fears for a parent or family member may be accentuated if that person's

ability to look after themselves is impaired through substance use, domestic abuse or illness.

Young people affected by domestic abuse may feel particularly scared about what the abuser will do if the abuse is disclosed, or how the abuser will react when spoken to or challenged – a feeling often described as ‘walking on eggshells’. They have real fears for their safety and that of those around them.

Young people who have witnessed domestic violence often worry that they will be abusive in their own relationships. Young people who are concerned about being abusive themselves should be reassured that lots of people who’ve experienced abuse don’t go on to be abusive, and only some abusers have witnessed or experienced abuse as children. It is your choice how you behave towards others, but if you’re worried about your behaviour or difficult feelings like anger and frustration, it might help to talk to someone about it.

Loss

Loss, and fear of loss, can be a major feature of a child’s emotional journey. Often their primary fear is the loss of their parents (actual or emotional). But loss can also encompass the loss of home, personal space, sense of belonging, or the simple pleasures of childhood. Loss can also be felt by children on behalf of parents, as both the victims and perpetrators of domestic violence, or during divorce, separation and family breakdown.

Responsibility

As children grow older, they may try to intervene in incidents of domestic violence in order to protect younger siblings or the parent who is being abused. They may also have to take responsibility for looking after themselves and younger siblings when a parent’s ability to care for their children is impaired - either as a result of abuse or substance use. Young people should be reminded that it is not their responsibility to protect or look after others: they should keep themselves safe and ask for help.

WHERE TO GET HELP

Young people often find it difficult to disclose domestic violence or parental substance use. This may be due to:

- fear of what will happen next
- concern over who will be told
- worry about not being believed or treated sympathetically
- worry about people finding out
- worry about having to change schools, move away, lose their friends etc.
- fear of the violence getting worse.

It may also be the case that young people do not conceptualise what they are experiencing as being abuse, therefore careful work needs to be done on helping them to understand their experiences as abusive. This needs to happen in a context of appropriate risk assessing and safety planning. An important element of this process will be to provide the young person with appropriate support information.

Please refer to the information in the section 'Domestic violence and substance use – how to help your mates' on page 29 for a source of practical information and help for young people.

Sources of useful information include:

Alcohol Concern

The national agency on alcohol misuse campaigning for effective alcohol policy and improved services for people whose lives are affected by alcohol-related problems.
www.alcoholconcern.org.uk

Broken Rainbow

Organisation working with those affected by domestic violence in same-sex relationships and the services that support them.
www.broken-rainbow.org.uk

Childline

The NSPCC's helpline and website for children and young people. It gives information on services and people that are there to help.

www.childline.org.uk

0800 1111

Children of Addicted Parents and People (COAP)

COAP has a forum for people to share stories and seek advice. It also has useful links and recent stories from the media.

www.coap.co.uk

Freephone 24 hour National Domestic Violence Helpline

Provided by Refuge and Women's Aid, this helpline is staffed by trained, female volunteers 24 hours a day.

www.nationaldomesticviolencehelpline.org.uk

0808 8000 247

ForcedMarriage.Net

Website with information and advice for young people facing forced marriage. It contains survivors' stories, links to useful resources and information on the law.

www.forcedmarriage.net

FRANK

National website and 24-hour helpline with clear information on drugs for young people.

www.talktofrank.com

0800 77 66 00

82111 (text messages)

The Hideout

Created by Women's Aid, this website is for children affected by or concerned about domestic violence. It contains advice and information on a range of issues including safety.

www.thehideout.org.uk

Karma Nirvana

Confidential helpline providing emotional and practical support and advice for people affected by forced marriage and honour-based violence.

www.karmanirvana.org.uk

0800 5999247

Men's Advice Line

Helpline for men experiencing domestic violence from their partner.

0808 801 0327

National Association for Children of Alcoholics (NACOA)

NACOA provides information, support and help to anyone affected by their parent's drinking.

www.nacoa.org.uk

NHS Choices - Alcohol Support

This NSPCC resource covers information on alcoholism, binge drinking and caring for someone with an alcohol problem.

www.nhs.uk/Livewell/alcohol/Pages/Alcoholsupport.aspx

NSPCC

The national charity protecting children. The NSPCC has a 24-hour helpline providing information and advice to anyone concerned about a child.

www.nspcc.org.uk

0808 800 5000

Respect not Fear

Nottingham domestic violence forum website for young people affected by domestic violence.

www.respectnotfear.co.uk

This is Abuse

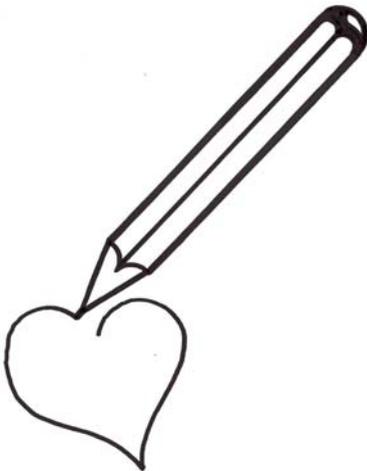
Home Office website for young people who have experienced or used abuse in relationships. The site contains films and support pages.

<http://thisisabuse.direct.gov.uk>

OTHER RESOURCES FOR FACILITATORS

As well as the organisations and resources already listed the following resources may be useful

- Stella Toolkit⁹
- Spiralling Toolkit¹⁰
- Adfam website – www.adfam.org.uk
- FRANK – www.talktofrank.com
- DrugScope - www.drugscope.org.uk
- Department of Health – Improving Safety, Reducing harm toolkit¹¹



9 www.avaproject.org.uk/our-resources/good-practice-guidance--toolkits/stella-project-toolkit-%282007%29.aspx

10 www.bdaf.org.uk/professionals/spiralling-dvd-and-toolkit

11 www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_108697

Domestic violence and substance use – how to help your mates

This section is taken from the leaflet, *'How to help your mates: young people and domestic violence'* produced by the AVA Project, which includes a section on safety planning. It is available at www.avaproject.org.uk/media/15652/helpyourmates.pdf

It can be very hard to end an abusive relationship. Your friend may be scared, as their boyfriend or family member may have threatened them not to end the relationship or to tell anyone. It can often be embarrassing and difficult to talk about what has been happening.

Ways to talk to your friend

- If you want to approach them, do it in a sensitive way, such as 'I am worried about you because...'
- Don't judge them, believe them.
- Let them know they are not alone, that you know how hard it can be to talk about the violence and abuse.
- Help them to recognise what is happening is unacceptable and not their fault.
- Decide together what to do to make things safer - this can involve making a safety plan.

Things you can do to help

- Think up a code word that your friend can use on the phone to let you know they need help.
- Make a list of all the good things about your friend to help improve their confidence.
- Be a good listener and understand that they may be frightened and not know what to do.
- Encourage your friend to get some help and support.
- Tell someone what's happening – an adult you can trust, for example a teacher, parent, relative, youth worker or doctor. Use the telephone numbers and websites in this pack. Explain to your friend what you are doing and who you are going to tell.
- Even if they ask you not to tell anyone, it is OK to tell an adult if you are worried about their safety.



USING THE DVD

Factors to consider

The DVD can be used in different ways, depending on the age of young people, the amount of time you have, and the size and gender mix of the group you are working with.

CREATING A SAFE AND SUPPORTIVE ENVIRONMENT

As a facilitator, your foremost consideration should be how to facilitate the group in a way that does not leave any of the participants vulnerable or at risk of harm.

Whilst we appreciate that within schools discussion activities may be run as a compulsory session, provision should be made for young people who do not wish to participate in the activities, or choose not to during a session. Individual personal situations or experiences may make it difficult for some young people to take part in the same way as others and this should be respected.

Adfam and the Stella Project also recommend that all groups are led by two facilitators. Amongst several positive benefits this will also ensure that someone is available to offer support to participants who become distressed during the session.

Facilitators should also be available after the session to speak to young people on a private one-to-one basis if they need support or want to talk about the issues - including having concerns about their own behaviour being abusive. Have signposting information and extra resources to hand, and ensure that you are familiar with local safeguarding procedures and referral pathways in case they are needed.

You should be aware that the group's potential participants could include couples where one partner is being abusive towards the other. It would not normally be advisable to run a group containing a couple in this situation and it's something that should be taken into account when assessing young people's suitability for taking part in a group session.

Age The DVD is suitable for 12-16 year olds, but you must use your judgment to assess the ability each young person has to understand and deal with the issues and their suitability for taking part in the group. This will be influenced by age, but age alone is not enough to base a decision on – each young person is in a unique situation and has their own set of personal resources.

Time Each video story on the DVD is between two and five minutes long and can be viewed on its own, as it does not relate to the other storylines. It is therefore possible to view one clip per session, particularly if you do not have much time, and then have a discussion based around the clip that you have shown. Even with shorter sessions it is still important to establish ground rules, and to allow time for an icebreaking, introductory activity at the beginning and a positive, closing activity at the end. The minimum time to allow, therefore, is 30 minutes.

If you have more time, you may want to show a number of stories in the same session, allowing adequate time for group discussion after each one, and highlighting key themes that run across all of the storylines. As the stories are so varied and contain a number of different issues, we suggest that a maximum of three stories are played during each session, allowing 20 minutes of group discussion time after each one, as well as time for ground rules and an opening and closing exercise. For a session this long, it is really important to include a break, so this means that a longer session, based on watching three stories and including a short break, would last around two hours.

Group size For group discussion activities, we would suggest a minimum group size of three and a maximum group size of six. If you are working with a bigger group than this, it may be best to split the group into smaller groups and be on hand to support small group discussions. This may take more time, and for larger groups you will also need to allow extra time for icebreakers and closing sessions.

The DVD may also be useful for trained therapists or counsellors in story work with individuals, and on pages 49 to 53 are five worksheets relating to each story that can be photocopied for young people to draw or write on.

The worksheets can also be used by individuals as part of a whole group session, if time is allowed for individuals to record their thoughts or make notes for feeding into group discussions. They could also be used by small groups to record discussion points for feeding back to the larger group, as appropriate.

Single gender groups Some discussions around domestic abuse explore how men and women, boys and girls relate to each other and how to have safe, healthy relationships now and in the future. Many girls and boys, understandably, find it easier to be open and to learn about this in single gender groups.

Discussion activities can be facilitated in single gender groups talking about the same topic and then coming back together as a whole group to look at the work in more depth. It can also be both revealing and helpful to cover a topic first with the whole group, and then repeat the same activity in single gender groups.

For this subject area, single gender groups work better if male groups are led by men and female groups by women. If you are not confident about facilitating single gender work, it may be best to start using this format with an easier topic, so that the format can then be used in discussions around domestic violence.

This 'Single gender groups' section is an abridged version of a section in Bristol Domestic Abuse Forum's Spiralling toolkit (accessible at www.bdaf.org.uk/professionals/spiralling-dvd-and-toolkit).



Preparation and groundwork

You should watch the film yourself at least twice and ideally try out the activities you are intending to use.

You should familiarise yourself with the notes for all the activities you intend to use and ideally the notes for others as well.

It is essential that when working with any group of young people, a group agreement or set of ground rules is agreed with the young people at the start of the session. It should include respecting the views of others, working together, and listening to each other, as well as the confidentiality of what is said by young people in the group. It may be necessary to make it clear that abusive or disrespectful behaviour towards other members of the group will not be tolerated, giving specific examples as appropriate.

Facilitators should ensure they are familiar with the confidentiality and disclosure policies of the organisation they are based in, and be able to explain clearly and sensitively to the young people the circumstances in which they are duty bound to disclose information and to whom.

If a number of sessions are run with the same group, ensure the group agreement is always on display at each session, and that the group's attention is brought back to it whenever relevant, with rules added when necessary.

THE DVD

Overview

Five short films with open endings. Each story has a substance use and a domestic abuse element, with a young person as the main character.



Jamie's story

4:05 minutes



Carly's story

4:30 minutes



Ben's story

3:47 minutes



Julius' story

3:26 minutes



Danielle's story

3:08 minutes



Jamie's story

Characters

Jamie (13 years old)

Jamie's mum

Mark, Jamie's brother (18-20 years old)

TJ, Jamie's friend (13 years old)

Storyline

Jamie lives at home with his mum, and has an older brother, Mark. Mark is a regular crack cocaine user. Jamie's dad no longer lives at home and as far as we know does not have any contact with Jamie. Mark doesn't live at home anymore but frequently visits the family home to get money (or things to sell) to pay for drugs. Mark is verbally and physically aggressive towards Jamie and their mother. Jamie gets upset and angry when Mark takes his things. He is also angry towards his mother 'for not doing anything to stop Mark', but can't really talk to her because she is often very distressed by Mark's behaviour. Jamie's friend tries to help but isn't sure what to do as Jamie is too scared to tell anyone because of what Mark might do.

Key themes

- Substance used - crack cocaine
- Abusive behaviours (from Power and Control Wheel, page 9)

Physical violence (page 9)

Mark pushes his mum up against the wall and holds her by the throat. Note strangulation is an indicator of the victim being at high risk. More information about risk is on page 12.

Coercion and threats (page 10)

Jamie is scared to tell someone about Mark's behaviour, which may be the result of Mark making threats in the past.

Intimidation (page 10)

Jamie's mum is visibly afraid when Mark comes in, pushes past her and shouts at her.

Economic abuse (page 10)

Mark says he needs money but takes Jamie's Xbox instead when his mum says she doesn't have money to give him.

Feelings

Anger and frustration (page 22)

Jamie is angry with Mark for using drugs and the effect it has on the family ('why does he have to be on crack?'). He's also angry and frustrated with his mum for not stopping Mark ('why does she let him get away with it?').

Sadness, isolation and depression (page 23)

Jamie says he's not able to talk to his mum about Mark, and is scared of telling anyone else. This might make him feel very lonely as well as sad that he can't see a way to change the situation at home.

Fear and anxiety (page 23)

Jamie makes his friend promise not to tell anyone or 'Mark would kill us'. This may be the result of previous threats which Jamie believes Mark would carry out.

Responsibility (page 24)

Mark's behaviour has caused Jamie's mum to feel very depressed and so Jamie sometimes has to look after himself, for example going to the shops to get food for dinner.

Myths

'Domestic violence only happens between couples' Jamie's story is about child-parent abuse, which also falls within the definition of domestic violence (page 18).

Discussion starting questions

- Do you think Mark's behaviour can be described as domestic violence?
- How has Mark's behaviour affected Jamie? How is he feeling?
- How do you think it has affected Jamie's mum? What is going on for her?
- What would you do if you were Jamie's friend?
- Who could Jamie ask for help?



Carly's story

Characters

Carly (15 years old)

Carly's mum

Lee, Carly's boyfriend (17-18 years old)

Customer in café

Storyline

Carly lives with her mum and has been in a relationship with Lee for six months. When they got together Lee was sweet, charming and bought her lots of presents, but lately he has become very jealous and Carly is started to feel scared. He is always asking where she has been, spying on her at work and accusing her of cheating on him with customers. He doesn't like her going out with her friends and wants her to stay in with him. Lee smokes cannabis regularly and pressures Carly to smoke too. She is uncomfortable but doesn't feel able to refuse in case it angers Lee.

Key themes

- Substance used – cannabis
- Abusive behaviours (from Power and Control wheel, page 9)

Physical violence (page 9)

Lee pushes Carly up against the wall by holding her throat and she falls down. Note strangulation is a risk indicator, please read more about risk on page 12.

Coercion and threats (page 10)

Lee coerces Carly into smoking a joint with him by repeatedly asking her to try some and to loosen up. She eventually agrees to appease him.

Emotional abuse (page 10)

Lee puts Carly down, saying that people will think she is a 'slag' for, in his opinion, wearing too much makeup.

Isolation (page 10)

Lee coerces Carly into staying at home with him ('don't I mean more to you than Jade?') and there are signs that he could be trying to stop her from working (accusing of cheating with a customer; 'Maureen doesn't like me')

Minimising, denying, blaming (page 10)

Lee implies that Carly is to blame for 'falling over' ('see what you get?') when she challenged his accusation about her cheating on him.

Male privilege (page 10)

Lee acts like he is 'king of the castle', making the decisions about what they do and gets angry when Carly pulls away from him as he tries to kiss her.

Feelings

Love and loyalty (page 22)

Like many survivors, Carly loves Lee and their relationship started out well. This could mean Carly doesn't want to get Lee in trouble by telling anyone about his behaviour.

Anger and frustration (page 22)

Carly appears angry and frustrated when Lee accuses her of having a relationship with a customer at work.

Sadness, isolation and depression (page 23)

Carly is visibly sad when she stays at home with Lee instead of going out with her friends.

Fear and anxiety (page 23)

Carly is frightened when Lee physically attacks her in the alley.

Loss (page 24)

Carly may also feel sad about the loss of the happy, loving relationship she used to have with Lee ('why can't all good things stay the same?').

Myths

'Some people deserve abuse' Lee calls Carly a 'slag' when she gets ready to go out; he physically assaults Carly when he thinks she is cheating on him and she denies it (page 20).

'If the perpetrator gets treatment for substance abuse, the problems will go away' If Lee stops smoking cannabis, he won't be abusive to Carly (page 19).

Discussion starting questions

- Why do you think Lee's behaviour has changed since he started going out with Carly?
- Is Carly to blame for Lee's behaviour?
- Do you think Lee's behaviour would change if he stopped smoking cannabis?
- What do you think Carly should do?



Ben's story

Characters

Ben (15 years old)

Ben's grandad

Ben's friend (15 years old)

Storyline

Ben lives with his grandad. He moved in with his grandad a few years ago after social services assessed his parents to be unable to look after him properly due to their problematic drinking. He likes living with his grandad, but misses his parents and doesn't get to see them very often. Ben's dad used to be violent and abusive to him and his mother, especially when drunk. Ben and his friends have started drinking socially together but Ben secretly hates drinking and is really scared it will make him behave like his dad.

Key themes

- Substance used – alcohol
- Abusive behaviours – the film does not specify the ways in which Ben's dad was abusive
- Feelings

Shame and stigma (page 23)

Ben's friends tease him for going home to see his grandad. He may be embarrassed about living with his grandad, as well as being ashamed of his parents' problematic drinking and his father's abusive behaviour.

Sadness, isolation and depression (page 23)

Ben appears to be sad when his parents do not send him a birthday card (see 'loss' below for more information) which could also make him feel lonely, as well as angry or frustrated.

Fear and anxiety (page 23)

Ben is worried that he will grow up to be like his father, having problems with alcohol and being abusive.

Loss (page 24)

One reason Ben is sad is the loss of his family and that his parents don't appear to be a big part of his life.

Myths

'Alcohol isn't bad for you, it's legal' Ben was removed from his parents' care because their use of alcohol had become so problematic that Ben was at risk of harm (page 18).

'Abusers lose control when they're drunk' Ben's grandfather and friend both say that people have a choice about how they behave, even when they have been drinking (page 19).

Discussion starting questions

- What's going on for Ben?
- Why does he get angry with his grandad?
- Do you think Ben has a choice in how he behaves?



Julius' story

Characters

Julius (16 years old)

Ali, Julius' friend (15 years old)

Sweets, Julius' boyfriend (17 years old)

Storyline

Julius is a young man of 16 who is in a relationship with another man Sweets. Sweets uses drugs and puts pressure on Julius to supply him with the money he wants to buy drugs with. Julius feels confused by his relationship, with Sweets giving him attention and acting protectively and then being verbally abusive and demanding money from him. Ali is Julius' friend who offers him support and advice although Julius doesn't always want to hear it. Even when Sweets physically hurts him Julius doubts himself and wonders if it is his fault.

Key themes

- Substance(s) used – not specified in film.
- Abusive behaviours (from Power and Control wheel, page 9)

Physical violence (page 9)

Julius has a bruised arm and a cut eye, which may be the result of violence from Sweets.

Coercion and threats (page 10)

Sweets demands money from Julius, telling him 'if I need something, you'll get it' as well as implicitly threatening him ('you're playing with the big boys now').

Intimidation (page 10)

Sweets talks to and behaves towards Julius in an aggressive manner which is intimidating.

Emotional abuse (page 10)

Sweets puts Julius down by telling him repeatedly that he is a waste of space and time, and that he looks 'a state'. He also insults Julius' friend by calling her a 'bullfrog'. This may serve to isolate Julius from his friend.

Economic abuse (page 10)

Julius has to give Sweets money, which he has to borrow from his friend.

Feelings

Shame and stigma (page 23)

Like many survivors, Julius might feel ashamed about being in a relationship with someone who is abusive, and not want to tell anyone in case they think Julius is to blame for the abuse or judge him for staying in the relationship.

Sadness, isolation and depression (page 23)

The emotional abuse (being put down all the time) will impact on Julius' self-esteem, making him feel sad, depressed and that no-one else would want to go out with him.

Fear and anxiety (page 23)

Julius may be scared of not meeting his boyfriend's demands for money. He has already borrowed money from a friend, but he may be forced to sell his own belongings or steal money to keep his boyfriend happy.

Julius may also be worried about asking for help if this requires him to disclose his sexuality to other people, and that this could result in homophobic abuse from family, friend or services such as the police. These fears could also leave Julius feeling more alone and isolated and unable to seek help.

Myths

'Domestic violence only happens between heterosexual couples' Domestic violence can happen to anyone, including people in same-sex relationships, (page 21).

'If it was that bad, he would just leave' Julius' friend asks if/why he is still with his boyfriend who is obviously abusive, but Julius might not be able to leave because of fear, shame, low self-esteem, etc. (page 21).

Discussion starting questions

- Do you think abuse from one man to another can be defined as domestic violence?
- What might stop Julius from ending the relationship?
- As a young gay man, do you think Julius might have more difficulties getting help than other young people who experience domestic violence?



Danielle's story

Characters

Danielle (15 years old)
Danielle's friends
Dyl, Danielle's brother
Danielle's mum
Danielle's dad

Storyline

Danielle lives with her parents and Dyl, her younger brother. Danielle's mum used to use heroin but has been clean for about a year. Things had been going really well, and Danielle felt like they were a 'proper family'. Life at home, however, has recently deteriorated. Her mum and dad have been arguing a lot, and Danielle has noticed bruises on her mum's arms. Danielle has noticed her mum has been locking her bedroom door a lot and Danielle is worried she is using heroin again.

Key themes

- Substance used – heroin
- Abusive behaviours (from Power and Control wheel, page 9)

Physical violence (page 9)

Danielle has seen bruises on her mum's arms.

Intimidation (page 10)

Danielle's dad shouts loudly and repeatedly at her mum, telling her to 'shut it'.

Emotional abuse (page 10)

Danielle's dad puts her mum down, blaming her for not preparing dinner the way he wanted it, telling her she is 'a state' and 'not fit to be a mother'.

Minimising, denying and blaming (page 10)

Danielle's dad minimises the abuse when he tells her brother that 'me and mummy are just messing around' and that he shouldn't tell anyone about what happened.

Feelings

Fear and anxiety (page 23)

Danielle is obviously anxious when she walks up to the front door and hears her dad shouting. She is also worried about her mother and what will happen if she starts to use heroin again.

Sadness, isolation and depression (page 23)

Danielle looks sad when her friends talk about their plans for the weekend. She may feel isolated because she is not able to participate fully in the conversation. Danielle is clearly upset when she sees her mother using heroin.

Responsibility (page 24)

Danielle may feel responsible for her younger brother if her mother's ability to look after the children is affected by the abuse/drug use.

Myths

'Some people deserve abuse' Survivors commonly use substances to cope with abuse, but some people may think she causes abuse by using (page 21).

'If it was that bad, why doesn't she just leave?' Rather than using heroin to cope with the abuse, why doesn't Danielle's mum leave? (page 21)

Discussion starting questions

- In what ways is Danielle's dad being abusive?
- How do you think Danielle's mum might be feeling?
- How might you react if one of your friends was having problems at home like Danielle?
- What advice would you give Danielle?
- How might Danielle try and cope with the situation at home?

OTHER ACTIVITIES

Icebreakers and closing exercises

There are many resources available for running groups with young people. As an experienced facilitator, you may already have icebreakers and closing activities that are effective and you feel comfortable leading. The following links provide some additional exercises which you might like to try out:

- <http://insight.typepad.co.uk/insight/2008/04/icebreakers-for.html>
- www.youthgroupgames.co.uk/ice-breaker-games-category.html
- www.ukyouthparliament.org.uk/gotanychangedvd/resources/gotanychange_icebreakers.pdf

When choosing an icebreaker activity, you should consider the size and age of the group and also how well the participants already know each other.

Each session should close with a final activity which enables young people to take a step back from in-depth discussions in which they have been involved, and reflect or draw something positive or constructive from the session. UNICEF's guidance for talking to young people about violence, 'Our Right to be Protected', includes some useful closing activities on page 75. It's available at www.unicef.org/rightsite/files/ourrighttobeprotectedfromviolence.pdf

Word and picture card activities

Please note the word and picture cards on pages 55 to 62 are designed to be photocopied for use by young people.

Feelings and emotions cards

To help start discussion around particular DVD clips, a group could be asked to choose a card or cards that they feel best describe how the main character might be feeling.

Ask the group to talk about why they have chosen a particular card, and whether they all agree. Remember to remind the group that there are no right or wrong answers, and everyone has a valid point to make.

This pack includes cards for:

ANGRY UPSET SCARED LONELY
HAPPY CONFUSED HOPEFUL GUILTY

Ensure that blank cards and art materials are available for young people to come up with other feelings that may not be covered.

The chosen feelings could be stuck onto the worksheet relating to the story being discussed.

Across a number of small groups, each group could do the activity from the perspective of a different character in the same story, coming together into a whole group to discuss the different feelings that each character might be having.

Relationship messages cards

The slogan cards can be cut out and used as prompts to start group discussions – give each small group a pile of cards, ask them to choose cards, one by one, and discuss what each slogan or message means to them.

This pack includes cards for:

EXPECT RESPECT FEEL FREE TO SAY NO
JEALOUSY STINKS SHARING'S CARING
BE YOURSELF KEEP IT IN THE RING
2 WAY STREET EXCUSES EXCUSES

Ask each group, pair or individual to produce their own healthy relationship slogan by drawing a picture onto coloured paper to make a card or a poster.

Thinking about attitudes

The Spiralling Toolkit has a useful section 'Thinking about attitudes' which can be used by practitioners to stimulate conversation and debate on certain topics. It suggests certain tools and imaginary scenarios for practitioners to use to talk about domestic violence, gender equality and fairness. It can be accessed at <http://video.bdaf.org.uk/bdaf-spiralling-tool-kit-web.pdf>





Jamie's story



Carly's story



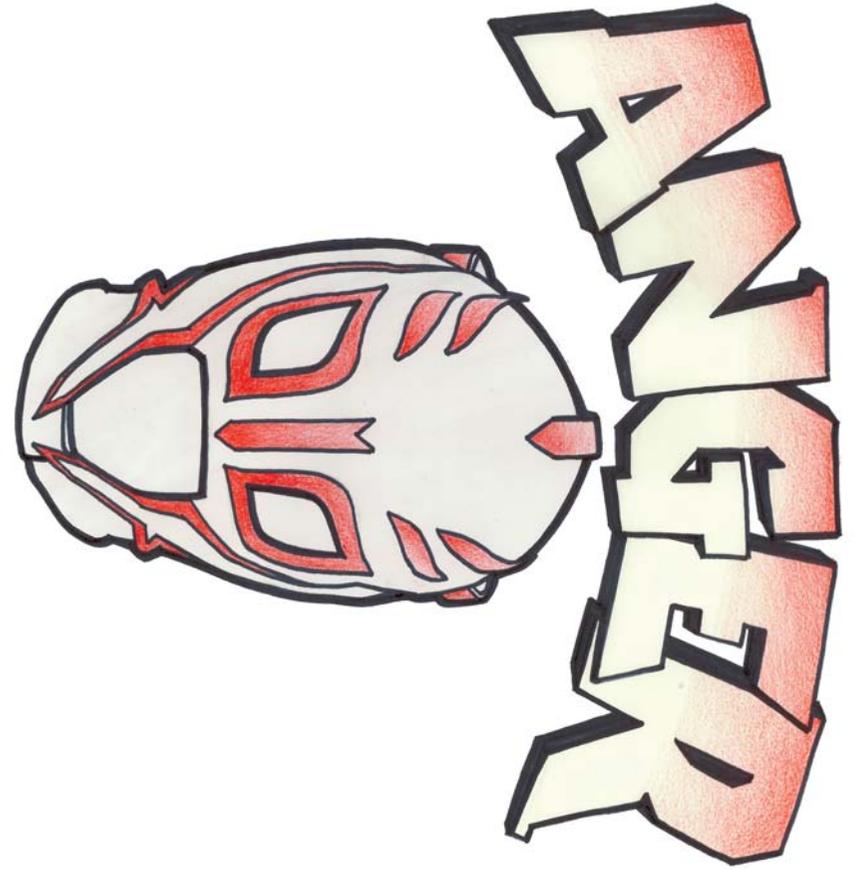
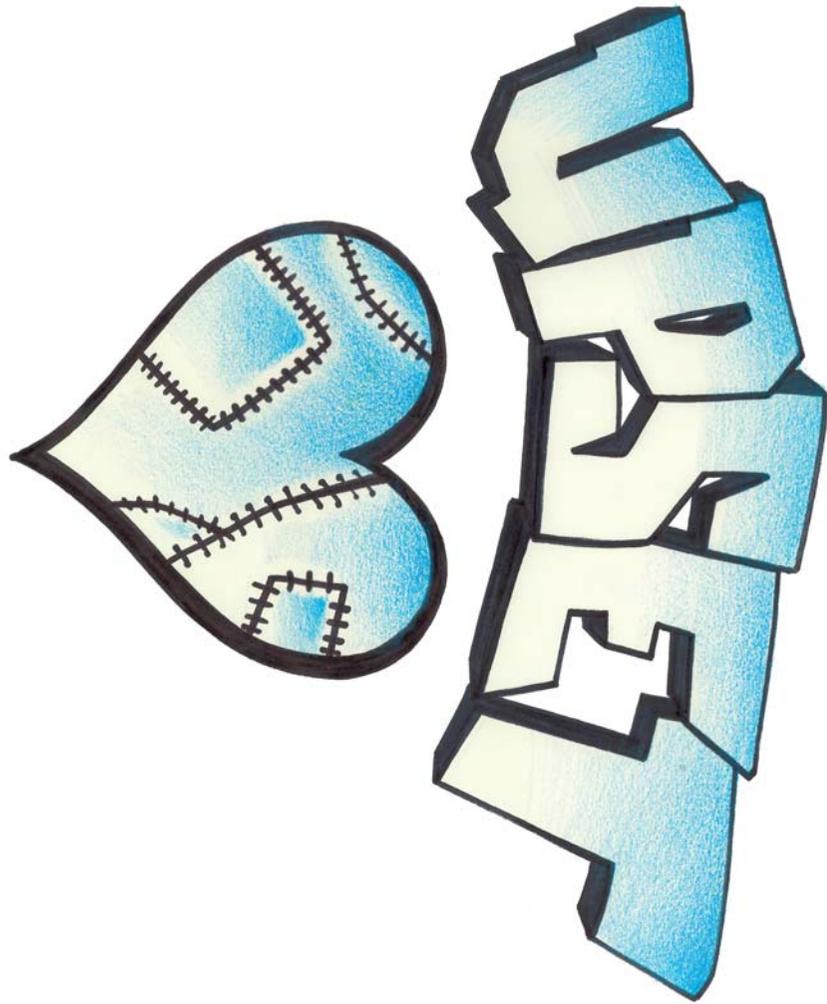
Ben's story



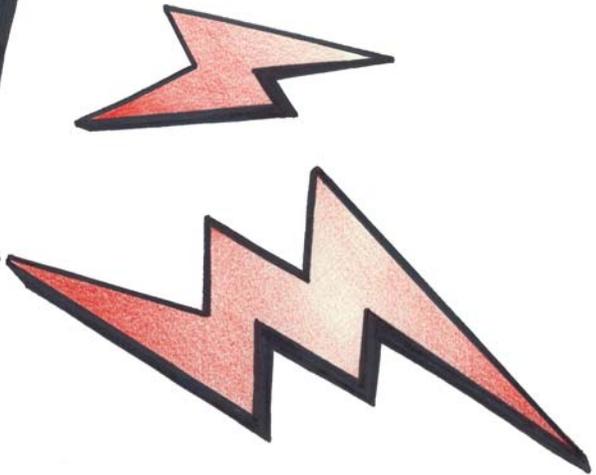
Julius' story



Danielle's story



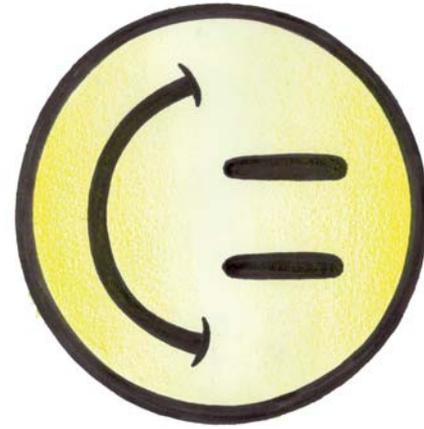
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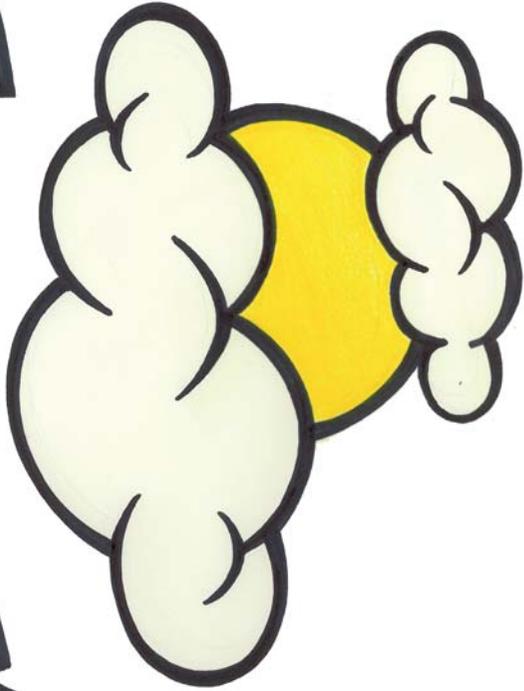


GREEN



SMILE

Knowledge



Knowledge





SEADUCKS



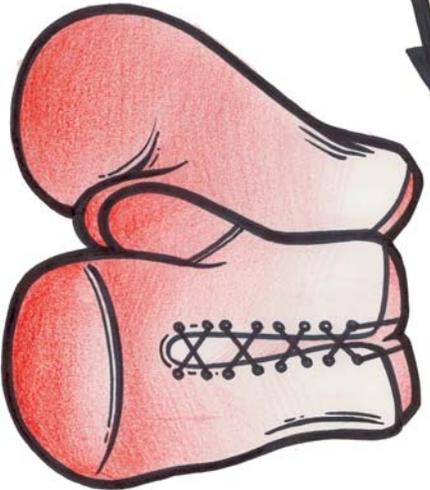
STINKS

SHARINGS



CARING

RINGS

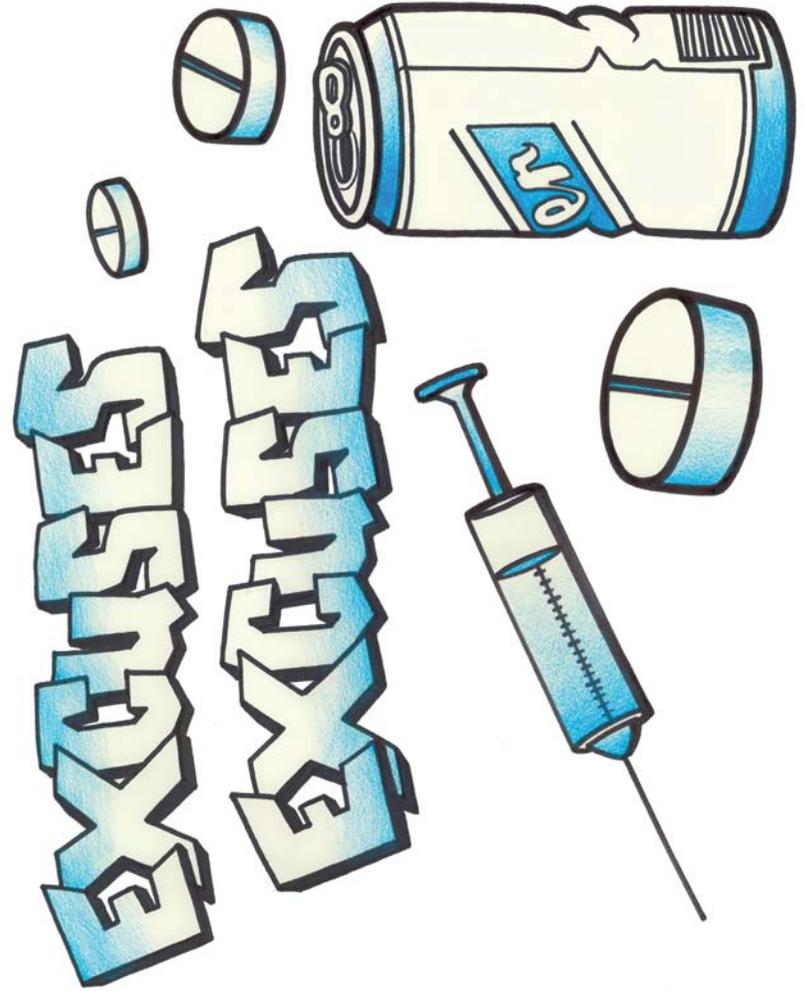


**KEEP IT IN THE
RINGS**



**BE
YOURSELF**

STREET



EXTRA

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- Young Oasis Project, Brighton

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www.adfam.org.uk
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