

Cont...

### Time-Out

What is a Time-Out? - Time-outs are a tool men are asked to use to prevent them from saying or doing abusive things to you or your children. Time-outs can be used by the men to choose non-violence and build trust in their relationship. A time out should be negotiated with you, as long as you feel safe enough or want to do this.

**Time-outs should always be negotiated and worked out well BEFORE they are needed.**

These are the basic steps:

1. When your partner is aware that he needs to take a time out he should let you know by saying something like : "its getting too much for me, I am taking a time-out."
2. He should leave the situation immediately.
3. He will be going away to cool off, and work out how he can be respectful and non-violent.

**This is for him to do alone or with a support person. Not you, you are not responsible for his change.**

Once he has worked through his time-out, he should ring you to see if you are okay with him coming back to the house. If you still feel unsafe, let him know, as per your negotiated agreement. The advocate can assist you with time-out agreements. You might want to negotiate your own time-out. The length of time needed for a time-out can vary. An effective time-out should take between 60-90 minutes.

**If you want to know more please contact the Women's Advocate.**

### How do I know if he had changed?

Change comes slowly. Trust your gut feelings and ask yourself the following questions:

- Has he completely stopped doing and saying things that frighten me?
- Can I say what I think about the relationship without fear of being punished?
- Does it feel safe to bring up topics that I know upset him?
- Will he listen to my opinions with respect?
- Does he respect my wishes about sex and physical contact?
- Has he stopped expecting me to do things for him?
- Can I spend time with friends and family without being afraid he will be abusive?
- Do I feel in control of my life?

**If you answered NO to any of these questions it is likely you are still at risk of further violence and abuse. Always consider your safety first**

*Adapted from Gold Coast Domestic Violence Service*

Participation in MenTER does not guarantee safety for you or your children. It is a good idea to keep the safety plans you have made in place, and stay in touch with the Women's Advocate and/or the Women's Centre.

### Help is Available

DV Connect	1800 811 811
Women's Centre	4775 7555
NQ Women's Legal Service	4772 5400
NQDVRS	4721 2888

#### TOWNSVILLE OFFICE

PO Box 6061, Townsville QLD 4810

Phone: 07 4721 2888 Fax: 07 4721 1794

nqdvrs @nqdvrs.org.au

1st Floor, Metway Arcade, 390 Flinders Street, Townsville

#### MOUNT ISA OFFICE

Po Box 502, Mt Isa QLD 4825

Phone: 07 4743 0946 Fax: 07 4743 7999

minqdvrs@nqdvrs.org.au

The Old Court House Building, Isa Street

<http://www.nqdvrs.org.au>

## Against Violence #34



## Women's Advocate

**Working Towards Women's and Children's Safety**



When we speak we are afraid our words will not be heard or welcomed.

But when we are silent, we are still afraid.

So it is better to speak.

~ Audre Lorde ~

### MenTER Program

NQDVRS  
Funded by



## Your Safety Comes First

Your partner may have started a behaviour change group, called MenTER (Men Towards Equal Relationships). This program is set up to help keep women and children safe. The program provides support for you.

This support is offered by the Women's Advocate. When your partner starts group, he will be asked for your name and a contact number. This is so you can be contacted by the advocate.

If you know that your partner is attending the group you can make contact and speak with the women's advocate, even if she has not made contact with you yet.

## The Role of the Women's Advocate

The women's advocate will provide support, information and referral:

- *Support* - Discussing safety issues and assisting with safety plans.
- *Information* - About the MenTER program AARDVARC program for children, and other services.
- *Referral*- to a supportive domestic violence group for women and/or counselling.

The Women's Advocate will invite you to complete a questionnaire about your partner's behaviour and abuse towards you. If you choose to participate, the advocate can assist you.

**ANY INFORMATION YOU PROVIDE IS CONFIDENTIAL**

If you no longer have contact with your partner/ex-partner the worker can still provide you with support.

If you have chosen to stay with your partner the Women's Advocate can assist you with information about changes he is making and provide you with support.

Attending or completing MenTER does not mean he will stop being violent or abusive or that you, his partner will be safe. Therefore you should consider your safety if you choose to stay with him.

**Do not rely on him being in a group to keep you safe. The Advocate is a resource for YOU**

## What is MenTER about?

MenTER (Men Towards Equal Relationships) is a men's behavioural change program, that aims to assist men to change their violent behaviours. This educational program provides the participants with information and practical tools. The program will aim to:

- Examine & challenge men's beliefs and attitudes that support violence
- Examine the effects of violence on their partners and their children
- Examine the impact their violence has had on their own life
- Teach and practice non-controlling and non-violent alternatives.

**Whilst MenTER can offer a range of supports and opportunities for change it will not be effective unless the man himself wants to change.**

Sometimes men come to MenTER long after their relationships have ended. While you are no longer his partner, there may still be ties between you, such as sharing children. At MenTER men will learn that though they may not be with you, the best way to be a good dad is to always be respectful to the mother of their children.

Attending or completing MenTER does not mean he will stop being violent or abusive or that you will be safe.

## Changes your partner/ex may be making towards EQUALITY

Here are some of the things that you may want to know about changes your partner/ex may be making and how these may affect you!

He may change his communication patterns, the cycle of violence may change and become unfamiliar to you, which can be quite scary and unnerving. He will be learning about negotiation and time-outs and may want to raise these with you. What does this mean?

### Negotiation Process

1. Being prepared—a good discussion needs two people ready to talk.
2. Choose a time and a place-make sure you can both give the issue your full attention
3. Set some rules- e.g. no yelling threats, intimidation or mind games
4. Identify the problem-is the issue/problem open for negotiation
5. Find a solution—both list all possible options (without comment or interruption then compare the lists and mark which ones you would accept or support