

**Session 1** Introduction to the group, the facilitators and the purpose of the group

- Power and Control Wheel and the Equality wheel, what is Domestic Violence? Highlighting what an equal respectful relationship looks/feels like and what a violent/abusive and unequal relationship looks/feels like.
- Exploration of the Point of Choice model (developed by the MENter team) -
- Highlights that the use of Power and Control in a relationship is a choice.
- Myths and realities of Domestic Violence

**Session 2** Exploration of the women's use of violence: Intent, Beliefs and Effects

- Tactics of Coercive Control
- Actions, intent, beliefs and views on your use of violence.
- "Don't Bash the Loving Out of Me" written by Indigenous woman Maureen Watson, "Why the abuse?" Sourced from "Through Black Eyes".

**Session 3** How to keep yourself safe when you are a respondent on a DVO, negotiation skills and "Time out vs walking away".

- Discussion around challenging scenarios they have faced being labelled a respondent on a Protection Order, whilst also identifying as a victim of violence.
- What is anger?
- Safety Planning
- Court processes
- Creating a safer environment for change using "Time out vs Walking away" and "negotiation skills" approaches

**Session 4** Assertiveness and Self-esteem

- What is assertiveness?
- Work through Shark Cage processes

### Other Contacts

#### **DV Connect (24hr Women's line)**

Phone: 1800 811 811

For support, information, telephone counselling and emergency assistance 24/7

#### **The Women's Centre**

50 Patrick Street, Aitkenvale 4814

Phone: 07 4775 7555

Facsimile: 07 4779 2959

Women's health, counselling and homelessness assistance

#### **North Queensland Women's Legal Service**

42 Sturt Street, Townsville City 4810

Phone: 07 4772 5400

Fax: 07 4772 5315

Free legal assistance in all areas of law

Level 1, Metway Arcade  
390 Flinders Street  
Townsville 4810

**Phone: 07 4721 2888**  
**Fax: 07 4721 1794**  
**<http://www.nqdvrs.org.au>**



# SAFE WOMEN



## Women's Safety

Funded by



Queensland  
Government

## SAFE WOMEN Program

SAFE Women is a educational program for women who:

- Have retaliated while being a victim of domestic violence
- Are using Domestic Violence against their (ex) partner
- Are a respondent to a Domestic Violence Protection order

The program is held in the NQDVRS office, 4 group sessions over 4 weeks. Women may self refer to the program or may prefer to be referred on to us by a service they are linked with. One on one sessions with a worker can also be arranged. This program is culturally respectful of Aboriginal and Torres Strait Islander Women. The SAFE Women program can assist you to enhance your personal safety, and to work on behaving safely in relationships. All abuse is hurtful and affects both the victim and the abuser.

The SAFE Women's program promotes a safe, respectful and confidential group environment to explore women's experiences of abuse and violence in relationships.

## What is Domestic Violence?

Domestic Violence takes many forms. Some are subtle while others are openly violent. It includes:

**Physical Abuse:** Using greater physical strength to control you – pushing, shaking, forcibly holding, slapping, hitting, punching, biting, kicking, choking, using weapons, raping or threatening to do any of these things.

**Sexual Abuse:** Using sex as a means to control you – forcing unwanted sex and/or sex acts, ignoring or ridiculing sexual feelings, mitting sadistic sexual acts, sexual harassment, unwanted stroking, touching or squeezing.

**Verbal Abuse:** Continued verbal harassment, put downs, insults, name calling and swearing.

**Social Abuse:** Controlling you through isolation – insulting friends or family, refusing to socialise with you, or allow you to socialise, criticising you in front of others, depriving you of outside contact.

**Economic Abuse:** Controlling the finances, whoever earns them – controlling you by depriving you of enough money to live decently, refusing to work, gambling, making you beg for money for basic things, e.g. milk for the children.

**Psychological or Emotional Abuse:** Controlling you through fear and intimidation - refusing to communicate, withholding approval, appreciation or affection, punishing, threatening, criticizing, insulting, ridiculing, demeaning or degrading. It also includes playing "mind games", stalking, threatening to harm or harming animals, and any behaviour aimed at frightening you or stripping you of your self-esteem and confidence.

**Spiritual Abuse:** Controlling you through damaging/breaking your spirit, emotional abuse resulting in shame, de-

The use of abuse and violence in a relationship is about having power and control over your partner.

To make her/him do something;  
To stop him/her from doing something;  
or  
To punish her/him for doing or not doing something.

**Which reasons have you been using?**

All of us can find excuses to avoid responsibility. Think about the following:

**If we stay as we are & make no effort to change, what do we stand to gain—or lose?**

OR

**If we do change our behaviour, what then do we stand to gain—or lose?**

