



Session 5 - Family Safety

Learning Outcome	Session Focus	Session Format and Talk time
Understanding of family safety and how to intervene	<ul style="list-style-type: none">- What is meant by Family Safety?- The warning signs that someone's home life may not be safe- What you can do to support a neighbour who may be in an unsafe situation?	<p>Introduction of topic of "Family Safety", perhaps an agreement of keeping what is said in the room in the room, to keep people safe.</p> <p>If anyone is uncomfortable with this topic, they can leave/do not have to participate.</p> <p>If anyone would like to get more information, please contact one of the PEEP team after the session.</p> <p>What does family safety mean to you? (environment where everyone is respected, there is no violence, no shouting, free to have own space/own friends)</p> <p>What is family violence? (any type of physical violence, sexual violence, making threats against your safety, stalking, withholding money)</p> <p>What does the law say? (These behaviours are against the law. It is also against the law for children to be hit or see/hear violence in the home)</p> <p>Benalla ranks 9th in the state for family incidents, and 2nd in the state for incidents where children are present. What types of feelings does this information bring up?</p> <p>Why are men violent? (main reason is abusing male privilege of power. Not anger – violence is always a choice)</p> <p>How can we tell if a friend is unsafe at home?</p> <p>People who are being abused may:</p> <ul style="list-style-type: none">• Seem afraid or anxious to please their partner

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		<ul style="list-style-type: none"> • Go along with everything their partner says and does • Check in often with their partner to report where they are and what they're doing • Receive frequent, harassing phone calls from their partner • Talk about their partner's temper, jealousy, or possessiveness <p>Warning signs of physical violence</p> <p>People who are being physically abused may:</p> <ul style="list-style-type: none"> • Have frequent injuries, with the excuse of "accidents" • Frequently miss work, school, or social occasions, without explanation • Dress in clothing designed to hide bruises or scars (e.g. wearing long sleeves in the summer or sunglasses indoors) <p>Warning signs of isolation</p> <p>People who are being isolated by their abuser may:</p> <ul style="list-style-type: none"> • Be restricted from seeing family and friends • Rarely go out in public without their partner • Have limited access to money, credit cards, or the car <p>The psychological warning signs of abuse</p> <p>People who are being abused may:</p> <ul style="list-style-type: none"> • Have very low self-esteem, even if they used to be confident • Show major personality changes (e.g. an outgoing person becomes withdrawn) • Be depressed, anxious, or suicidal <p>What can you do?</p> <p>Do:</p> <ul style="list-style-type: none"> • Ask if something is wrong • Express concern • Listen and validate • Offer help • Support his or her decisions <p>Don't:</p> <ul style="list-style-type: none"> • Wait for him or her to come to you

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		<ul style="list-style-type: none"> • Judge or blame • Pressure him or her • Give advice • Place conditions on your support <p>Hand out information reference guides.</p> <p>Disclosure is not encouraged in the group, but it may arise. If it does, women are encouraged to talk 1:1 with a worker, so it will be useful for workers to be familiar with the resources available.</p>