**SELF-DIRECTED LEARNING FOR WORKSHOP NR 1 FAMILY VIOLENCE AND ABUSE IN EUROPE**

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| ACTIVITY 1 | | |
| TOPIC: Child behavior toward parents vs. violence and neglect | | |
| SELF-DIRECTED LEARNING ACTIVITY | | |
| **Main aim of the activity: Recognizing warning flags by a child's behavior** Review the links where you will find materials on attachment styles.  Using your knowledge from Workshop 1 (Chapter 1.4), assign the likely forms of violence to the attachment styles-Nervously Ambivalent, Avoidant, and Disorganized. (20 minutes)  a) What should you pay attention to if a child ignores his parent/s?  b) What should you pay attention to if a several-year-old is hostile to his/her caregivers?  c) Are these two types due to helplessness and additional problems or deliberate action? What can you do for such families? Is help due only to the child or also to the caregivers?  If so, what kind?  d) What risk factors will be most crucial for the disorganized, avoidant and ambivalent types?  e) Which types increase the risk of future partner violence?  (f) Other than domestic violence, what factors might influence the behaviors in question?  I would like to remind you that a given child's behavior does not necessarily mean violence-it is, however, a warning light that says you should look at the situation, especially whether all needs are met. | LEARNING OUTCOMES   * Knowledge how to recognize worrying signals * Ability to show what to pay special attention to. * Ability to sensitize that sometimes the source of a parent's violence or neglect of a child is helplessness | DURATION  2 hours |
| **Materials & preparations**: Notebook, pen, computer. | | |
| **Debriefing and self- evaluation:** The child's behavior says a lot about the parenting style. In particular, it can indicate neglect or lack of care. This exercise will allow you to better catch warning signals. | | |
| **REFERENCES:** IRENE Workshop nr 1 <https://positivepsychology.com/attachment-styles-childhood/> | | |

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| ACTIVITY 2 | | |
| TOPIC: Victims' concerns and solutions to them. | | |
| SELF-DIRECTED LEARNING ACTIVITY | | |
| **Main aim of the activity- A look from the victim's perspective**  Many victims of violence do not report it. In this exercise, you need to empathize with the victim for better understanding. List 5 reasons each (they don't have to be rational-especially gaslighting victims don't behave rationally-but they must be plausible from the victim's point of view) for not reporting violence for the cases in question:  (a) 13 year old is experiencing physical and psychological violence from parents.  (b) A 16 years old transgender person is experiencing psychological and gender violence from the family.  c) An adult woman experiencing sexual and financial violence from her partner.  (d) A senior citizen experiencing psychological violence from his guardian child. He is incapable of functioning independently.  It is time for the second part of it.  Please find two solutions to each of the reasons. Remember that you can't force the victim to do anything-but you should show her what options she has to get out of the situation and how she can seek help. At the same time, we know, that for some emotional aspects you may not find a solution. | LEARNING OUTCOMES   * Understanding the victim's point of view * Understanding the barriers and limitations she/he faces. * Ability to find and offer solutions | DURATION  2 hours |
| **Materials & preparations: Notebook, pen, computer.** | | |
| **Debriefing and self-valuation:** Victims of violence often do not have the opportunity to cut themselves off from their abuser due to various factors-whether economic or psychological. Sometimes they are also so accustomed to the situation that, despite suffering, they prefer to persist in it as it is familiar to them. Sometimes to change their perspective it is enough to show them solutions. | | |
| **REFERENCES:** IRENE workshop nr 1 | | |