



Co-funded by the Erasmus+
programme of the European Union
Project Number: 2017-1-IT01-KA202-006241



Guidelines
to provide unaccompanied children with aftercare services once they
are found.

1

- Domestic violence-

Instituto Príncipe Real

Partners



Contents

1	Introduction	3
2	Types of Domestic Violence: Causes and Consequences	4
3	Main Perceptions of Youth on Domestic Violence	5
4	Causes and Consequences of Domestic Violence	6
5	Domestic Violence While Public Crime	9
6	Professional response	10
7	Emergency measures	12
8	Impact on children and adolescents	15
9	How to support a child or young person who reveals a situation of violence.	16

1. Introduction

Children and adolescents living with domestic violence may manifest emotional and behavioural problems, including violent and aggressive behaviour. They also run a greater risk of being directly targeted by emotional or physical abuse. These experiences can compromise the learning and the capacity to consolidate friendships in the school.

Early identification of difficulties can lead to faster and more effective support and intervention among young people and their families. Teachers are ideally placed to understand when a student or student is having problems.

Intervention in school and prevention initiatives can reduce risk and increase protective factors for children and young people. Teachers and teachers can be the people who make a difference in the lives of students who have problems at home. Schools can be places of safety and support for the most vulnerable children and young people and the adults who work there can contribute to changing the lives of a child affected by violence.

This manual contains information that may help you:

Learn more about domestic violence and its impact on children and adolescents;
Recognize the signs students can show when they are having problems.

These signs can occur for a variety of reasons, including domestic violence;
Learn ways to support students and deal with problem behaviours in school;

Provide support and information about the resources available to parents, especially mothers, who may also be victims of domestic violence.

2. Types of Domestic Violence: Causes and Consequences

Children need the family environment to provide healthy conditions for a balanced and adequate development, which includes positive stimuli, balance, good family relationship, affective bonding, among others. The UN Convention on the Rights of the Child recognizes "that for the full and harmonious development of his or her personality, the child needs to grow within a family in an atmosphere of happiness, love and understanding".

Although it is in the family that a context of love, security and fundamental protection for child / youth development is expected, it is sometimes where we find more abuse being a space where children and young people are victims of direct or indirect victimization. Any act of violence other than the harmful effects on the direct victims, including children who witness violence, suffers and have repercussions on their future life.

With a strong prevalence in conjugal relationships, domestic violence is assumed to be a more general phenomenon, extravasating this type of relationship to other kinship / family relations. Assuming an essentially feminine face, domestic violence affects children and the elderly; people who are dependent or disabled, in a near "selection" exercise of the weakest.

This violence can be manifested in various forms, consubstantiated in a wide range of acts, which can be grouped together to make it possible to be classified. Thus, although there are several ways of operationalizing the concept of domestic violence, there are three types that we usually find in the literature on this subject. Are they:

PSYCHOLOGICAL AND EMOTIONAL ABUSE:

- when your parents or carers try to hurt or punish you because of something you did by insulting you, screaming at you, threatening you or making you feel ashamed.
- when your parents constantly forbid or prevent you from socialising with your friends or any other important person (for example, locking you inside your own house), and therefore prevent you from sharing your life with others or from having support and friendship from others.

PHYSICAL ABUSE:

1. when your parents or carers try to control, humiliate or punish you by using (or threatening to use) physical force or violence.
2. some examples of violence are: slapping you, punching or kicking you, hitting or throwing objects at you, tying or restraining you, biting or burning you.

SEXUAL ABUSE:

- unwanted sexual comments or advances;
- unwanted sexual touching (e.g. of your private parts);
- being pressurised into performing sexual acts with others;
- being made to participate in videos or photos involving sexual interaction and/or exhibitionism (e.g. naked or sexual posing);
- being made to watch something sexual (such as someone flashing or exposing themselves to you);
- being forced or pressurised to have sex, including penetration of anus (bottom), vagina and/or mouth with body parts (e.g. penis or fingers) or objects.

3. Main Perceptions of Youth on Domestic Violence

Psychological Violence: It consists of acts such as shouting to frighten the victim, humiliate her with words and behaviours, chase her on the street and / or at work, compare her negatively with other people, refer in a negative way to everything that she does, defame her and give her lovers, humiliate her by referring negatively to her physical appearance, mistreating her family and friends (who begin to avoid being close to the problem), breaking the furniture and objects, to wake her at night to frighten her, blackmail her, throw food on the floor, assign her to prostitution and direct her insults.

There are also other forms of action that, although referenced as strategies of action of male aggressors against women, are not exclusive to this form of violence, being transversal to all others. These acts are almost always associated with the three previous types of violence:

- Relational isolation: "It consists of forbidding the victim to work, to leave the house, to have friends, to contact the family frequently. This, in turn, may also not want to have any rapprochement with the victim, fearing to aggravate the situation of this or even fearing reprisals. In turn, the victim also avoids relating to other people, fearing the anger of the offender, on the one hand, and feeling ashamed of the problem that has, fearing the incomprehension of others, on the other hand";

- Intimidation: "It consists in keeping the victim always very afraid of what he can do against himself and against his family and friends (especially his daughters) and his things. The offender can use words, shouts, simple looks and facial expressions, show or manipulate objects (such as cleaning the shotgun, loading the revolver, sharpening a knife, displaying a stick, etc.). He can still use his physical stature, when superior to that

of the victim, by simply approaching it. Intimidating it can keep it under control, because within an atmosphere of future violence, always fearing what may happen ";

- Economic domain: "It consists in denying the victim woman access to material assets of the couple, as money for the satisfaction of basic necessities such as food, medicines, payment of regular expenses, such as the supply of piped water, electricity, telephone, etc. .

It may also prevent a woman from having a job outside the home. It may also allow you to work outside, but not allow him to use the wages he takes out of it, managing it exclusively. "

6

Typically, the types of violence referred to rarely arise in isolation. They usually occur together, associating several behaviours that usually appear combined and "which translate into a behavioural pattern of abuse and control, in which the aggressor has as its ultimate objective, the exercise of power over the victim." It is present in all cultures, social strata, ages and regions. However, the perception of violence is socially and culturally differentiated according to the type of acts.

Sexual violence is mainly pointed out by women with higher levels of formal education, senior and professional professionals, middle and upper middle class and younger; physical violence is the one that is most often referred to by women with lower levels of education, workers, lower social strata and older.

There is, however, a type of violence that presents a greater transversality to all social strata: it is **psychological violence**. A social differentiation in the perception of violence also implies different forms of action. Thus, it is verified by the same study that the cases of violence are fundamentally denounced by the social groups most exposed to the changes, being that these transformations do not occur homogeneously in the different social strata, age groups and even regions.

They are the youngest women, with higher levels of formal education and living in more urbanized areas, those who more easily report being victims of violence. Conversely, older women and lower social strata have a greater difficulty in breaking a cycle of violence, hiding or not perceiving their existence, guiding "their behaviour towards traditional values that place them in a situation of formal dependence and symbolic of the men with whom they live. "

4. Causes and Consequences of Domestic Violence

The great majority of the aggressors, as well as the victims, tend to justify the triggering of conflicts in factors external to the relationship itself: economic difficulties, alcoholism and drug addiction are usually referred to. Domestic violence appears here as a response to social violence being caused by the social difficulties that the family cannot overcome.

In other situations they are pointed as determinants for the aggression, problems of the psychological forum, as depression and stress. Finally, emotional aspects arise: frustrations, anger and jealousy.

However, even though these responses may try to find ways of combating domestic violence, we must never forget that there is no justification for mistreatment, which is, above all, a violation of the human rights of every citizen. What some studies have actually confirmed is the existence of a direct relationship between maltreatment and maltreatment, referring to the theory of reproduction of the cycle of violence. In many cases, the aggressor has been actively abused or neglected, growing up in a violent family environment where he has only known certain kinds of attitudes that have become his model.

The same type of situation applies to the victim, often belonging to families of origin where they have been victims of child abuse, or witnessing episodes of violence, leading to their normalization and the consequent acceptance of relationships where the problem remains present.

Situations of domestic violence can drag on for years without anything altering, and episodes are accumulating that one in three women had been the victim of two or more episodes of violence.

There are several factors that contribute to maintaining a violent relationship on the part of the victim. Their identification leads us to a better understanding of the phenomenon and the high rate of recidivism.

- **Cultural reasons.** Although there has been a gradual increase in the visibility of domestic violence, associated, on the one hand, with a redefinition of the social role of women and, on the other hand, with changes in customs where certain situations considered as normal or exclusively from the private family, social pressures and cultural traditions continue to exert a strong influence on the permanence of women in relationships where they are mistreated.

In this sense, the idea arises of the need to maintain marriage at any price, thus overlapping the social value of maintaining the family to dignity and safeguarding the rights of the person.

-Deficient information. Unawareness of their rights or fear of consequences, including not considering themselves a victim of crime.

- Weak or non-existent support from family and friends network. It is common for the victim to blame himself / herself, devalued as a person and feeling embarrassed about exposing their problem to others by isolating themselves. Thus, it gradually moves away from friends and family, eventually becoming more vulnerable.

- Financial dependency. Scarce and impeding resources to achieve autonomy, such as lack of employment, home and other assets in their name.

- Psychological and affective reasons. The process of blame and humiliation that live over the years, often makes the decision to break. In this type of factors, the **Conjugal Violence Cycle** plays a central role. In fact, violence between a couple almost always takes on a circular form, starting, ending and returning to the stage where it first began.

In this cycle we identify three phases:

Increased tension (the aggressor accumulates daily tensions, which he does not know how to solve without the use of violence, creating an environment of imminent danger for the victim, who is blamed for such tensions);

Violent Attack Phase (the abuser physically and / or psychologically abuses the victim, who seeks to defend himself only by passivity, waiting for the attack to cease);

Stage of Appeasement (after the "unloading" of the tension by the violence, the aggressor manifests regret with good treatment and seduction, promising not to be violent again).

Thus, they are experiencing contradictory feelings of "fear, hope and love" fear of repetition of violent episodes, hope to be able to interrupt the process and to carry forward the project of married life dreamed of, love that continues to feel for the person who chose for spouse and that makes him / she believe in the possibility of change during the phase of appeasement, being also referred cases of depression.

In turn, most of these symptoms remain present for more than a year. The economic and social costs of domestic violence have also been studied, as well as the strong vulnerability of victims, including women: "Women victims of violence are three to eight times more likely to be victims, depending on the cases, of having children who are ill, of not being able to get a job and, if they are employed, of not obtaining professional promotion, of having recourse to hospital services, psychiatric consultations for emotional disturbances, and risk of suicide. "

5. Domestic Violence While Public Crime

Despite the persistence of the phenomenon, it is undeniable that we have been witnessing, in recent years, a growing social and political awareness about domestic violence, which has led to the launching of various actions at various levels. Domestic violence can happen:

- Among people of the same family;
- Among people living in the same household;
- Among married or unmarried persons;
- Among people who have children in common;
- Among people who are already separated or whose relationship is over;
- Among people who have a dating relationship, even though they do not live together.

Responses from the judicial system should avoid victimization of the victim and take into account their experience and fears. Appropriate responses to be given include:

- Define the status and position of the victim
- Increase the level of protection offered by the system
- Facilitate the active participation and representation of the victim in the process.

Professionals should be aware of the need for the victim to feel safe and to recover the sensation of well-being. Women who leave a violent situation experience different types of needs, including housing, subsistence, child support and emotional support.

It may also be the case that the aggressor has frequent contact with the victim, and there is a risk of retaliation and manipulation. The justice system can prevent further "victimization" by:

- Promote joint
- Provide information to the victim about legislation, legal support, emergency shelters and emergency telephone lines
- Provide information on the course of the case and the whereabouts of the offender (so that he can protect himself and his family)
- Provide legal advocates
- Effective use of bail and protection orders
- Provide safe emergency shelters
- Collect evidence trying to respect the victim's situation
- Increase the effectiveness of the legal process by simplifying it
- Change certain practices in court
- Allow the victim's contribution to the judicial process
- Make it clear that the community does not accept violent behaviour
- Take into account the risk that certain sentences may pose to the victim.

6. Professional response

Professionals from various sectors who are in contact with potential victims should be able to detect signs of domestic violence. They need to know the steps to take in response to the problem. The first practical intervention is to recognize that there is an abuse situation. The next step is to decide what steps to take.

In practice, police officers are often the last resort for the victim of domestic violence. The search for help generally follows the same pattern. Initially, the victim addresses some informal means of support, such as family or friends. In some situations, women talk to each other. Women then turn to more formal solutions, such as talking to a priest, pastor or "mullah" (Islamic leader or religious leader). Then the woman goes to doctors, nurses or social work techniques. It is only in cases of repeated and serious assault that the police use it.

On the basis of this standard, it is essential that training be given to other types of entities, in addition to the police, in order to sensitize their professionals to the needs felt by the victim and to enable them to provide them with adequate information. An understanding of the situation and the needs of the victim of domestic violence can help professionals to provide support. She was subjected to intimidation, through verbal, emotional or physical aggression. This situation can result in:

- Fear
- Stress and extreme trauma
- Decreased self-esteem
- Anxiety and depression
- Isolation and dependence
- Insecurity and loss of self-confidence
- Uncertainty and ambivalence
- Guilt
- Difficulty in making decisions
- Desperation
- Impotence

It is important to understand that the victim of violence and abuse requires practical and emotional support (to regain self-confidence). The elements of this intervention are as follows:

a) Material resources:

- Safe shelter and accommodation
- Follow-up of children
- Access to community services;

b) Emotional support:

- Short-term and long-term counselling
- Positive Thinking Training
- Self-esteem and self-confidence recovery sessions
- Sensitization to maternal role performance
- Mutual support and support groups;

c) Legal defense and practical legal assistance related to:

- Possibility of access to and custody of children
- Property issues
- Financial support
- Social benefits

Professionals should remember that when the victim asks for help, they often feel ashamed, humiliated, frightened and responsible for the violence. These women need advice and support aimed at strengthening their energies. They may need to be assured that they are not alone in their struggle, from the comfort of knowing that they are not unique, from the conviction that they will not be harmed and, above all, from the certainty that what is happening is not their responsibility. It is essential to convey to these victims the idea that they are in no way responsible for the violence committed by their husbands.

Practitioners should encourage these victims to make their own decisions in any way they see fit. Safety is a priority. Professionals can help by presenting various solution alternatives without imposing their values and decisions or judging the options they take.

If counsellors and other professionals believe that these women contribute to violence or suggest they can take advantage of it, then the abuse will go unpunished because these excuses cover up the reality of the facts. Professionals should avoid blaming the victim. There are, for example, traditional psychoanalytic approaches that frequently blame women, either as wife, or as the aggressor's mother. This approach is based on the personality of the victim, leaving aside the violent behaviour of the aggressor.

Often, the victim feels pressured to participate in counselling or family therapy sessions. Both professionals and victims should be aware that focusing on marriage or the family can put women at risk of further violence. Another of the negative aspects of marital counselling is to attribute to the woman part of the guilt, albeit in a veiled way. It seems to suggest that women can end violence if they change their behaviour.

7. Emergency measures

Women need access to emergency services, which can include:

- Crisis intervention teams
- Emergency telephone lines
- Shelters or other emergency facilities for the victim's accommodation
- Transport networks
- Legislation that allows the victim or the aggressor to leave the home

Crisis intervention teams use trained staff (including volunteers) to respond to domestic violence.

Effective intervention in crisis situations:

- Ensures the safety of the victim
- Believe in the victim's version of what happened. It is important for the psychological strengthening and self-esteem of the victim that the professionals believe in her
- Provides adequate follow-up and support.

Emergency telephone lines provide assistance and put people in touch with support services. Some of these lines are intended for a wide variety of situations, including domestic violence.

3. Para além das medidas de emergência a curto prazo

Although shelters are a safe place, in the short term there is a need for medium and long term accommodation. The victim sometimes needs a kind of help that goes beyond the short-term emergency shelter. Needs emotional and practical support. If you try to get out of violent situations to become independent, you will need:

- Emergency accommodation (shelter / shelter)
- Women's support centre support
- Follow-up of children
- Financial support
- Long-term health care
- Therapy / counselling
- Therapy for children
- Social and emotional support
- Employment
- Legal help
- Vocational education and training opportunities.

It is very important how the first care for the victim of domestic violence takes place. It is usually a difficult time, either for the victim, who is weak and who, for the most part, is unaware of the kind of support we can give him or the professionals themselves, since we will have to go meet the various purposes of this initial service. It is a time of mutual evaluation in which both parties will be concerned about what another thinks.

The victim often presents with many expectations, fears, fantasies, etc. She is generally unsure about what is expected of her and is often afraid to reveal to a stranger very personal information, even though she knows that it is a professional. These fears and expectations are brought to the first attention and can have some influence on us, so it is important that they be addressed in a clear way, in order to start the support process.

In addition to responding to these types of perceptions and doubts of the victim, we may experience some anxiety: fear of being seen as incompetent, of failing to control the conversation, of not knowing what to say, of the victim being uncooperative or even hostile, of not being able to respond adequately to the needs it presents. So that this initial anxiety does not significantly affect the first care, we must make the effort to promote the relief of tensions and fears, in order to provide a productive space for the victim and for ourselves. We can point out some suggestions so that we can decrease the initial tension and anxiety:

- a) Know the physical space of the service, as we are familiar with this helps to feel at ease;
- b) Include that it is not mandatory to respond to all questions raised by the victim;
- c) Feeling that almost everything we say is reparable;
- d) Become aware that we do not have to ask all the questions or get answers to all the questions that the person asks us: there are always opportunities to clarify something that has become more confusing;
- e) Allow the victim to pause or silence and intervene on them only when it seems strictly necessary: silence during the session is not necessarily an evil;
- f) Avoid expressing, verbal or corporeal, strangeness or confusion: it is preferable, in cases of absolute necessity, to leave the room calmly to consult our coordinator, or a colleague.

Any professional, regardless of his / her area of intervention, must be able to perform the first service, since in this, more than a specialized support, if it intends to achieve other purposes, which we will enunciate next.

The first service has two purposes:

1) The provision of Emotional Support. The first care is perhaps the moment in which the victim presents in a more precarious emotional situation, due to the temporal proximity of the traumatic occurrence. It is the moment when you need to communicate with someone who can demonstrate understanding and, more than that, empathy for your problem. The quality of this type of support stems essentially from the personal competences of each professional, from the assimilation and application of the communication rules referred to above, as well as from the experience that accumulates in their daily practice;

2) The collection of information. This collection must be as wide as possible, but always within the limits of what is necessary, on the one hand, and of the one appropriate to the moment, on the other. We must seek to collect information at three levels:

a) History of pre-victimization and personnel. We must analyze the family history of the victim and can use a family assessment tool, a visual diagram of the family tree, which allows understanding the family's relational system as well as the most important biographical events. The educational and / or professional history also contains important aspects that can provide elements inherent in the social context of the victim and his primary support network;

b) Narration of victimization. We must seek to identify the origins, evolution, and dynamics of victimization, as well as problem solving initiatives. It is important to collect and exploit some data to allow a risk assessment to begin: the detail of the incidents of aggression, the severity and frequency patterns, the identification of the alarm signals, the extent of the injuries caused (as an indicator of the severity involved), the risk of suicidal or homicidal behaviour and the existence of risk factors for the occurrence of severe violence (for example, the possession of a weapon by the aggressor);

c) Post-victimization history. With a view to an effective assessment of the impact of the victim, we must also analyse the conditions for intensifying or perpetuating the problem, which keeps or worsens. We must also know the strategies that the victim uses to deal with this, as well as their abilities to generate change, which implies knowing their primary and secondary network, also assessing their degree of social isolation and their situation in the family context. The more detailed and useful the information collected, the better the assessment of the problem and the legal, psychological and social needs assessment. Consequently, the more efficient the intervention strategies will be.

However, if the victim's discourse reveals contradictions, doubts or omissions of important information, we must explore other sources of information (family, friends and / or institutions), with the prior authorization of the person. An intervention plan should be structured together, keeping in mind the victim's request. This request is sometimes not very explicit and may be implemented in a somewhat disguised way, such as a request for information or through the claim that it is a friend who is experiencing the situation described. In view of this, it is for us to proceed to the decomposition of that request, understanding what is implicit and thus helping the victim to speak more directly about it.

8. Impact on children and adolescents

Watching, hearing or knowing that the mother is mistreated by her partner jeopardizes the sense of stability and safety of children and young people.

Children and adolescents may experience greater behavioural and emotional problems. In some cases, these young people exhibit traumatic stress reactions (eg, flashbacks, nightmares, intensified panic reactions, constant concern about possible danger). Children and adolescents living with domestic violence are exposed to a higher risk of physical aggression or child abuse.

The perpetrator may use children and adolescents as an instrument of control over adult victims. Examples include:

- To affirm that the bad behaviour of the children is the reason of the aggressions exerted on the victim;
 - Threatening to attack children and their pets;
 - Tell the children negatively about the behaviour of the victim;
 - Keep the children hostage or kidnap them to punish the adult victim or obtain condescension;
 - Hide important documents of the children (eg birth certificate, health cards, passport).
- Children and adolescents may express a strong sentimental ambivalence towards the violent parent: affection coexists with feelings of resentment and disappointment.

Young people will be able to imitate and learn the violent attitudes and behaviors they attend at home and take them as a model. Exposure to domestic violence may make children and adolescents less sensitive to aggressive behavior. When this happens, aggression becomes "normal" and less likely to cause them concern. Regardless of the cultural background of young people, the feelings resulting from exposure to

interparental violence are probably the same. However, some pupils may face additional barriers to seeking help because of differences in the dominant culture, such as:

- Cultural and linguistic barriers;
- Visibility of the situation of the mother within the community;
- distrust of adults in positions of authority (eg police officers);
- Growing concern about secrecy;
- Social isolation;
- Limited resources and support;
- Racism;
- Discrimination;
- Lack of documents.

9. How to support a child or young person who reveals a situation of violence.

Tell the child or youngster about the limits of confidentiality. Tell them when you cannot keep the information confidential (eg, if someone is being treated badly, if someone plans to harm themselves or others). What you say will be influenced by the legislation and practices adopted.

Let the child or youth tell their story. Having someone to trust often helps children and youth talk about domestic violence or other disruptive events in their lives. Do not press him to speak. It is important to keep in mind that your role is not to gather evidence or investigate the situation. Your role is to listen and understand the feelings that the student is sharing.

Reassure him / her. If you entrust him with a revelation about a disturbing incident that has happened at home, reassure him / her by corroborating your feelings (eg, "It must have been very scary to you. Depending on the situation, it may also be helpful to show that you liked what you had told you; that violence is not his fault and that no one should be hurt.

A growing student may ask you not to tell anyone what you have told them. It will be important for you to inform if you need to tell some people who can help you (and others) to be safe.

Tell him / her what he / she will do. Children and young people often feel relieved, but vulnerable, after a revelation. The disturbing situation with which they are dealing can also make them feel powerless. Inform the student about the steps he / she intends to take and when he / she will talk to him or her again, it can reduce anxiety.