

EQUIPS

Domestic Abuse

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EQUIPS Domestic Abuse explains abuse and violent behaviour in relationships. It will help you to understand yourself better and to plan for a future that is better for yourself and your family.



1 Identifying abuse

Module 1 focusses on the different types of abusive behaviours: **Emotional, Physical, and Financial**.

In this module participants will begin to understand that not all domestic abuse is violent. Participants will learn how to identify the different types of behaviours that are considered to be abusive towards their partners, children and family.

It also identifies and challenges the thought processes and behaviours that support the use of all types of domestic abuse in a relationship.



2 Managing moods, beliefs & emotions

Module 2 explores how moods, beliefs, emotions and thoughts are linked to abusive behaviours. It also explores strategies to better manage them.

The module challenges thinking around male and female roles and gender stereotypes and focusses on accepting responsibility for your own thoughts and actions rather than blaming the victim.



3 Offence mapping

Module 3 explores the thoughts, feelings and values associated with domestic abuse offending. It helps to identify early warning signs, high-risk situations, decision points and impact on others and how making better decisions can stop abuse. The module includes an examination of the 24 hours that led up to the domestic abuse offence and identifies things that could have been done differently to avoid committing the offence.



4 Victim Impact

Module 4 explores the impact of domestic abuse on intimate partners, children and family.

It examines how victims may feel and react to the abuse as well as the long-term impact of domestic abuse on children.

It aims to help participants understand the impact their offending behaviour has on their partner and their children. It also looks at the impacts of domestic abuse on the broader community.



5 Sexual respect, relationship skills & self-management skills planning

Module 5 focusses on learning new skills to help communicate and listen respectfully in a relationship.

It explores better ways to manage conflict both when in a relationship and after a relationship has broken down. It also explores the importance of sexual respect and consent in relationships.

The program concludes with the development of a final self-management plan that outlines better ways of managing thoughts, feelings and behaviours.