



# Not In My House

## Information for Referring Agencies

Not in my House is a five week program held at least once each term. The program is facilitated by experienced child, youth and family staff with comprehensive domestic and family violence experience and knowledge.

### Aims:

- Building safer families
- Building self esteem
- Building awareness of the effects of domestic and family violence
- Reduce isolation by sharing common feelings/experiences

### The program covers:

- Power and Control Wheel
- Cycle of Violence
- Equality/Non Violence Wheel
- Respectful Relationships
- Are you living in a Respectful relationship?
- Effects of Domestic and Family Violence on Children at each stage of development
- Men's Behaviour Change Groups and what it might mean if your partner (or ex-partner) participates
- Safety planning including age appropriate safety planning with children
- Safety when preparing to leave
- Self Confidence and Goals
- Strengths and Achievements/Self-esteem
- Parenting after Domestic and Family Violence
- Healthy vs unhealthy relationships
- Questions to ask yourself about a new partner
- Mindfulness and Stress Management
- Staying Safe during Family Contact
- E-safety (online)

