



Safe from the Start #8 eNewsletter MAY 2018

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CELEBRATING TEN YEARS OF SAFE FROM THE START

AWARDS

The top National Crime & Violence Prevention Award, HESTA, Child Protection and Play Your Part Awards.

We celebrate this milestone acknowledging some amazing and inspirational women who have contributed to the success of this project including: the late Associate Professor Erica Bell, Dr Angela Spinney and Dr Wilma Gallet. The first research project undertaken by Professor Erica Bell, UTAS, identified the need for an increased emphasis on the impact of family violence on children and the need for a training program and suitable resources. Dr Angela Spinney, conducted the action research project and designed, developed and evaluated the one day training program and resource tool kit. Dr Wilma Gallet has been the training consultant for the past 5 years.

This training has now been delivered to over 2000 people in 60 locations in Australia, New Zealand and the UK.

The interest in the Safe from the Start project has increased considerably at a national level due to the increased community concern about family violence, State and Commonwealth Government attention and in particular the Victorian Royal Commission into Family Violence. The media coverage of a number of high profile domestic violence cases, social media and research has also contributed to ongoing concern of family violence impacting on children.

Safe from the Start training has been conducted in over 200 locations in all Australian states in New Zealand and the UK. The Safe from the Start resource toolkit continues to be distributed throughout Australia and other overseas countries with over 1000 kits distributed.

2017 was an extremely interesting and fulfilling year with training conducted in 12 locations, new resources identified and new partnerships established.

Current trainers:



Dr Wilma Gallet



Nell Kullenburg

NEW RESOURCES

The following resources can be used in training presentations:

[Australian film clip showing how domestic violence affected the child who drew a picture showing her sadness](#)

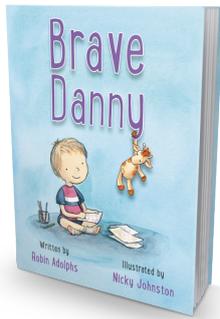
Australian songwriter, Paul Kelly YouTube clip and song: [If I could start today again](#)

[They thought I was asleep](#) - a very powerful Paul Kelly song

A list of 14 YouTube clips can be found on the Start Today Again website: www.salvationarmy.org.au/starttodayagain

[Small & Insecure Song](#) by Nakita Nia, launched on Violence Prevention Day (White Ribbon) in Victoria 2017

NEW CHILDREN'S BOOKS THAT DISCUSS FAMILY VIOLENCE, EMOTIONS RELATING TO A FAMILY TRAUMA OR BULLYING



Brave Danny

The Brave Danny book and manual written by Australian children's author Robin Adolphs and the National Rural Women's Coalition.

Danny is a 6 year old boy who repeatedly hears his mum being abused by his Dad. Danny loves both his parents but because his dad has always treated his mum this way, he thinks his Dad's behaviour is right and normal. But he is frightened of his dad. Every night he goes to bed and pretends to be asleep. He listens to his dad mistreating his mum. Danny thinks his life is normal until he goes on a sleepover at his best friend Alex's house. Alex's dad is kind and fun to be with, and Danny feels happy.

Danny wishes his dad could be more like Alex's dad. But what can he do?

www.robinadolphs.com/

Brave Danny Manual

Notes // Activities // Worksheets // Colouring in pictures

Brave Danny the book with accompanying notes, children's activities, and worksheets has been designed to assist adults talk with young children about domestic violence in a sensitive and honest way. It is written to engage young children and bring a message of hope to some of our smallest victims.

www.robinadolphs.com/wp-content/uploads/Brave-Danny-Notes-Activities-Worksheets.pdf



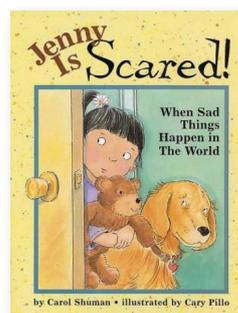
Queenie's Little Book of Comfort

Another Australian book by Judi Rhodes and Tanya McQueen.

All children deserve to be happy.

There are loud yelling noises coming from the kitchen. Queenie, the baby quoll, is frightened, and so she runs to Eric Echidna's house for help. Eric shows Queenie how to feel brave, stay calm and keep safe.

Tanya and Judy work at the coalface helping families, and children in particular, cope with family violence on a daily basis. They are passionate about empowering children to keep themselves safe.

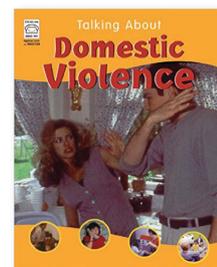


Jenny is Scared

A comforting, coping story for children who are aware of the threats of violence and terrorism in the world. A range of fears, feelings and questions are explored. The child reader is encouraged to talk to parents, friends and other caregivers.



The Sponge, a multi-media film clip featuring a boy and girl version with a graphic image of a sponge in water, which is absorbing the blood from an injury of the mother. The narration compares a child's developing brain to a sponge which soaks up the atmosphere of the home whether peaceful or violent.



Talking About Domestic Violence

Ages 6+. A sensitive introduction to difficult personal and social issues. Offers support with reassurance and strategies for dealing with problems and special fact boxes for making difficult decisions. Lots of colour photographs of individual children feeling the effects of violence in the home: Greta couldn't sleep when her dad was violent; Charlotte was so worried when her step-dad hit her mum that she started having tummy aches. Different feelings are discussed and the fact that violence in adults is never the fault of children. We meet families living in a refuge or with grandparents, and we see them beginning life again in a new place. We also see happiness after all the trauma.

www.healthybooks.org.uk/annotation/238/

NEW PROJECTS

START TODAY AGAIN

Start Today Again

The Safe from the Start project has actively supported the development of a new family violence action research project: "Start Today Again – fathers healing relationships after family violence". This project was developed in partnership with The Salvation Army and the University of Tasmania and aims to engage fathers who use violence to be challenged and encouraged to change their behaviour so their children can heal and thrive.

starttodayagain@aus.salvationarmy.org
salvationarmy.org.au/starttodayagain

Domestic Violence Research

Dr Katie Lamb: Children speak out on family violence

Interviews with children and young people whose fathers use violence reveals that they require their Dads make amends so they can move on. Their voices are now being used in fathering programs. "Children's perspectives on their relationship with fathers who use violence rarely figure in the research literature or in the legal processes dealing with family violence. But when I came to talking to them I was blown away by exactly how strong their views were, whether it was an older young person or a child as young as a nine year old," says Dr Lamb. "They all in some way wanted their fathers to acknowledge that what they had done was wrong and apologise."
<https://pursuit.unimelb.edu.au/articles/children-speak-out-on-family-violence>

GASLIGHTING

Gaslighting is a term increasingly used to describe psychological abuse in situations of domestic violence. The term gaslighting was coined in the 1938 play Gas Light and the film adaptations that were then created helped to enhance its popularity. In the play the husband used forms of manipulation in an attempt to drive his wife crazy.

How do you know if you are being gaslighted?

If any of the following warning signs ring true, you may be dancing the Gaslight Tango. Here are some of the signs:

1. You are constantly second-guessing yourself
2. You ask yourself, "Am I too sensitive?" a dozen times a day.
3. You often feel confused and even crazy at work.
4. You frequently make excuses for your partner's behavior to friends and family.
5. You find yourself withholding information from friends and family. You know something is terribly wrong, but you can never quite express what it is.
6. You start lying to avoid the put downs and reality twists.
7. You have trouble making simple decisions.
8. You feel hopeless and joyless.
9. You feel as though you can't do anything right.

The good news is that knowledge is power. Once you can name this all too insidious dynamic, you can work towards changing the dynamic, or getting out—take back your reality, and, get more enjoyment from your life and your relationship!

Launch of Start Today Again, Hobart, March 2018



RECENT EVENTS



ANROWS National Seminar 2018



STOP Domestic Violence Conference, Sydney 2017



Training 2017 Gosford, NSW



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