



SESSION 3

Leaving Exercise

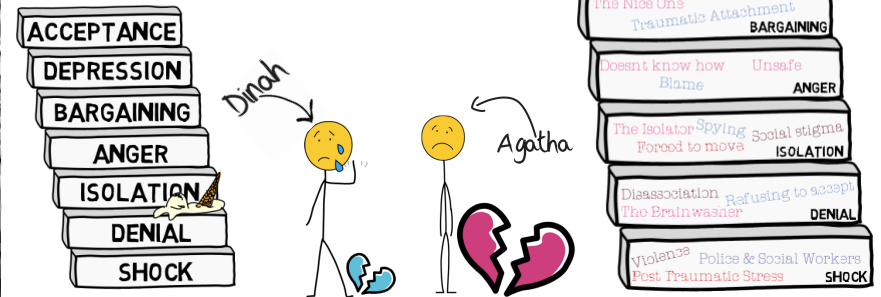
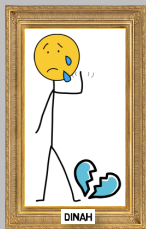
Consider the reasons someone might struggle to break free from an abusive partner. If you feel able, consider any reasons that have made it difficult for you personally. Draw a line through the door and write each of the reasons around the door.



Seven Steps of a Breakup

Agatha and Dinah have both separated from their partners and will need to go through the same seven steps of a breakup. Agatha's partner Wallace was abusive, while Dinah's partner Hubert was not. People may presume it is easier for Agatha to move on from the end of her relationship because Wallace's abuse would motivate her to move on. However that is not the case. Each step of recovering from a breakup is much bigger and harder to overcome for Agatha than for Dinah.

1. **Shock:** spends days feeling devastated and unable to do anything.
2. **Denial:** avoids telling anyone about the breakup and pretends it hasn't happened.
3. **Isolation.** hides away, avoiding friends and family members
4. **Anger:** texts Hubert telling him she hates him, she tells her friends how awful he was. She is tempted to burn all his clothing.
5. **Bargaining:** considers restarting the relationship.
6. **Depression:** realising the relationship is definitely over she becomes depressed.
7. **Acceptance:** makes peace with herself and with Hubert.



1. **Shock:** Wallace's violence has left her physically in shock, as does the involvement of the police and social care. She has trauma induced stress.
2. **Denial:** her natural trauma response leaves her feeling disassociated, while Wallace's constant denial of his behaviour and avoiding responsibility increases the difficulty of the denial step. For a long time Agatha has coped by refusing to accept Wallace is an abuser and that denial is hard to overcome.
3. **Isolation:** Wallace isolated Agatha from family and friends. She and her children had to move into a refuge miles from their home town. Agatha avoids making new friends due to the shame and stigma of being labelled a "victim". She can't use social media as Wallace might be spying on her.
4. **Anger:** she has always squashed her own anger because of Wallace's violence and aggression. Now she doesn't know how to be angry. Wallace blamed Agatha so much that she only knows how to be angry with herself.
5. **Bargaining:** Wallace takes advantage of this step, becoming the Nice One to manipulate Agatha into going back; using the children to try and convince her. Agatha's traumatic attachment to Wallace makes this step even harder to overcome.
6. **Depression:** Wallace's ongoing stalking, threats and abuse through child contact leave Agatha feeling continually trapped. Agatha's stress hormones are out of balance as her body copes with the stress. She feels deeply depressed. The trauma drains her of energy, and the practical needs of housing and child rearing gives her no space to process her pain.
7. **Acceptance:** this step feels impossible. Wallace's ongoing abuse continues to traumatise her and the time and resources needed to recover are difficult to access, particularly as she tries to help her children recover too. But with the good support, resources, the ability to build her understanding, and space for action it is possible for Agatha to move up the steps to acceptance

Seven Steps Exercise







Think of a breakup you have had. Use this chart to make a note of the actions you took, feelings you had and how your ex behaved at each of the seven steps.







	Actions	Feelings	Ex's behaviour
Shock			
Denial			
Isolation			
Anger			
Bargaining			
Depression			
Acceptance			



Leaving

Marjorie has been with Tarquin for the last five years. Tarquin has treated Marjorie terribly. He puts her down, exhausts her, lies to her, has affairs, has raped her and has tried to turn their five-year-old son Jasper against her. Marjorie has spent a long time trying to find ways to fix her relationship with Tarquin for Jasper's sake. Recently Tarquin has been shouting at Jasper and on a few occasions grabbed him, shaking him hard. Marjorie has decided to leave Tarquin.

ACTION 		ACTION 	
OBSTACLE 		OBSTACLE 	
OVERCOME 		OVERCOME 	

ACTION 		ACTION 	
OBSTACLE 		OBSTACLE 	
OVERCOME 		OVERCOME 	

In the table write:

1. Actions Marjorie could take to change things for the better.
2. Obstacles Tarquin might put in Marjorie's way to prevent her achieving change.
3. Ways Marjorie could overcome Tarquin's obstacles.

Communication Quiz

Deirdre has four children with her ex-partner Niall, aged between five and fifteen. She and Niall split up three years ago. Niall's behaviour towards Deirdre left her with anxiety and depression. Eileen is Niall's new partner. They have a two-year-old son together and Eileen has a ten-year-old from a previous relationship. Eileen and Niall have been together for four years; they had an affair when Niall was still living with Deirdre. Niall treats Eileen just like he treated Deirdre. He puts her down, is unpredictable and switches between kindness and threats. He's stopped Eileen from seeing her family and friends, and has encouraged her to leave work. He now controls all their finances and makes Eileen beg him for money. Sexually, he has made her do things that hurt and humiliate her. Below are some statements that Deirdre and Eileen may say to other people in their lives. Discuss whether you think the following statements are constructive ways of communicating about Niall.

Speaking to the kids	Constructive	
	Yes	No
1. Your dad's a ****.		
2. Your dad's a great dad, I don't want to hear anything bad said about him.		
3. It's mummy's fault that daddy is cross		
4. Daddy didn't mean to hurt me, it's because he's poorly.		
5. I'm not sad, it's just that my eyes are watering.		
6. Whether you want to see him or not, your dad is your dad and nothing is going to change that.		
7. It's all that cow Eileen's fault; she's split our family up.		

Speaking to the family and friends	Constructive	
	Yes	No
7. Oh Niall didn't mean it, he's under a lot of stress.		
8. Eileen is a whore and I hate her. She stole Niall from me.		
9. Niall isn't that bad, once you get to know him.		
10. You've never liked any of my boyfriends, are you jealous of me or something?		
11. He's under a lot of stress at work, that's all it is.		
12. I'm not going to say anything negative to the kids about their dad, they can work it out for themselves when they're old enough		

Speaking to professionals	Constructive	
	Yes	No
13. Oh Niall didn't mean it, he's under a lot of stress.		
14. Oh she's only acting out because we've had a bereavement in the family, that's all.		
15. Niall is a brilliant father.		
16. I think I may be suffering from depression. My partner says I'm losing the plot.		
17. What me?! Don't be silly! I'm not a victim of abuse!		
18. I think it's probably both me and him that have an issue.		



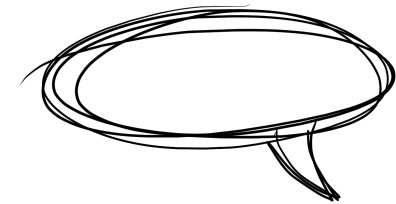
TALK Safely

If we are, or have been, in a relationship with an abusive person, the principles of **TALK Safely** can help us think about how to communicate about the abusive person - to any children we have, to our family, to friends, and to any professionals involved in our situation.

It can be really hard to communicate about someone who is being abusive to us without being either totally for or totally against them. This can make it difficult for our children to feel safe, confuse our family and friends confused and make it difficult for us to deal with professionals involved in our situation.

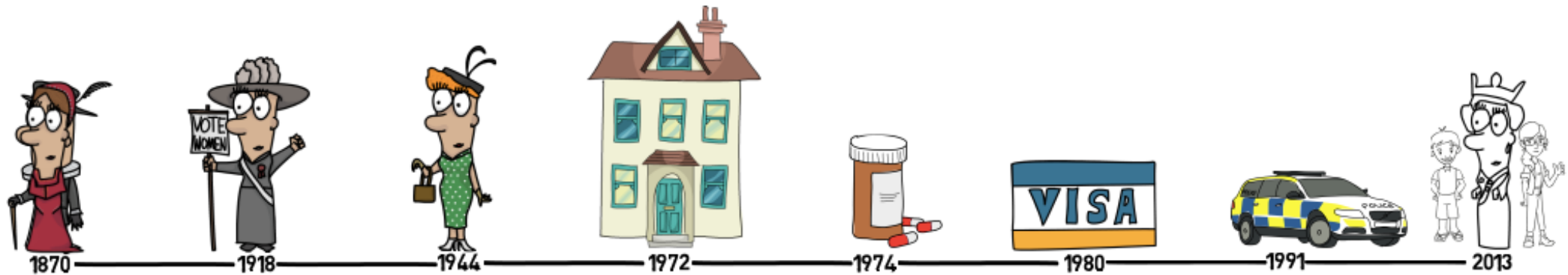
Truth	Be truthful about what is happening, firstly with ourselves, then with those around us. Ensure we don't buy into the abuser's minimisations, denial and blame.
Aim	Never forget an abuser's aim is to maintain their beliefs of ownership and entitlement. We need to deal with their motives, not their behaviours.
Loveable	We are loveable and people do care about us. Even when they say things we find hard to hear, it's usually because they care about us.
Know	Instead of denying the pain the abuser has caused, know and acknowledge it. This can be painful, but makes it possible for us to talk honestly about the abuser.
SAFELY	Always have safety as a priority. The TALK Safely principles must be used in a way that allows us to keep ourselves and our children safe.

Use this space to write or draw ways that you could be more honest with yourself, and others, about your situation.



"Don't take too much credit for your children - or too much blame!" Debora Spar

Women's Rights Timeline



Historical events and changes in the law can seem irrelevant. But, understanding our heritage helps us understand how we live now. Women in the UK only gained many legal and political rights recently. Many women and girls in the world today still have few or no rights.

Some of the rights women have gained include:

Economic: To be economically independent and secure.

Legal: To have legal protection.

Political: To be able to contribute to their country's political process

Cultural: To be valued within their community.

Bodily autonomy To have full control over their body.

Education To have equal access to education.

Until the law changed in 1870, a woman and all her possessions became her husband's when she married..

Until 1918, women weren't allowed to vote. It was thought they were too weak to cope with politics.

Until 1944, female teachers were sacked when they got married.

Until the first refuge opened in 1972, women subjected to violence and abuse had nowhere to go.

Until the contraceptive pill became available on the NHS in 1974, women had little chance of controlling their fertility.

Until the law changed in 1980, married women needed their husband's permission to apply for a loan or credit.

Until 1991, men could legally rape their wives. This is when marital rape became illegal.

Only firstborn sons in the royal family could inherit the throne until 2013 when the law changed and now either a first born son or daughter can be become King or Queen.

"Those who do not remember the past are condemned to repeat it." George Santayana



Women's Rights Exercise

Complete the timeline by including yours, your mum's and your grandma's age at the time the law changed. If you / they weren't born yet, use minus figures.

	My Age	Mum Age	Gma Age
1. Once a woman married, all her possessions became her husband's until the law changed in 1870.			
2. Women were not allowed to vote until 1918.			
3. Female teachers were sacked when they got married until 1944.			
4. Women experiencing violence and abuse had nowhere to go until the first refuge opened in 1972.			
5. Women had little chance of controlling their fertility until the contraceptive pill became available on the NHS in 1974.			
6. It was legal to discriminate against people because of their race in education and employment until 1976.			
7. It was illegal for women to have an abortion unless she was at risk of dying until 1976.			
8. Women had little legal protection from domestic violence through civil courts until 1977.			
9. The first female Prime Minister was elected in 1979.			
10. Married women needed their husband's permission to apply for a loan or credit until the law changed in 1980.			
11. It was legal for bars and pubs to refuse to serve women until 1982			
12. It was legal for women to be paid less than men for the same work until 1985.			
13. There had never been a black woman member of the Houses of Parliament until Diane Abbott was elected in 1987.			
14. The United Nations did not consider violence against women a human rights violation until 1993.			
15. Men could legally rape their wives until 1991 when marital rape became illegal.			
16. Women could not become priests in the Church of England until 1994.			
17. The England women's cricket team were not allowed to play in trousers until 1997.			
18. Only men were considered "real refugees" in the UK until 2000 when new guidelines meant women could be considered asylum seekers too.			
19. Taking a girl abroad from the UK to subject her to female genital mutilation was legal until 2003.			
20. Amnesty International did not consider violence against women a human rights violation until 2005.			
21. Only first-born sons in the royal family could inherit the throne until 2013 when the law changed. Now a first born son or daughter can be become King or Queen.			
22. The current average pay gap between men and women is 15%, meaning for every £1 a man is paid, women are only paid 85p.			



Women's Rights Globally

There are 38 countries where marital rape is not illegal.

In Saudi Arabia and Morocco, rape victims are often criminalised, accused of adultery and forced to marry the man who has raped them.

In Saudi Arabia, women can't leave the country without a man's permission and must wear a full veil in public.

In Yemen women are not legally considered full people under law. They can only be a witness in court if a man backs their testimony and they are not allowed to testify at all in cases of adultery, libel, theft or sodomy.

Female genital mutilation is legal in some countries globally. 140 million girls and women are living with the impact of FGM across the world.

There are 196 countries in the world. Only 20 have a woman leader. This is the highest number of women world leaders there has ever been.

In 2017 Russia chose to decriminalise some forms of domestic violence, including causing bruising and bleeding without broken bones.

"A right is only a right if it is universal. Until then it is not a right but a privilege."
Susan King

There are 20 countries where it is not illegal for a man to assault his wife.

There are 100 million fewer women in Asia than there should be due to sex-specific abortions, infanticide and neglect.

In Ecuador abortion is illegal for all women except "idiots and the demented". This law is also used to criminalise women who suffer a miscarriage.

Until 2013 USA insurance companies covered Viagra but not the contraceptive pill.

In Yemen, women are not allowed to leave the house without their husband's permission.

In the Vatican City, women are not allowed to vote.

Women perform 66% of the world's work. They receive only 11% of the world's income, and own only 1% of the world's land.

48 women are raped every hour in the Democratic Republic of Congo.

Notes

