



# Session 2

## Aims and Objectives

- Define what domestic abuse is and how it is perpetrated.
- Identify that abuse is motivated by power and control, and rooted in beliefs of male ownership of and entitlement over women.
- Recognise that, regardless of our situation, we do have some choices.
- Explore some of the tactics of isolation.
- Identify what pathologisation is.
- Identify what patriarchy is.

## Resources

- Own My Life playlists for when participants arrive.
- Tea, coffee, milk, sugar, sweetener, juice, biscuits, fruit.
- Tissues.
- Group rules stuck on wall.
- Evaluation resources:
  - Evaluation box
  - Laminated emoji options
- Own My Story (1pp).

- Pens, pencils, pencil crayons, felt tips, stickers.
- Flipchart and pens.
- AV Equipment.
- Internet access for the Own My Life e-Hub.
- Own My Choices Traffic Light Laminates and pens.
- Tables to work on.
- Copy of Reflective Evaluation (from WoManual page 83) with session preparation completed.

## Session Plan

### 1. Own My Self (15 mins)

- a. As participants arrive give them time to make a drink and collect their **Own My Story journal**.
- b. Begin the session by discussing in pairs "My favourite place".
- c. Ask participants to feedback to the group. As they feedback, invite each person to say one thing they've been thankful for over the past week.
- d. Examples of things someone could be thankful for might include: the sunshine, the rain, a phone call from a friend, a full night's sleep, a day where the teacher didn't call us over to talk about our child's behaviour, a relaxing bath, being alive, the group, healthy food, clean water, a positive conversation, the NHS etc.



## 2. Own My Mind (15 mins)

- a. Write on the **flipchart**, “What is domestic abuse?”
- b. Ask participants to discuss the question in groups of 3-4.
- c. Ask the groups to feedback, as they list things, write their suggestions on the flipchart.
- d. When words are mentioned, ask the group to clarify what that actually looks/sounds like to ensure the list focuses on behaviours and not concepts.
- e. Turn to Own My Story **page 14**.
- f. Ask whether the chart describes the experiences of abuse.
- g. Turn to Own My Story **page 15**.
- h. Explain to the group where the Biderman Chart comes from.
- i. Turn to Own My Story **page 16** and explain the Biderman Behaviours.
- j. Ask the group to identify which Biderman Aspect each “What is domestic abuse?” answer on the **flipchart** corresponds to. Write their answers using a **different colour pen**.
- k. Turn to Own My Story **page 18**.
- l. Invite participants to complete the Biderman Exercise in groups of 2-3.

## 3. Own My Body (15 mins)

- a. Write on the **flipchart**, “Why does abuse exist?”
- b. Ask participants to discuss in groups of 3-4.
- c. Ask the groups to feedback, as they list things, write their suggestions on the flipchart.
- d. Play video: **2a Why does abuse exist?**
- e. Ask participants to discuss in groups of 3-4.
- f. Go back through the answers given on the flipchart to “Why does abuse exist?”
- g. Make clear that any answer that is not rooted in ownership and entitlement is either an excuse or a justification.

## 4. Break (15 mins)

## 5. Own My Choices (15 mins)

- a. Ask for 3 volunteers
- b. Give each volunteer a **White Board Pen** and a set of **Traffic Light Laminates**:
  - Volunteer 1: Road
  - Volunteer 2: Red Light



- Volunteer 3: Green Light
- c. Explain that during this exercise each week, the names of the people in the scenarios will be “old-fashioned”. This is to avoid participants feeling that the names used are those of people they know.
  - d. Read the following:
    - Marjorie has been with Tarquin for the last five years. He has outbursts where he screams and shouts at her. They have a two-year-old son. Marjorie has decided to try and fix the relationship for their son's sake. Tarquin regularly tells her she is “mental” and that she “needs her head sorting”. Things seemed to have got worse since she became pregnant with Jasper. Marjorie has decided to change things for the better.
  - e. Ask for suggestions of actions Marjorie could take. Volunteer 1 writes these on the Road Laminates and places them on the floor.
  - f. Ask for suggestions of obstacles Tarquin might use to sabotage Marjorie's actions. Volunteer 2 writes these on the Red Light Laminates and places them in front of the written on Road Laminates.
  - g. Ask for suggestions as to how Marjorie could keep moving forward. Volunteer 3 writes these on the Green Light Laminates and places them in front of the written on Red Light Laminates.
  - h. The resulting journey will show the group that:
    - There are usually more choices than we believe.

- Our partner will always sabotage any actions we take.

## 6. Own My Relationships (15 mins)

- a. Turn to Own My Story **page 22**.
- b. Ask participants to complete Relationship Quiz 1.
- c. Once completed, ask the group to discuss their answers in groups of 2-3.
- d. Go through the quiz as a large group and discuss the answers, if appropriate give the correct answers (found on Own My Story **page 191**).

## 7. Own My World (15 mins)

- a. Ask the group where an abuser's beliefs of ownership and entitlement come from.
- b. Answers should include:
  - Family and upbringing.
  - Friends.
  - Community.
  - Society.
- c. Play video: **2b The Sick Planet**.
- d. Ask the group:



- Do you identify with Noreen the pink unicorn?
- How does our planet; our society deal with abuse?
- Do they think our society has a sickness, like the Sick Planet?

e. Explain that:

- Most of us have probably noticed that men and women are treated differently to each other.
- Just as on the Sick Planet, men continue to do most of the important jobs and seem to always be better at jobs that are well paid and powerful, women generally do the jobs that are low paid or unpaid (e.g. highly paid chefs are almost always men but in the home women are generally do all the cooking, cleaning and childcare).
- There is a sickness in our society and across the world that leaves women (like the unicorns) badly treated and disadvantaged.
- This sickness has been called Patriarchy by many different people over the years.
- A patriarch is the male head of a family (e.g. Vito Corleone in the Godfather films, the Pope in the Catholic Church).
- Patriarchy is a system of society or government in which men hold the power and women are largely excluded from it.
- Although a country may have a female head of state (e.g. Margaret Thatcher, Teresa May in the UK, Nicola Sturgeon in Scotland, Jacinda Arden in New Zealand), the power will often remain disproportionately shared between men (usually white, middle or upper class, able bodied men) and women will be excluded from it.

## 8. Own My Feelings (10 mins)

a. Explain that:

- What we are experiencing can be so confusing and consuming that we never stop to consider how we feel. This part of every session is about everyone having the chance to define their feelings and have space to make notes and record their journey.
- There is a difference between emotions and physical sensations. Checking in with how we are physically experiencing our emotions can help us make sense of what's going on and help us to become more grounded.
- Participants can choose how much to engage with this section, and if it doesn't work for them, they can instead make notes or read through the week's materials.

b. Turn to Own My Story **pages 164 - 165**.

c. Invite participants to identify their feelings and make notes.

## 9. Final thoughts (5 mins)

- a. Ask participants to pause for a moment and think of between one word and one sentence to sum up their thoughts about the session.
- b. Share your word/sentence and then invite each participant to share theirs with the group. People can pass if they'd rather not.



- c. Explain what the following week will focus on.
- d. Remind participants of the email address they can contact you on during the week.
- e. Invite participants to put one of the laminated emoji options in the evaluation box before they leave.
- f. After participants have left finish completing your copy of the Reflective Evaluation on WoManual page 83.