

## UPDATES IN THE UK JOURNAL - BUTLER VERSION FIRST EDITION (FEBRUARY 2025)

Overall changes:

- Name on left of the front cover (to make it easy to tell it's the new version).
- Own My Feelings charts now at the end of each session (this means from page 12, the page numbers are all different).

Page Number	Activity	Edit
42	Women's Rights Timeline	Numbers changed as added: <ul style="list-style-type: none"><li>• 2. The Football Association (FA) banned women from playing professional football in 1921.</li><li>• 17. The FA began administering women's football in 1993, (the ban on women's professional football ended in 1971).</li><li>• 22. At Wimbledon tennis tournament female players did not get prize money equal to male players until 2007.</li></ul>
48 - 49	Cycle of Abuse	Video script now available here.
52	Cycle of Abuse	Activity now available to do for this session.
60	The Blame Game	The new whiteboard animation video script is now available on this page.
69	Trauma Toolkit	This is a new activity you can encourage participants to do after watching the Understanding the Brain video.
114 - 115	Decision Inhibitors	<ul style="list-style-type: none"><li>• The women's stories and the quiz are beside each other for ease of use.</li><li>• Added an additional column for women to consider their own personal decision inhibitors.</li></ul>
124 - 125	Values	The values chart and activity are beside each other for ease of use.
140 - 141	Having Children on the Island	Added a section about how women can be a positive resource to their children.



146	Leonora's Situation	A new activity to help build literacy about the Power Threat Meaning Framework.
149	PTMF Reflections	A new space for women to reflect on their thoughts about the PTMF.
152 - 153	Children's Roles	The Children's Roles and Quiz Part 2 are beside each other for ease of use.
164 - 165	Sexual Violence Glossary	Has been updated slightly.
207	Quiz Answers	Cycle of Abuse activity answers are available here.
215	Quiz Answers	Leonora's Situation activity answers are available here.
233 - 238	Counter Parenting	Resources to support this supplementary video.

### UPDATES IN THE WOMANUAL- BUTLER VERSION FIRST EDITION (FEBRUARY 2025)

Overall changes:

- Little logo on the front of the WoManual (to make it easy to tell it's the new version).
- We are retiring the wooden boxes for the weekly evaluation, due to issues with shipping to Ireland and Northern Ireland, and will now provide a laminated sheet for this activity. Because of this, the page numbers in the WoManual have changed.

Page Number	Activity	Edit
11	(All Sessions) Weekly Evaluation Process	We are retiring the wooden boxes and instead providing a laminated sheet for this activity.
35	(Session 4) Cycle of Abuse	<ul style="list-style-type: none"> <li>• The Cycle of Abuse has become a core video.</li> <li>• There is an activity that the WoManual instructs participants to complete on page 52 of the Own My Story journal.</li> </ul>



41	(Session 5) Understanding the Brain	There is Trauma Toolkit activity that the WoManual instructs participants to be aware of on page 69 of the Own My Story journal.
58 - 61	(Session 9) Having Children on the Island	The activity now includes questions to ask about how the woman in the story "can be a positive resource to her children" at each age and stage (and provides answers for this too).





UPDATES IN THE WOMANUAL TWELTH EDITION (MARCH 2024)

Page Number	Activity	Edit
43	Understanding the Brain	Point d. has been added: "You may want to play supplementary video <b>5i. We Are Superpowered</b> to offer a strengths-based approach to trauma responses."

UPDATES IN THE JOURNAL TWELTH EDITION (MARCH 2024)

Page Number	Activity	Edit
53	Healing from trauma	Nature has been added as a resource for healing trauma.



UPDATES IN THE JOURNAL ELEVENTH EDITION (MAY 2022)

Page Number	Activity	Edit
6	Introduction	We've added a space to add the date they started the course.
31	Communication Quiz	Numbers corrected: "Speaking to family and friends" numbering starts at 8. Answers on page 192 have also been corrected.
80	Notes	We've added a little note that they have made it halfway
102	Traumatic Attachment	The content on Stockholm Syndrome has been modified to reject the idea that traumatic attachment is a "syndrome".



UPDATES IN THE WOMANUAL TENTH EDITION (AUGUST 2022)

Page Number	Activity	Edit
24	Session 2: Point 2. Biderman Behaviours (Own My Mind)	Point j: Use supplementary video 2i. Biderman Behaviours (found on e-Hub Session 2) to explain
37	Session 4: Point 2. Cycle of Abuse (Own My Mind)	Point g: Use supplementary video 4i. Cycle of Abuse (found on the e-Hub Session 4) to explain.
		Point h: Use supplementary video 4ii. Cultural Unleses (found on the e-Hub Session 4) to explain.
		Point l: Inform participants that supplementary content about the Cycle of Abuse can be found on Own My Story pages 208 – 210.
		Point m: Inform participants that supplementary content about Cultural Unleses can be found on Own My Story pages 211 – 213.
72	Session 11: Point 2: I Partner Values (Own My Mind)	Point g: Use supplementary video 11i. Positive Relationships (found on the e-Hub Session 11) to explain. Point h: Inform participants that supplementary content about positive relationships can be found on Own My Story pages 219 - 222.
77	Session 12: Point 7. Own My World	Point c: Play video Part of the Sisterhood (found on the e-Hub Session 12).



## UPDATES IN THE JOURNAL TENTH EDITION (AUGUST 2022)

*Unfortunately, due to an error in the printing process, this journal has a page number discrepancy, with a blank page having been inserted in page 18. This means that from page 18, the WoManual instructions for the journal are one page out. This will be remedied in the next edition of the journal. We apologise for any inconvenience this causes.*

Page Number	Activity	Edit
157	Next Steps	The script for new video Part of the Sisterhood is now included on this page.
205 - 217	Supplementary Section	As new supplementary videos and other content are created, the scripts and support activities for them will be found in this section. So far there is content on: 1. The Cycle of Abuse 2. Cultural Unleses 3. We Are Superpowered 4. Positive Relationships
206 - 207	Evaluation forms	The evaluation forms for personal use have been moved to these pages as part of the supplementary section.
39	The Rules	Blue box with supplementary information about The Cycle of Abuse video (Journal pages 208 - 210) and the Cultural Unleses video (Journal pages 211 - 213).
52	Healing from Trauma	Blue box with supplementary information about We Are Superpowered content on journal pages 214 - 217.





# UPDATES IN THE OWN MY STORY JOURNAL NINTH EDITION (DECEMBER 2021)

Page Number	Activity	Edit
58 and 194	Collusion Quiz and Answers	Number 3: Flora's comments edited to "Beryl, I am here for you whatever you choose to do. If you don't want to stay with Ronald after he's hurt you so badly, I'll help you to work out what to do next."
		Number 14: Beryl's comments edited to "Beryl, God loves you and doesn't want anyone to treat you badly, especially your husband. How can I help you?"
91 - 93	Decision Inhibitors Quiz	"Migration status and/or language barriers" added to the Decision Inhibitors.
		Fourth case study name changed from Remi to Aamiina, and the story changed to: <i>"Aamiina is 43. She and her family fled their country of origin 6 years ago and sought asylum in the UK. Aamiina is deciding whether or not to attend courses to improve her english skills. Her husband is unsupportive of her doing this. Although she loves learning new things, her parents raised her to focus on being a good wife."</i>
198	Decision Inhibitors Answers	Remi's name changed to Aamiina; with "migration status and/or language barriers" added to her decision inhibitors.

# UPDATES IN THE OWN MY STORY JOURNAL SEVENTH EDITION

Page Number	Activity	Edit
76	Women's Rights Exercise	REMOVED "17. Only men were considered "real refugees" in the UK until 2000 when new guidelines meant women could be considered asylum seekers too."
77	Women's Rights Globally	REMOVED "In the Vatican City, women are not allowed to vote."

