



Donnycarney Youth Project CLG

NON VIOLENCE RESPONSE PROGRAMME INFORMATION SHEET

The Programme is free and it starts Wednesday 7th May in Donnycarney Youth Project and will run from 7.30-9.30pm

The NVR Programme will give parents the tools to use when they experience child to parent violence.

The NVR Programme aims to empower and support parents/carers in preventing and respond to the controlling and violent behaviour of children and teenagers.

Listed below are the core elements of the NVR Programme

- **Parental Commitment to Non Violent Resistance:** parents commit to resisting violence and to avoiding violence when responding to their child, regardless of the provocation. This included committing to avoiding verbal as well as physical aggression
- **De-escalation Skills:** The development of parental self-management and self-calming skills to de-escalate and avoid unnecessary confrontations.
- **Increased Parental Presence:** changing the ways in which a parent is present in their child's life and re-focusing interactions away from persistent conflict
- **The Support Network:** the parents' disclosure about the extent of the problem of violence with a number of significant people who they also invite to be part of a support network, such as grand-parents, aunts and or uncles, or friends
- **Family Announcement:** an announcement to the family that violence at home will no longer be tolerated (during the announcement, the type of violence is clearly specified)
- **Acts of Reconciliation:** spontaneous unearned treats and/or gestures of encouragement (words/actions/events) offered by parents to their child.

Please let me know if you know any parents that might be interested in the programme. You can pass on my contact details to the parents if they wish to contact me directly

marie@dyp.ie or 087 2014345

