

Program Sessions in Brief

One: What does it mean to be a father?

- How it feels to be a father.
- What does it mean to be a good dad?
- The effects your actions have on your children and partner.
- Respecting the children's mother.

Two: Discipline

- The importance of non-violent discipline.
- Non-violent discipline versus punishment.
- Negotiating discipline with your partner.
- How to provide non-violent discipline to your children.

Three: Domestic and family violence

- What is it and how does it affect the children?
- How do we keep our children safe?
- If mum does not feel safe, neither will the children.
- Tools to prevent domestic violence.

Four: Healthy relationships

- What is a healthy relationship?
- The costs of an unhealthy relationship with your children and partner.
- Costs and benefits of change.
- Power and control.
- Emotional well-being.
- Safety plans.

Other Contacts

Mensline (offers confidential counselling, referral & support 24/7): 1300 789 978

Men's Info Line: 1800 600 636

Life Line: 13 1114

Relationships Australia: 1300 364 277

Centacare: 07 4772 9000

NQDVRS

Funded by the Department of Communities

Information and referral

Aardvarc program for children

Community education & training

Resources

Court Support

Men's DV Behavior Change Program

'Being a Father' Educational Program

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Against Violence # 37

BEING A FATHER PROGRAM

North Queensland Domestic Violence Resource Service



**An education and information
program promoting
non-violent parenting for men**

Aims of Being a Father Program

- * To provide education and information to fathers that domestic and family violence has a detrimental effect on their children.
- * To provide an enabling and safe environment for fathers to talk about their feelings and their fathering role
- * To enable men to address the impact of their violence within a group setting
- * Assist men to model respect for the children's mother and significant others

Who can Attend the Being a Father Program?

The Being a Father program is designed for any father over the age of 18 who uses or has used domestic violence.

Any father wishing to learn about and address his use of domestic violence and the effects this violence has on his children may attend the program. All fathers and step-fathers are welcome, regardless of their family circumstances.

How Will the Program Work?

The program consists of four two-hour sessions and is free of charge. NQDVRS will accept referrals and will plan dates to suit.

What Will be Covered by the Program?

- The program will explore what it means to be a father. Participants will address how domestic and family violence negatively impacts on their children, the children's mother and themselves.
- The group will increase their understanding of how to provide non-violent discipline and to negotiate the discipline of their children with the children's mother.
- Participants will be equipped with some tools to prevent violence.
- The group will discuss the benefits of being in a healthy relationship and the consequences of unhealthy relationships.



Children and Domestic Violence

Many people believe that if domestic violence occurs between two partners, their children will not be affected, that they are too young to understand and that they will just forget about it. It is also often assumed that if a man is a 'good dad', his children will not be impacted by the violence he uses against their mother.



Using violence against your children's mother is not being a good dad. You may be seriously harming your children in many ways.

Children living with domestic and family violence can grow up believing that violence is an appropriate way to solve problems and that men have the right to control women. They may blame themselves or their mother for the violence.

Are You Using Domestic and Family Violence?

Forms of domestic and family violence include:

Physical abuse—using or threatening to use greater physical strength to control someone e.g. hitting, pushing, kicking, choking, using weapons.

Sexual abuse—e.g. unwanted sex, sex acts and/or touching, ignoring or ridiculing sexual feelings, sexual harassment.

Verbal abuse—e.g. put downs, insults, name calling, swearing.

Social abuse—e.g. isolating someone, insulting their friends or family, humiliating them in front of others, refusing to let them socialize.

Economic abuse—e.g. controlling the finances whoever earns them, depriving someone of enough money to live decently, refusing to work.

Emotional abuse—controlling someone through fear and intimidation e.g. withholding affection, criticising, punishing, degrading, playing 'mind games' and stalking.

Spiritual abuse—e.g. breaking someone's spirit, ridiculing their beliefs, boasting of exploits with others, comparing them to others.