



10 Handbag Essentials

The things you really need when you plan to leave...

- Passport and Birth Certificate (for you & your children)
- Cash, Cheque Book, Paying-in Book, Debit/Credit Cards
- Welfare Benefit Cards/Information/Payslips
- Mobile Phone and Charger/Phone Card/Change for Payphone
- Keys: House, Car and workplace
- Marriage Certificate/Divorce Papers
- Drivers Licence and Car Registration Documents
- NHS Medical Card, Prescribed Medication
- Housing Documents: Mortgage Details, Lease/Rental Agreement
- Some Form of Identification

Mr. Right & Mr. Wrong

Mr. Right



Is cheerful
 Consistent
 Supportive
 Trusts you
 Uses your name
 Is an equal parent
 Trusts your judgment
 Admits to being wrong
 Is a responsible parent
 Tells you you look good
 Tells you you're competent
 Shares financial responsibility
 Welcomes your friends & family
 Does his share of the housework
 Supports your learning and career
 Encourages you to be independent
 Accepts that you have a right to say "no" to sex
 Takes responsibility for his own well-being and happiness

Mr. Wrong



Expects you to be responsible for his well-being
 Threatens or wheedles you to get his own way
 Never does his share of the housework
 Seduces your friends/sister/anyone
 Uses the children to control you
 Makes you feel ugly & useless
 Turns the children against you
 Cuts you off from your friends
 Never looks after the children
 Blames you, drugs, drink etc.
 Never admits he is wrong
 Expects sex on demand
 Controls the money
 Stops you working
 Calls you names
 Smashes things
 Shouts
 Sulks

freedom programme



A group for women who have experienced domestic abuse

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sdas
 southern domestic abuse service

Southern Domestic Abuse Service
www.southerndas.org

Registered Charity No. 1146773

The Programme

The Freedom Programme is about abusive and controlling behaviour in relationships. The philosophy of the programme is based on research that shows that in the majority of cases domestic abuse is committed by men against women. Each week looks at a different aspect of behaviour, looking at what the abuser says and how it is said, what the abuser does and why we believe them. It helps to identify the common tactics to gain power and control.

The group works to look at the characteristics that can create both abusive and caring relationships. The sessions are presented in a friendly but structured way, giving the opportunity for anyone to contribute if they wish to. The group sessions explore characteristics of abusive behaviour and supports women to develop ways of thinking and behaving to protect themselves and their children from harm.

Programme Aims

- To help women recognise the beliefs held by abusive men.
- To recognise the impact of their life experience on their own attitudes and beliefs.
- To illustrate the effects of domestic abuse on children.
- To increase a woman's ability to recognise what steps she needs to take to protect her children.
- To consider the characteristics that can create both abusive and caring relationships.
- To assist women to recognise potential future abusers.
- To help women gain self-esteem and the confidence to improve the quality of their lives.
- To introduce women to the community resources, such as: Women's Aid, The Police Domestic Abuse Unit, The Rape and Sexual Abuse Centre, local colleges, employment, group work, support networks etc.

Questions and Answers

Q: *I've been wanting to go to the Freedom Programme for a while, but I have missed a few sessions, and I'm worried that I won't be able to catch up. Do you think I should wait until the beginning of the next programme to start?*

A: Don't worry at all about missing sessions. You can join the group whenever you like, even in week 11. It's a rolling programme, so if you have to miss a few it won't matter since each week is a different topic.

Q: *I really want to come to the Freedom Programme but I'm worried that people will know why I'm there. What should I do?*

A: We have a strict confidentiality agreement. We do not discuss anyone's details within the group and insist that 'whatever is said in the room stays in the room'.

Q: *I want to go to the Freedom Programme this week, and I think it will be really useful and help me to build up my confidence, but I'm really nervous about going for the first time, and I'm worried I'll have to talk about my experiences. What should I do?*

A: There really is nothing to be concerned about. No one will ask you to talk about anything you don't want to. The programme is a safe environment, and the group is asked for complete confidentiality.

Comments

"I have had many abusive relationships in my lifetime and have never sought any support from any establishment. I feel, since coming to the Freedom Programme, it's not my fault and I am not worthless. My self-esteem has rocketed and I feel a better person." – Sharon

"I was made more aware of my situation as I had started to deny how bad things had been. It makes me more aware of what's happening now." – Diane

"I would have gone back to him if I hadn't attended The Freedom Programme." – Donna

"I feel supported, strong and aware now." – Lana