

Violence Prevention Project

Bridging to Change

Violence Prevention Project

This service can be accessed from within the Greater Manchester area and also from surrounding areas where local authorities, agencies or the individuals themselves agree to pay the violence prevention project charges (using guidelines for payment) for all weekly sessions during the programme.

What steps do you need to take?

- Contact us:
We will take your details and send you an information pack and you will be offered an initial assessment.
- Attend an Initial Assessment:
We will discuss whether the programme is suitable for you.
- Attend 9 further individual sessions.
- Attend 30 sessions in a group.
- Take responsibility.
- Be an active group member.
- Stay on the programme.

Answer these questions honestly:

Have I hurt my partner/ex partner in any of the following ways?

Do I constantly criticise her, ignore her, use put-downs, humiliate or laugh at her?

This is emotional abuse

Do I try to control her, who she can see, stop her from seeing her family or friends, stop her working, check up on her, stalk her?

This is jealousy or isolating behaviour

Do I threaten to harm her, her family or friends, punch walls, doors, and smash things or damage her belongings?

These are threats and intimidation

Do I pull her hair, spit, bite, hit, punch, grab, kick, slap, choke her, and throw things?

This is physical abuse

Do I force her or pressurise her into having sex or perform specific sexual acts, sulk or punish her for not receiving sexual favours, or cause injury to her sexual parts?

This is sexual abuse

Do I control her money; make her beg for things, criticise what she spends her money on?

This is financial abuse

Do I shout and scream at her?

This is verbal abuse



Bridging to Change

Building Safe Relationships

Tel: 0161 877 8264

A programme to assist men who use violence and abuse in their intimate relationships:

- Take responsibility for their behaviour.
- Change their behaviour and attitude towards women and children

relate

the relationship people

RELATE Greater Manchester South

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Do You?

- Shout at your partner/ex partner.
- Say things you later regret.
- Hit your partner.
- Smash things up.
- Show no respect for her.
- Have a problem with jealousy.
- Have the following beliefs:
 - I am the boss and my needs come first.*
 - I am always right and I know best.*
 - Women nag and provoke men.*
 - Women like a bit of rough treatment.*
 - Women give as good as they get.*
 - Women sometimes deserve to be hit.*
 - Women over-react.*
 - Women are too emotional.*
 - If I don't control her she'll control me.*

Do you want to?

- Change your behaviour
- Understand your abusive behaviour
- Understand how your behaviour affects your partner/ex partner.
- Understand the affect this behaviour has on any children you may have.
- Stop your abusive behaviour.

REMEMBER:

No matter how angry you are or feel, it is never ok to hurt or scare your partner/ex partner or children

This programme may assist you to:

- Take responsibility to end your abuse.
- Learn respectful behaviour.
- Change your abusive and controlling behaviour.
- Recognise that violent or abusive behaviour is regarded as unacceptable and must be confronted and challenged.
- Reject the negative beliefs.
- Make positive steps towards improving the safety and quality of life for women, children and yourself.

We will contact your partner/ex partner after you have been referred for an initial assessment.

The Women's Safety Worker will offer her information on the programme and help her focus on her own needs.

This is separate from your programme.