

# No Room for Family Violence



Intimate partner violence is about power and control. It's about how we touch, talk and treat each other. It can show up in our attitudes to such things as gender, sex, finances, friends, culture, family, freedom, decision-making and roles. These 30 cards will assist young people and adults to recognise abusive and respectful behaviour by inviting conversations about what they want MORE of, NONE of, and what CONCERNS them. Here are some ideas for this card set (there are many more in the booklet that comes with the cards):

- Pick 3 of the MORE (green) cards for behaviours you value in a relationship.
- Pick 3 of the MORE (green) cards for ways your school, sports club, team or community could build a stronger culture of respect.
- Pick cards from the CONCERN (orange) or NONE (pink) suits you think most people would recognise as family violence.
- Pick cards from these suits you think some people may not recognise as family violence.
- Pick a card that relates to a gender stereotype you have seen in the media or in your workplace, school or sports club.
- If you are a practitioner, are any of the cards personal 'triggers' for you to be aware of when using the cards with others?
- Place all the cards into a box, bag or hat. Invite each participant to randomly select a card. Does this behaviour build or undermine respect?
- Pick cards randomly and discuss the short-term and long-term effects on mental, emotional and physical health.
- Pick cards that describe aspects of a past relationship you have experienced or witnessed.
- Would you respond differently to this behaviour now?
- Thinking of a present relationship, pick cards for behaviours you would like to have MORE of (green), NONE of (pink) or that CONCERN you (orange).

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30 laminated, full-colour cards, 210 x 100mm, polypropylene box, plus 60-page booklet  
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- If you have children, pick cards you think they would choose to describe your relationship with your partner.
- Pick cards that represent 'bottom lines' for you in a relationship.
- Which cards do you think relate to a person's immediate safety?
- What would you do if any of these were happening to you or to someone you know?
- Who could you tell or what could you do to get immediate help?
- The cards are divided into 10 'domains' or areas of a relationship such as 'decisions', 'safety', 'communication' and 'sexuality'. If you have a partner, are you worried about their behaviour (or yours) in any of these domains?
- What happens and do you feel unsafe?
- Our 'body signals' (such as sore tummy, tight throat or trembling) help let us know when we feel unsafe. What happens in your body when this happens in your relationship?
- What are some immediate steps you can take to keep you and any children safe?
- What support would help the most right now?

