

Listening to Participants of Non-Violent Resistance- Does It Work?

12th June 2014



Le Chéile- Mentoring & Youth Justice Support Services

- Le Chéile was established in 2005 to provide a Mentoring service to children and young people aged 12-18 years engaged in Young Persons Probation. Le Chéile is a child-centred, non-judgemental service which recruits and trains volunteers from local communities to work with young people and families. Le Chéile also run parenting programmes and since 2013 have included the Non-Violence Resistance Programme as part of their strategy to meet client's needs.

www.lecheile.ie

Limerick Programme- May 2013

- Ran as a response to needs emerging
- Referrals from YPP Limerick
- Joint facilitation between Le Chéile & YPP
- 12 referrals (f)
- 9 commenced/ 8 completed
- 8 week evening programme
- Focus group held 7 weeks after completion.

Participants' issues/concerns with the group

Wary of others

"I was a bit dubious of the others coming in because I didn't know what to expect from them and how they'd see me and judge me but as it went on as I said we were all here for the same reason".

Other's taking over the group

"maybe enough people weren't getting a chance and it wasn't going down along the circle so maybe the same people were talking".

Participants' issues/concerns with the group (cont)

- **Format moved too fast/Too formal and wordy**
- *"We didn't understand what was going on, what was being said. It was very text booky and I think we softened the lads out and mellowed them out a bit and we got through it a lot better."*

What they thought of 3 key NVR components- The Baskets

- *“When the baskets were first mentioned I had a little giggle but when I did get down to putting things in the basket, one of the things I told my young lad was to try and stop getting into trouble with the guards and so far thank god, no trouble. My attitude changed because before when there was an argument going on everything was being flung but then I just targeted it down to two and we just stuck to it. The baskets in my house is used and thank god for the baskets....”*

What they thought of 3 key NVR components- The Announcement

“It makes you sit down and think actually about all the things you’d have to announce. You know, to really think about it. We live it every day, go through it and it doesn’t mean a lot to us as it’s a part of our life but when you make yourself sit down and write all the things you have to talk to him about.... When you think about the amount of things you have to say to that person it’s a lot for them to take on board as well so you have to be quite strong”..

What they thought of 3 key NVR components- The Support Network

“When I told my son what I was going to do (tell his grandmother) he didn’t like it one bit. I have used this and will keep using it”.

“I think people are going to be very reluctant to use it cos they don’t want people judging them or judging their children and people who don’t know what’s going on and whose child isn’t doing the same thing can be very judgemental and say “they’re a little scumbag”.

What they thought of 3 key NVR components- The Support Network (cont)

- “The hardest part for me was telling my mother the full extent of what was going on and knowing how much my son thinks of my mother and I had to tell her what he was doing. It was the hardest thing for me to do but it was the best thing I did because with the verbal abuse he doesn’t call me those names out on the street anymore. All I get now is “Hi love how are you”. As I said that was the hardest but the best.

What changes they have found at home?

“There’s a lot more calm in the house and when there is trouble and things start going out of control it’s very easy to bring things back down. I’ve learnt to walk away and not stand there fighting and answering back. He started getting confused. He didn’t know what was going on. But when I explained to him when he was calm he understood and that’s what we’ll keep doing.

What changes they have found at home? (cont)

“What changed in my house is that my son doesn't come in and roar and shout at me saying I want this and I want that. Now he just asks me. If I have it I'll give it to him and if I don't I can't and as soon as he goes to get angry I say “I'm going to phone nana” and he says “alright mam I'll go for a walk” and that's what he's being doing”.

“The change in my house is the respect me and my son are starting to show each other. Now he respects me and I respect him and he's starting to respect my house too”.

Message they would like to give other parents suffering CPV

"To stop covering up for their children and admit what they are doing".

"To use your support network and not be afraid to say what's going on".

"To not be ashamed. Everyone is going through it in one way or another".

"To attend a course like this. It's very good and I think they would find it very helpful.

Key Learnings for Facilitators from the Focus Group

- *1- The group has the potential to have a very negative environment due to the subject matter. We found that it was essential to introduce a positive element to each session.*
- *2- Group members may feel isolated and so it is to be expected that when they are offered a supportive space they will begin to off load. There can be a tendency for some of the stronger characters to take over the group*

Key Learnings for Facilitators from the Focus Group (cont)

- *3- If you and your co-facilitator can have agreed every week what the 2-3 core messages you want to convey then you can deal/support any inevitable issues/curveballs that emerge but still ensure there is learning in the session and you don't fall behind.*
- *4- Praise a parent's current parenting skills at every opportunity. Most parents in the group will not have experienced positive feedback on their parenting in a long time.*

Key Learnings for Facilitators from the Focus Group (cont)

5- Participants were eager for easy to grasp concepts and they used “The Pause Button” (from Parents Plus) as an example. Tap into the group’s creativity. We did and that is where the SUPPORT image came from.

See our SUPPORT sheet. This originated from trying to explain how support can come from unlikely sources. They came up with it and remember it to this day.

S ometimes
U nlikely
P eople
P rovide
O ur
R eassurance
T ime

Thank
You !!!!!