



Responding to Child to Parent Violence & Abuse in Europe

Dissemination and
Valorisation - Workstream 5

Workstream 5: Dissemination and Valorisation

Dissemination and Valorisation

Child to Parent Violence and Abuse across Europe: Bulgaria, England, Republic of Ireland, Spain and Sweden

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All project partners were actively involved in dissemination activities: Åmåls Kommun, Sweden; Brighton and Hove City Council, England; National Association XXI Rhodopa Mountain Initiative, Bulgaria; National University of Ireland, Galway; University of Brighton, England and University of Valencia, Spain.

Many thanks go to the young people, parents and professionals in the five countries that took part in this research project and made our research, training and learning possible and to AudioActive, RISE and the Integrated Team for Families and Youth Offending Services at Brighton & Hove City Council.

This publication has been produced with the financial support of the Daphne Programme of the European Union. The contents of this publication are the sole responsibility of Claire Thompson (University of Brighton, England), Ulla Mortensen (Åmåls Kommun, Sweden) and Paula Wilcox (University of Brighton, England) and can in no way be taken to reflect the views of the European Union.

Brighton, England, January 2015

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Abbreviations

APV	Adolescent to Parent Violence
B4C	Break4Change Programme (England & Wales/Sweden)
BHCC	Brighton and Hove City Council
CPV	Child to Parent Violence
CAMHS	Child and Adolescent Mental Health Services (England & Wales/Ireland)
HITW	Holes in the Wall Blog; http://holesinthewall.co.uk/
ITF	Integrated Team for Families (BHCC)
NICE	National Institute for Clinical Excellence (England & Wales)
NUIG	National University of Ireland Galway
NVR	Non Violent Resistance Programme (Ireland)
P2C	Power2Change (Ireland)
RCPV	Responding to Child to Parent Violence
recURRA	Programa RecURRA GINSO
RYPP	Respect Young People's Programme
SEVIFIP	Sociedad Española para el Estudio de la Violencia Filio-Parental
Tusla	Child and Family Agency (Ireland)
UoB	University of Brighton
UoV	University of Valencia
VFP	La Violencia Filio-Parental
YOS	Youth Offending Service
YUVA	Yuva Young People's Service, Domestic Violence Intervention Project

Workstream 2: Research and Data mapping

1. Introduction

1.1 The Responding to Child to Parent Violence (RCOPV) Project

In 2006 the European Youth Forum identified the need for research and policy on child to parent violence (CPV) and the Daphne II programme (2004-8) indicated a rise in reported cases. As a result the Daphne III programme put out a call for proposals on 'Children as victims and perpetrators of violence'. It was thanks to this call that the 'Responding to Child to Parent Violence' (RCPV) action research project was funded from February 2013 until the end of January 2015.

CPV is one of the most hidden, misunderstood and stigmatised forms of family violence. It involves teenage and younger girls and boys who use physical, psychological, emotional and financial violence and abuse over time to the extent that parents/carers live in fear of their child. The idea that parents, who are responsible for children's welfare, can become victims of abuse from their own child is extremely challenging not only for the parent experiencing violence from their child but also for practitioners and wider society. This particular form of violence in the family is not yet being adequately addressed in Europe; CPV is largely absent from national and European programmes on the violence of young people, domestic violence and on violence against women and girls.

A partnership of six institutions from five European countries was granted a two-year action project (2013 – 2015) within the framework of the Daphne III programme. RCPV examined whether violent and abusive behaviour by children towards parents/carers can be changed in 5 European countries: Spain, England, Ireland, Bulgaria and Sweden; the project's focus was on children aged 10 – 19 (WHO definition of adolescence). Adult 'children' can also be violent and abusive to parents but this aspect of CPV was not included in the scope of RCPV. The project explored the ways practitioners currently respond to this social problem focussing on two European-based interventions: Break4Change (see <https://www.justice.gov.uk/youth-justice/effective-practice-library/break-4-change>) and Non Violent Resistance (Omer, 2004).

The RCPV partnership was led and coordinated by the University of Brighton working with Brighton and Hove City Council (BHCC), England; National Association XXI Century Rhodopa Mountain Initiative, Bulgaria; Brighton and Hove City Council (BHCC), England; National University of Ireland Galway (NUIG); Polibienestar Research Institute, University of Valencia, Spain and Åmåls Kommun, Sweden. There were also two associate partners: COPE Galway (domestic violence and outreach service) and the Regional Directorate of the Ministry of Interior – Smolyan. The project produced a range of useful resources for policy makers and practitioners contained on an RCPV USB card and available on the project website www.rcpv.eu films on CPV, filmed role plays for use in training professionals and tool kits for the Break4Change and Non Violent Resistance models are available on the website via the RCPV YouTube Channel.

RCPV adopted an action research methodology motivated by the quest to map policy, practice and knowledge in relation to CPV in each partner country and to learn how to improve these by reflecting on the changes made through project actions. The aims of the project were as follows:

- To research understanding and raise awareness of CPV
- To improve policy and practice
- To develop an evaluation framework
- To implement intervention programmes
- To develop tools for practitioners and families in Spain, Bulgaria, England, Ireland and Sweden.

All with an underpinning focus on gender dynamics and preventing and responding to violence against women and children.

The two intervention models chosen to be implemented and studied as part of the research project were Break4Change (B4C) based in Brighton and Hove and works with parents and young people in parallel groups over 10 weeks and Non Violent Resistance (NVR) based in Galway, as adapted in Ireland, works with parents usually on a one to one basis for up to 10 sessions with additional telephone support, if required (NVR can also be used with groups of parents).

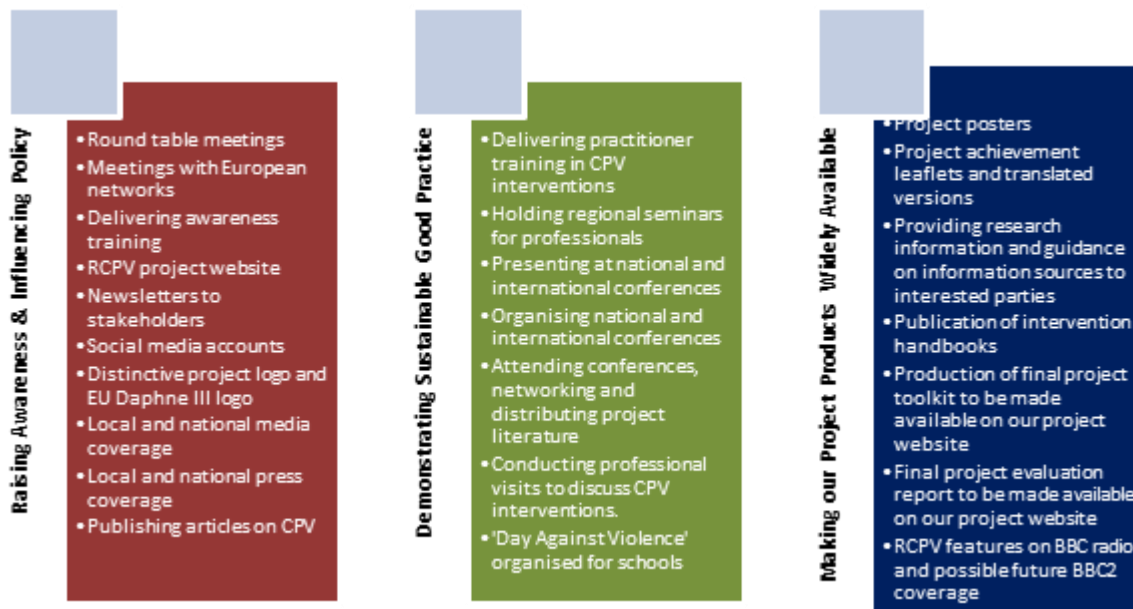
2. Dissemination and Valorisation

The Responding to Child-to-parent Violence project is an ambitious action research project covering a wide geographical area and wide range of project aims: the analysis of national approaches to CPV, to understand perspectives of families experiencing CPV, developing an evaluation tool to assess efficacy of interventions, evaluating some current interventions, training practitioners to assess their own skills in responding to CPV, training practitioners in these intervention programmes and identifying and making CPV understood as a separate issue in parenting and domestic violence. The dissemination plan therefore needed to convey progress on each of these areas to practitioners, funders, politicians, researchers and the general public and has sought to do this through the three strands of its dissemination plan:

1. Using national and international networks to raise awareness and influence policy development to help combat CPV
2. Demonstrating sustainable good practice activities that can be mainstreamed to combat CPV
3. Making the products from our workstreams widely available to practitioners and funders.

2.1 . Dissemination Plan

Our dissemination activities respond to each of these strands as shown in the table here below:



3. Focus of Activities

3.1 Phase 1: Using national and international networks to raise awareness and influence policy development to help combat CPV

The principal aims of this strand were firstly to raise awareness of the issue with both relevant professionals and with the general public, and secondly to produce research which would feed into on-going policy discussions.

3.1.1 Awareness-raising

a) Public discussing the subject: dispelling shame, a major barrier to accessing services.

Our first step was to give the project a recognisable identity and we did this through designing our project logo and setting up our multi-lingual project website. We acknowledge and publicise our funders, the EU Daphne III programme, by using their logo on our communications.

To develop a stakeholder database, every time we are contacted by a professional or member of the public, or when we contact relevant organisations, we ask if the enquirer would like their details added to our distribution list so that they receive our future project communications.

From the start of the RCPV project good relationships were developed with the mass media: "It was good to see an article in Woman's Own magazine (April 8th 2013) covering CPV. Media interest flourished in the wake of the announcement of the grant awarded to the University of Brighton to study child to parent violence, and this is one of the results. The piece includes two case studies, the finding from the Metropolitan police area that reports of child to parent attacks account for three percent of all domestic violence cases, and detail from PAARS, who found that more than half of the abusive youngsters they worked with were boys and aged 13 – 15. Jeremy Todd of Family Lives also adds some comment about possible reasons for the violence, and advice to parents about what to do when an argument breaks out; and there is a link to this website. It's good to hear that the violence has now ended for the two families featured" Helen Bonnick Holes in the Wall Blog 15 April 2013.

In order to enable people to recognise and discuss CPV, we employed a mixture of the following approaches: six-monthly newsletters, press releases coinciding with major project events, setting up project Facebook and Twitter accounts, making radio appearances (for example national RTE in Ireland and BBC West Midlands in England) and also liaising with our institutions' media teams to bring about coverage from local press in Sweden, Bulgaria, Ireland and England and Ireland (Radio Solent, Radio 5 Live, The Irish Times 3 December, The Times 2). Our project work has currently featured in media with a circulation of up to 84000 people, and we are receiving increasing numbers of enquiries from members of the public and interested professionals. A list of our publications can be seen in the references section.

b) Educating public sector managers and officials.

To raise awareness of CPV across our partner countries with professionals who are most likely to be in contact with families that may be experiencing CPV, i.e. the police, social services, Child and Adolescent Mental Health Services, youth offending service/probation service workers, psychologists, voluntary sector workers, domestic violence workers, family workers and teachers, our partners have arranged meetings with regional contacts and national bodies. For example in Smolyan, Bulgaria, the National Association XXI Rhodopa Mountain Initiative, has organised one successful training session for police officers and social workers on 25 & 26 September 2013 to give them the tools to recognise CPV as a serious issue and identify it as a separate aspect within domestic violence. Due to the favourable reception of this session, a follow-up round table meeting was held on 31 October 2014 in Sofia with twenty-five national stakeholders and influencers in the Bulgarian public sector where the project's findings were presented and the delegates discussed possible future developments to address CPV in Bulgaria.

To reach a national audience, our partners at National University of Ireland Galway have published articles in professional journals such as Context and the Irish Probation Journal.

c) Instigating change at EU-level to in policy and practice.

The RCPV project team has linked in with European networks in order to start to influence EU policy on CPV: the European Network Preventing Violence against Children and Young People, Women Against Violence Europe Network (WAVE), The European Anti-Violence Network (EAVN), European Regions and Local Health Authorities network (EUREGHA), and the European Network of Social Authorities (ENSA).

The publication of our project findings in January 2015 gave us an opportunity to hold a Round Table Policy meeting in Brussels on 20 January 2015 with MEPs, representatives from DG Justice, children's ministers, CPV experts, and domestic violence organisations to discuss and decide on future policy change and featuring of CPV within domestic violence, social inclusion and justice policy, along with the chance to recommend possible mainstream support and influence EU budgetary decisions to enable this service provision. Dissemination of project findings at European and national levels with MEPs and senior policy makers has made them aware of the RCPV findings and they are able to use these in Violence against Women & Child Protection projects under way at the European Commission. This work has also enabled collaboration to facilitate data sharing with the Council of Europe/OIJJ (International Observatory for Juvenile Justice) aiming to provide child-friendly justice.

We note the World Health Organisation's recent Child Maltreatment Prevention Action Plan and the vehicle this could provide to begin to collect official statistics and be included in this agenda for safeguarding children from adverse childhood experiences.

3.1.2 Phase 2: Demonstrating sustainable good practice activities that can be mainstreamed to combat CPV

a. Practitioner training in both B4C and NVR models

One of our most fundamental project activities has been to train practitioners in two CPV intervention programmes: Break4Change (led by Brighton & Hove City Council) in May and June 2013 and October 2014 and Non-Violent Resistance (led by National University of Ireland, Galway) from May 2013 through September 2014. A Break4Change regional seminar was also held in Åmåls Kommun, Sweden, on 12 April 2013.

To-date we have given over 320 multi-agency, multi-national practitioners the skills they need to identify and work with cases of CPV, thereby extending the support available to families in our partner countries; our project work has also included a self-assessment of practitioner efficacy – for more information please refer to the workstream 3 report.

b. Visits to partner organisations nationally

Sweden

Åmåls Kommun, Sweden, met with social workers in their neighbor municipality Säffle in November 2013, with colleagues in Ödeshög in May 2014 and on an ongoing basis with an inter-agency children's mental health group in Åmål to share information about the project and the Swedish adaptation of the Break4Change programme which Åmål piloted in 2014 with parent groups. Such interest has been expressed by other authorities and organizations in Sweden that Åmåls Kommun now plans to roll out the programme, in collaboration with Brighton & Hove City Council (operating Break4Change England) regionally, with the hope of increasing future service provision for families in Sweden.

Bulgaria

Bulgarian dissemination activities: A Round Table in Sofia October 2014 with 25 state organisations and NGOs, distributed information materials about CPV including USBs with information about CPV, laws and support places were provided to interested or at-risk parents, the RCPV leaflet was translated into Bulgarian, introduced a guide for parents on "How to protect your child from crime", media coverage in newspapers and on TV, training of 30 police officers, psychologists and educators, carried out a 'Children's Police Academy' at District Police Directorate where children received RCPV hats and at a local school a "Day Against Violence" including a presentation to the classes was organised.

The most intensive awareness-raising activities were carried out in Bulgaria. These resulted in the issue being spoken about for the first time, social workers and police officers being trained to work with parents and children victims of such violence and experts identifying the first cases of CPV in Bulgaria.

c. Conference presentations

The partnership has presented our research findings and experience of the Break4Change and NVR programmes at the following international conferences to-date, sharing our action research with academics, CPV experts and interdisciplinary delegates:

Presentations at European Conferences

- 17-19 April 2013 Paula Wilcox presented a paper and discussion on RCPV at the European Network on Gender and Violence, University of Vienna.
- 29 May 2013 Ulla Mortensen presented a paper at the Parent Support Models conference in Gothenburg, Sweden.
- 14 Jun 2013 Declan Coogan presented a paper on RCPV UNESCO Child & Family Research Centre Biennial Conference, NUI Galway.
- 14 March 2014 Ulla Mortensen presented at The Good Ideas Conference, VÅ CAMPUS VÄSTILYSEKIL, Sweden.
- 12 & 13 June 2014 All partners presented at the RCPV international conference 'Child to Parent Violence: Innovations in Practice, Policy and Research', NUI Galway, see <http://cpvireland.ie/>.
- 17 Sept 2013 Declan Coogan presented a paper on RCPV at the International Society for the Prevention of Child Abuse and Neglect European Conference, Dublin.
- 28 & 29 January 2015 All partners presented at the RCPV international end of project conference 'Responding to Child to Parent Violence: European Perspectives', University of Brighton, see <http://www.rcpv.eu/event/2-responding-to-child-to-parent-violence-final-conference>.

Presentations at National Conferences

- 13 June 2013 Michelle Pooley and Paula Wilcox presented a paper at the UK Domestic Violence and Health Forum, Kings College, London.
- 27 November 2013 Paula Wilcox Chaired and Martyn Stoner presented on Child to Parent Violence at the Annual Youth Justice Convention in Birmingham.
- 2 April 2014 Michelle Pooley presented a paper on RCPV at the 'Reimagining Youth Justice' Conference at the Howard League, London.
- 25 March 2014 Paula Wilcox presented a paper on RCPV at the Respect 9th National Practitioners Seminar for Those Addressing Young People's Use of Violence in Close Relationships in York.
- 29 January 2014 Paula Wilcox presented a paper at the 'Practitioners Responding to Child to Parent Violence 2013-2015' run by CoPA Leicestershire at the University of Leicester.
- 13 and 14 November 2014 Michelle Pooley presented a paper 'Reflections and Learning from a Groupwork Based Child to Parent Violence Intervention – Break4Change', at the Rise Conference, Brighton.

. Conference attendance

The RCPV project has had an active presence at the following conferences, speaking with potential partners and distributing project literature which generated project enquiries:

- Conference at the University of Karlstad, October 2013: lecture with Petri Partanen who talked about "From Vygotskij to teaching conversations"
- National School Counselor conference in Luleå, Sweden, October 2013.
- Conference about parental support on the web, Åmål, October 2013.
- Conference about Parent Support by Public Health Agency of Sweden¹, Karlstad.
- Child Mental Health conference, Gothenburg (communication with several different NGOs, e.g. Save the Children)
- SOL-conference (gathers international solution-focused practitioners), September 2014.

¹ The authority that controls all Swedish parent support models.

d. Conferences and symposiums organised

RCPV First International Project Conference: Child to Parent Violence – Innovations in Practice, Policy and Research, 12-13 June 2014, NUI Galway. In total 186 professionals were registered for the conference, with many indicating that they would take what they had learned back to their work place. For the evaluation the question, 'The conference was relevant to me and my work', 66% said that they strongly agree and 27% said they agree.

RCPV Second International Conference: Challenges in Positive Parenting, Valencia, Spain, 26 September, 2014. This half-day meeting gathered Spanish experts, notably from the Spanish Society for Child to Parent Violence, in CPV plus the RCPV project team and results and experiences from the different intervention programmes were shared.

RCPV End of Project International Conference: Child to Parent Violence – European Perspectives, 28-29 January 2015. 170 multi-agency delegates plus experts and practitioners from across Europe gathered for this 2-day event which moved the discussion forward for both CPV practice and CPV policy. 20% of the delegates completed feedback forms (n38). We asked attendees 'what went well in the conference' and 37% reported that there was an effective mix of skilled speakers, whilst 32% gave positive feedback about the programme's mix of policy, academic, research and practice. 13% of respondents told us that the conference was well paced, that workshops/plenary sessions were useful (11%) and that the conference was a useful opportunity for networking opportunity (8%) and valued the European perspective the programme offered (5%). The organisation and logistics of the conference were also important to the delegates' experience. For example 32% said the conference was 'well catered', 29% thought it was 'well organised' (29%) with an additional 24% reporting their positive response to translators being available throughout the conference. When asked what 'one action' attendees would take forward as a result of the conference, 32% reported that they would share resources, learning and training with colleagues working with CPV and 21% would take a message to their managers to invest in CPV training for staff in their service area. 21% of delegates would take a message to their government to listen to victims of CPV and prioritise resources locally.

A free copy of the practitioner and awareness-raising resource which the project team prepared was distributed. The toolkit includes the programme manuals for B4C and NVR, a project film detailing research results, culturally-appropriate awareness raising and training materials, country reports detailing the political, social and cultural situation in each country with respect to CPV plus the summary of the project report. We also sent a further online survey to attendees post conference to assess their use of the USB resources, and we await the results of this.

3.3 Phase 3: Making the products from workstreams widely available

During the two years of the project, we have designed posters, project banners, leaflets (translated into partner languages) and achievement leaflets to publicise the existence of the project and the project website as a source of information and our research findings as they become available. We plan to be able to make our findings available to as many researchers and professionals as possible, as well as exploring partnerships for new projects in this topic area based on the needs we have discovered. Presentations from the RCPV international end of project conference in Brighton are available on the project website www.rcpv.eu and from the conference in Galway on www.cpv.ie.

As mentioned above, our RCPV toolkit will be launched on 28 January 2015 and the full project report will be published on the RCPV website by April 2015. We have also submitted project work stream evaluative reports to the Daphne III Office of the DG Justice.

In terms of media coverage, we anticipate working with national print media to cover our project conference and release of project findings, as well as with national TV producers to develop feature documentaries on our project work.

The National University of Ireland Galway has video and photos of all the RCPV NVR trainings also the RCPV project's YouTube Channel is another source of video information and points those interested to the project's website.

4. Key Learning and Messages

As we have seen in Workstream 1 recorded cases of CPV are rising. Since the beginning of the project, public interest in this issue is clearly also increasing judging from the enquiries we have received in the project team and also in the media interest in recent television documentaries on the subject. It highlights the wish for further information, discussion, help and access to intervention services now present in the EU.

The project has provided a hub for signposting people to the information they need and the project website will remain operational following project close in order to continue to provide public and practitioner access to valuable resources.

Our conferences have brought together CPV experts and professionals from many different agencies and gone some way to furthering the dialogue between them. Good progress in policy-making was achieved at our final round table meeting in Brussels in January.

Our stakeholder database now holds XXX names and to-date there have been 3542 visits to the www.RCPV.eu. In total, 322 delegates from all agencies and 7 European countries attended our two project conferences (see Section 1.8 and WS3 and WS4 reports for evaluation). Spain is sharing the CPV evaluation framework and engaging in close dialogue with justice services, England and Ireland have rolled out family interventions and practitioner training and also increased professional awareness and collaboration on CPV whilst Åmål was the first municipality in Sweden to pilot Break4Change and has shared its experiences nationally. The most intensive awareness-raising activities were carried out in Bulgaria which resulted in the issue being spoken about for the first time, social workers and police officers being trained to work with parents and children victims of such violence and experts identifying the first cases of CPV in Bulgaria.

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VIDEO : The children who attack their parents by Sarah Saunders @SSaundersITV

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The Independent Wednesday 4 December 2013 Was Sweden Right to Spare the Rod?

APPENDIX 1

Press Releases

1. Press Release at Start of Project



With financial support from the DAPHNE programme of the European Union

Press Release FINAL

University of Brighton

26 February 2013

The hidden abuse by children on parents

The University of Brighton has won a €751,000 (£641,000) grant to study the emerging problem of violent attacks by children on their parents and carers.

Incidents involve both young teenage boys and girls who use physical or psychological abuse to gain power, usually over their mothers.

University academics will support the multi-agency research project 'Child to Parent Violence' which was originally initiated by the specialist domestic violence organisation RISE, and aims to find out how countries across Europe handle the problem. The aim is to provide a toolkit for practitioners and to increase awareness in the UK.

Leading the research is Dr Paula Wilcox, principal lecturer in the university's School of Applied Social Science, who said: "This problem is rarely articulated in government policy and it remains a taboo subject that parents and carers find difficult to disclose. We know that Spain has conducted more work on this issue and as a result seen an increase in reports by parents and carers."

Child to Parent Violence (CPV) is defined as "any act of a child that is intended to cause physical, psychological and financial damage to gain power and control over a parent and/or carer".

Dr Wilcox said: "Existing literature identifies that it is mainly mothers who experience it and mainly adolescent boys who perpetrate it, as well as links with domestic violence, but both areas are under-researched and due to the lack of evidence-based guidance, practitioners are often unsure how to respond to this issue.

"As a result, many young people who perpetrate CPV are not identified until they come into contact with the criminal justice system, entailing severe social costs for the family and high financial costs for the government."

Dr Wilcox said responding to CPV has been designed to address practice intervention on this emerging problem. The project will assess the effectiveness of two existing intervention models 'Break4Change' and 'Non Violent Resistance' from a gendered perspective across five European countries – Bulgaria, Ireland, Spain, Sweden and the UK.

She said Break4Change is a specialist CPV intervention programme in Brighton and Hove which has parallel groups for parents and young people. It helps children to share, to learn and investigate their reactions and responses. They learn techniques to cope better with emotions and emotional literacy. Nonviolent Resistance (NVR) is an approach for parents who are trying to respond to CPV and offers a one to one approach.

Dr Wilcox said the partnership had been selected to reflect a wide range of expertise in CPV intervention, as well as geographical and cultural diversity across Europe.

Along with the University of Brighton, the multi-agency research group includes Brighton & Hove City Council, the National University of Ireland (Galway), Instituto de Investigacion Polibienestar – Universitat de Valencia in Spain, the

National Association XXI Century Rhodopa Mountain Initiative in Bulgaria and Amal Municipality in Sweden. In relation to the Non Violent Resistance programme, the National University of Ireland (Galway) will be providing training for practitioners who are trying to respond to the needs of parents living with child to parent violence.

Researchers stressed that violence inflicted by parents on children is more common and work also needs to be done with regard to parenting. Councillor

Sue Shanks, chair of Brighton & Hove City Council's Children & Young People Committee, said: "Child-to-parent violence is unacceptable and deeply worrying so it is vital that we look at all good practice to find out what we can do to help prevent it.

"As a council, we already run innovative and targeted schemes. This is a great opportunity to further develop Break4Change and expand other programmes that provide early help such as Triple P Parenting to families to prevent problems spiralling."

Funding for the project has been provided by the European Commission under the Daphne III programme which aims to contribute to the protection of children, young people and women against all forms of violence and to attain a high level of health protection, well-being and social cohesion.

Dr Wilcox added: "We hope to build on previous learning in this area to enable a better pan-European understanding of CPV and further develop innovative change models, identifying and publicising a range of good practice actions that can be used to safeguard and improve future outcomes for children and their families who are affected by this problem."

Case study:

Mother of two, Jane (not her real name), said: "This all started when my son was 13. It manifested in lots of shouting, smashing things, taking my bag, threatening to break things, threatening behaviour, physical violence, smashing parts of the house and being very out of control.

"This just got worse and worse. All the boundaries I had been using before just were not working. There were problems at school and he wasn't getting the support he needed there.

"He started to run away from home and I had to phone the police. This was very tiring, very stressful, very frightening and very worrying for me as a mother and, as a result, I had very low self-esteem.

"I was so worn out that I didn't look after myself properly and it was also affecting my daughter. Other parents who haven't experienced this don't understand. You feel so crap at the school gates.

"Then a Young Offenders Project worker visited and talked to us about Break4Change and this has since been a major influence. He he was straight talking with both of us, and supportive.

"My son and I attended the Break4Change programme – I don't think it would work properly if we hadn't both gone together. He didn't feel he was being sent to the programme as the 'bad boy' and it showed him that I loved him.

"Talking helped a lot, as did meeting other parents who had the same level of behaviour going on in their lives. The alienation and stigmatisation dropped because you were amongst people with similar experiences. I was not patronised or demonised as the bad parent – they were kind and accepting and made us feel we were not horrible and that there was a way forward."

Jane said the programme encourages parents to adjust responses, to say no and sticking to it, to not being afraid to call the police, using money initiatives, and choosing the right moment to speak to your child so as to avoid arguments.

Her son still has tantrums but his behaviour and education has very much improved, along with their relationship: "We have got back to being cuddly again."

Jane supports the research: "If this can open up discussions to look at prioritising funding to support programmes similar to the Break4Change programme, then it will absolutely be worthwhile."

If you are experiencing this problem you can get support and advice from:

Family Lives (formerly Parenting Plus)

0808 800 222 free

<http://familylives.org.uk>

Women's Aid Helpline

0808 2000 247 free

<http://www.womensaid.org.uk>

Brighton and Hove

RISE

01273 622 822 free

<http://www.riseuk.org.uk/>

2. Press Release at end of Project



With financial support from the DAPHNE programme of the European Union

University of Brighton

Embargo to 00.01, 27 January 2015

The hidden abuse by children on parents

Thousands of parents and carers are suffering physical and verbal attacks by their children, according to new research published today 27 January.

The assaults are close-kept family secrets and most adults are too embarrassed or ashamed to report them or to seek help. Many live in fear of their child.

Studies show that 10 per cent of families in the USA suffer child to parent violence (CPV) and new research led by the University of Brighton has shown families in England and other parts of Europe are living with the same abuse.

The researchers are calling for comprehensive UK-wide early intervention services to tackle the violence and prevent more serious problems occurring in the future, saving the country millions of pounds.

The university in partnership with Brighton and Hove City Council and European partners were awarded €751,000 (£641,000) by the EU Daphne Programme in 2013 to study this emerging problem which involves both young teenage boys and girls using physical or psychological abuse to gain power, usually over their mothers.

Dr Paula Wilcox, lead researcher and Reader in the University of Brighton's School of Applied Social Science, said: "This is the most hidden, misunderstood and stigmatised form of family violence. It involves teenage and younger girls and boys who use psychological and emotional, financial abuse and physical violence over time to the extent that

parents and carers live in fear of their child.

“Judging by research in Spain and the USA we believe thousands of parents in England and throughout the EU suffer CPV but the problem is rarely articulated in government policy and it remains a taboo subject that parents and carers find difficult to disclose. We know that Spain has conducted more work on this issue and as a result it has seen an increase in reports by parents and carers. In Spain the no. of complaints filed by parents against their children has increased from 1,627 in 2006 to 5,377 in 2011 which is a 230% increase (Ministerio de Justicia 2012 cited in Calvete et al 2013).”

From our research mothers are the most likely to suffer violence from adolescent sons. Currently, the children in these cases in all the European countries except Spain are identified via referral from schools, social workers, domestic violence agencies and youth offending services which involves social costs for families and financial costs for the government.

Dr Wilcox said victims have difficulty seeking help but she stressed: “abusive behaviour by children can be changed. Practitioners can equip children and parents/carers with strategies and skills to recognise when a situation is escalating and to reduce the potential risk of harm.”

Along with the University of Brighton, the multi-agency research group included Brighton & Hove City Council, the National University of Ireland (Galway), Universitat de Valencia in Spain, the National Association XXI Century Rhodopa Mountain Initiative in Bulgaria and Amal Municipality in Sweden.

The action research assessed the effectiveness of two existing intervention models ‘Break4Change’ and ‘Non Violent Resistance’ from a gendered perspective across five European countries – Bulgaria, Ireland, Spain, Sweden and England.

Break4Change is a specialist CPV intervention programme in Brighton and Hove which has parallel groups for parents and young people. It helps children to share, to learn and investigate their reactions and responses. They learn techniques to cope better with emotions and emotional literacy. Nonviolent Resistance (NVR) is being run in Ireland as an approach for parents who are trying to respond to CPV and offers a one to one approach.

The research recommendations call for:

- EU policy development to include CPV in child protection, domestic violence and child maltreatment prevention policy.
- More data and research to better assess the prevalence of CPV.
- Training for practitioners and a network of specialised CPV interventions to enable parents and young people to gain the support they need.
- The findings are welcomed by Councillor Sue Shanks, chair of Brighton & Hove City Council’s Children & Young People Committee, who said: “This study has helped ensure effective practice for us in Brighton and Hove through the opportunities to share good practice and evidence based research.”
- “As a council, we are committed to further developing Break4Change and have included this within our domestic violence and sexual violence delivery plan. We have also included it as part of our early help approach to prevent problems spiralling”.

Funding for the research came from the European Union under the Daphne III programme and this project has certainly contributed to the protection of children, young people and women against this form of violence.

Dr Wilcox added: “This pan-European approach has contributed greatly to the further development of change models and the better understanding of CPV.

“The good practice identified in this research can be used to safeguard and improve future outcomes for children and their families who are affected by this problem.”

Case study:

Mother of two, Jane (not her real name), said: “This all started when my son was 13. It manifested in lots of shouting, smashing things, taking my bag, threatening to break things, threatening behaviour, physical violence, smashing parts

of the house and being very out of control.

“This just got worse and worse. All the boundaries I had been using before just were not working. There were problems at school and he wasn’t getting the support he needed there.

“He started to run away from home and I had to phone the police. This was very tiring, very stressful, very frightening and very worrying for me as a mother and, as a result, I had very low self-esteem.

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Jane supports the research: “If this can open up discussions to look at prioritising funding to support programmes similar to the Break4Change programme, then it will absolutely be worthwhile.”

Parents and carers needing advice can contact:

Family Lives, which offers a confidential helpline service. It can be telephoned free from landlines and most mobiles. Call skype 0808 800 2222 free for information, advice, guidance and support on any aspect of parenting and family life. Opening hours are 7am – midnight. Those needing urgently to speak to someone during the night can be diverted to the Samaritans who are available to offer emotional support. <http://familylives.org.uk/>

Women’s Aid National Helpline

A 24 hour national domestic violence helpline, Skype phone 0808 2000 247.

<http://www.womensaid.org.uk/>

Rise, a charity which supports women, children, young people and families affected by domestic abuse in Brighton & Hove and across West Sussex. Phone skype 01273 622 822 free.

- Hear about the innovative Break4change project that is helping parents in Brighton & Hove tackle violence from their children. The audio features an interview with Brighton & Hove City Council Youth Offending Service parenting worker Martyn Stoner and a mother who used the service and now has a much improved relationship with her son. Break4Change was one of the first projects of its kind in Europe and is now providing advice to other countries who are looking to set up something similar.

<https://audioboom.com/boos/1729334-tackling-child-to-parent-violence-in-brighton>