ICENI

Parent-centred approach.
Child-centred outcomes.

The Venta Programme

Understanding and taking responsibility for harmful behaviour in intimate relationships

There is a lot of stigma and judgement around Domestic Abuse, which is one of the reasons why you might be reluctant to talk about it. However, it's never been more important; recognising and talking about behaviours that cause harm in intimate relationships is the starting point for change.
We invite you to have this conversation with us.

This leaflet may be useful to you if any of the following apply:

- Your behaviour is causing harm in intimate relationships
- Your relationship is harmful to you and your partner, the family and/or children
- You have been accused of Domestic Abuse
- You are involved with Social Care Services or the Criminal Justice System due to Domestic Abuse
- Your relationship feels toxic

"It's time for us to have an open conversation about Domestic Abuse"

- Venta Programme Facilitators

What is Domestic Abuse?

Domestic Abuse is defined as; '*any incident or pattern of incidents of controlling, coercive, or threatening behaviour, violence, or abuse between those aged 16 or over; this can be with a current/ ex-partner or family member regardless of gender or sexuality'*. (Gov.UK: 2022)

Domestic Abuse can take many forms including emotional, physical, psychological, financial, and sexual. Although we hear the phrase 'Domestic Abuse,' many of us don't understand what it means beyond violence. However, examples could include:

- Following your partner/ex-partner without their knowledge or stalking them on social media
- Pushing or shoving your partner/ex-partner
- Gaslighting (psychological manipulation causing self-doubt and confusion in your partner)
- Being sexually controlling
- Humiliating or embarrassing your partner/ex-partner in public
- Behaving in a jealous and possessive manner when your partner goes out without you

What is the impact of Domestic Abuse? Why should I care?

The impact of Domestic Abuse goes beyond physical harm. It also has a psychological impact on everyone involved including current and ex-partners, family, friends and of course, children. Domestic Abuse also impacts mental health and wellbeing and is associated with anxiety, depression, Post Traumatic Stress Disorder (PTSD) and substance abuse.

If you have (or are planning to have) children, Domestic Abuse impacts your ability to parent, be a good role model and, most importantly, can significantly harm children's long-term mental and physical health; children's self-esteem, confidence, friendships, and educational attainment can also be greatly affected. Further, children who witness violence in the home are at greater risk of repeating these patterns of behaviour in future relationships. The implication is that the cycle of domestic abuse continues.

Having read the above, what does it feel like for you?

Is it time for things to change?

Whilst there is never an excuse for Domestic Abuse, research suggests that there are many underlying causes that may impact how we behave in intimate relationships. These could typically include: dysfunctional family relationships, poor role models, growing up in a volatile environment, traumatic experiences, mental health difficulties, patriarchal belief systems and other Adverse Childhood Experiences (ACE'S).

We will help you to understand how past experiences have shaped and influenced who you are today in a relationship and help you to take responsibility for your actions now.

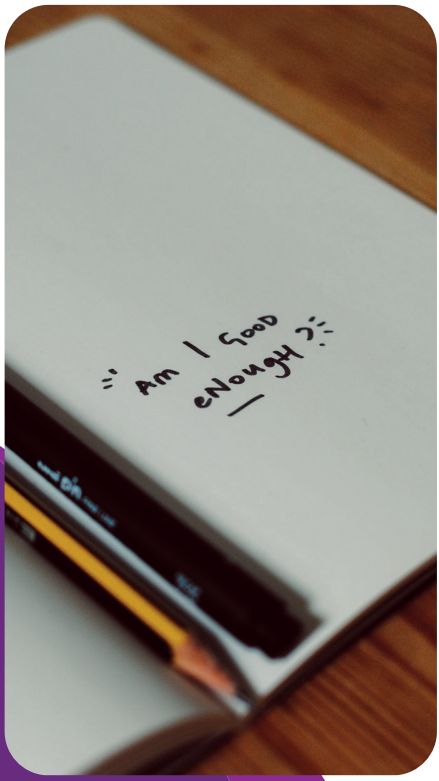
How can I get help?

The Venta Programme, run by Iceni (a local charitable agency in Ipswich), offers a free sixteen-week course to help men better understand:

- Domestic Abuse
- Why Domestic Abuse might occur
- The impact of Domestic Abuse on intimate relationships and/or children
- How to change harmful behaviours
- Equip you to manage yourself within current and future relationships.

The Venta Programme is RESPECT accredited which means that it meets a national standard recognised by statutory services including social care services and the Criminal Justice System. We accept self-referrals, and referrals from the community, social services, probation, and other professionals.

To speak with us in confidence, please refer to our contact details overleaf.



"I was really worried about going on the Venta programme, but it's been life-changing and helped me understand why I've behaved the way I have and how I can do things differently in the future."

- Venta client, 2022

Images courtesy of unsplash.com

We're here for you

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