



Family violence – when home is no longer a safe haven...

Home and family as a safe haven.

One of the basic functions of a family is to provide its members with a sense of safety.

The need for family safety belongs to the group of primary needs, the basic ones, the satisfaction of which determines primarily the preservation of life, as well as the health and development of the individual.

We create a sense of safety by:

- Protecting the life and health of family members;**
- Ensuring the multilateral development of family members;**
- Creating opportunities for educating family members;**
- Caring for the realization of values;**
- Creating conditions for proper psychophysical functioning;**
- Caring for individual and common goods.**

A person's sense of safety is disturbed by:

- **lack of stability and predictability of a situation;**
- **abnormal life situation;**
- **lack of recognition of the entity;**
- **lack of acceptance and kindness;**
- **lack of assistance, support and solidarity;**
- **a sense of bad perspective and the existence of threats;**
- **lack of order;**
- **traumatic experiences;**
- **sudden break of ties with loved ones;**
- **violence, aggression and rape by people;**

Violence in the family

destroys the sense of safety of family members who experience violence, and thus makes the safe haven so far cease to be one.

DOMESTIC VIOLENCE IS A CRIME!

Polish law prosecutes perpetrators of crimes against loved ones, among others, for:

- physical or psychological abuse of a loved one;**
- threatening another person to commit a crime to the detriment of the person closest to them;**
- the use of violence or unlawful threats to force another person to act, refrain from, or stand a particular state;**
- to cause another person to engage in sexual intercourse with violence, unlawful threats or deceit;**
- persistent evasion of the duty of care;**
- theft or theft with burglary to the detriment of the nearest person;**
- destroying, damaging other people's things;**
- inducing a minor to become an inveterate drinker.**

Violence in the family is

deliberate and force-based action against a member of the family, violating personal rights and interests, causing suffering and harm.

Domestic violence is characterized by:

- CAUSING SUFFER AND PAIN**

The abuser exposes the victim's health and life to serious harm.

Domestic violence

destroys the sense of safety of family members who experience violence, and thus making the safe haven no longer safe.

By using violence in the family, you make the home no longer a safe haven:

- You endanger the life and health of family members;
- You disrupt the multilateral development of family members;
- You make it harder to educate family members;
- You do not care about the realization of values;
- You do not create the conditions for proper psychophysical functioning;
- You do not care about individual and collective goods.

**BY USING VIOLENCE YOU
DEPRIVE YOUR LOVED
ONES OF
A SENSE OF SECURITY!**

Why?

By using violence

- You promote instability, making your loved ones unable to predicting the situation;
- You promote abnormality in your family;
- You violate the dignity of family members;
- You manifest a lack of acceptance and kindness to your loved ones;
- You are not a supporter of your loved ones.
- You are a source of potential threats to family members;
- You destroy the existing order of family life;
- You provide the family with traumatic experiences;
- You will suddenly break the bond with your loved ones;

I am an abuser, how can I change that?

Corrective and educational programs for perpetrators of violence:

Corrective and educational interventions towards persons who use domestic violence should be carried out in the form of psychological, educational and socialization programs aimed at such a change in the behavior and attitudes of persons who use violence, reducing the risk of further violence and increasing the abuser's ability to self-control aggressive behavior and to have constructive family life.

I am an abuser, how can I change that?

The procedure of obligation to undertake rehabilitation treatment for persons with suspected alcoholic illness or identified alcohol addiction conducted by the Municipal Commission for Solving Alcohol Problems.

I am an abuser, how can I change that?

Voluntary treatment of various addictions is possible in specialist rehabilitation clinics.


I am an abuser, how can I change that?

Voluntary psychotherapy for various problems that may be the cause of violent behavior, such as ACoA therapy.

I am an abuser, how can I change that?

Participation in the ART aggression substitution program, which contains three interrelated components:

- Social skills training – teaches you what to do to achieve social success;**
- Anger Management Training – teaches you what not to do in a state of emotional arousal, providing techniques for identifying anger signals and responding in the right way;**
- Moral reasoning: teaches you to consider different points of view and to make responsible and mature decisions.**

A dramatic landscape featuring a large, bright lightning bolt striking a field. The sky is dark and stormy, with the lightning bolt illuminating the scene. In the foreground, there is a field of golden-brown grass. In the middle ground, there is a large, leafy tree on the right side and a line of smaller trees on the left. The overall mood is intense and powerful.

**By using violence, you gain
loneliness...**

Is it worth it?