

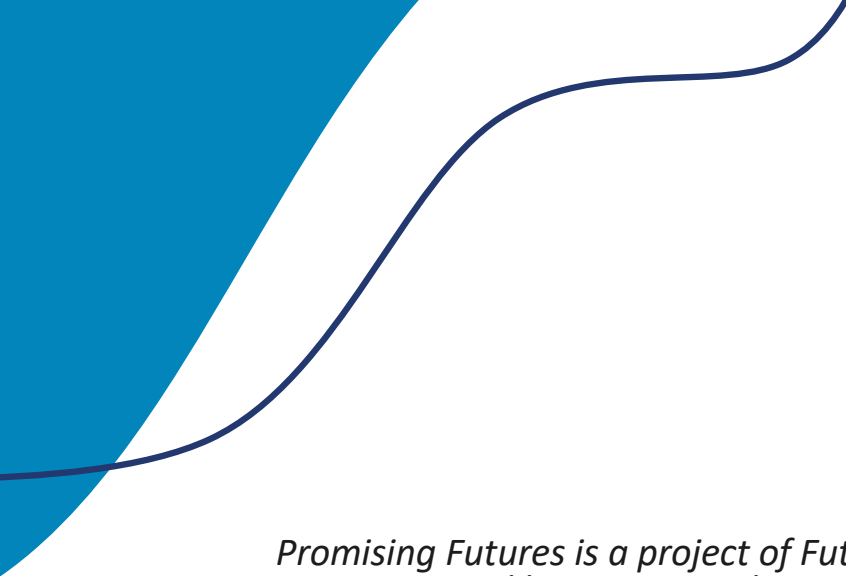


BUILDING PROTECTIVE FACTORS SO ADULT & CHILD SURVIVORS OF DOMESTIC VIOLENCE CAN THRIVE

Shellie Taggart
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Promising Futures





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Futures Without Violence

For almost 40 years, Futures Without Violence, (FUTURES) has been providing groundbreaking programs, policies, and campaigns that empower individuals and organizations working to end violence in families and communities around the world.





FUTURES WITHOUT VIOLENCE

Children's Team

care • power • intelligence • wisdom • healing
strength • autonomy • joy • truth
emotional safety together • relationships with each other are at the heart of our work
home • helping • togetherness • security
love • compassion • vision • resilience
feel precious • "you held me - magical in that family world
positive regard • deep care for humanity
we want for the families we serve

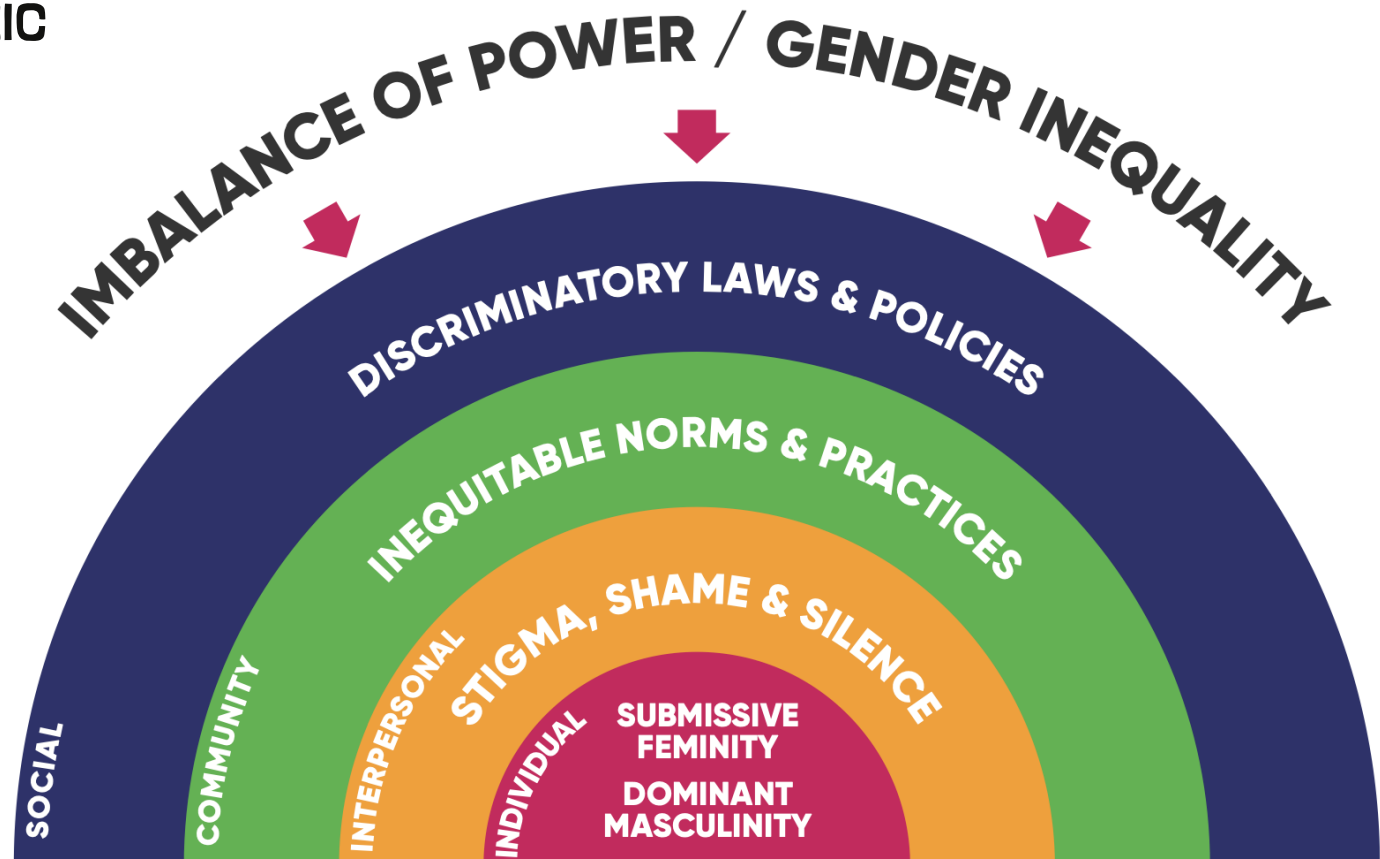


Learning Agenda

- Describe five protective factors that help adult and child survivors of DV/IPV move toward improved well-being
- Work collaboratively to build protective factors for survivors at all levels of the social ecology

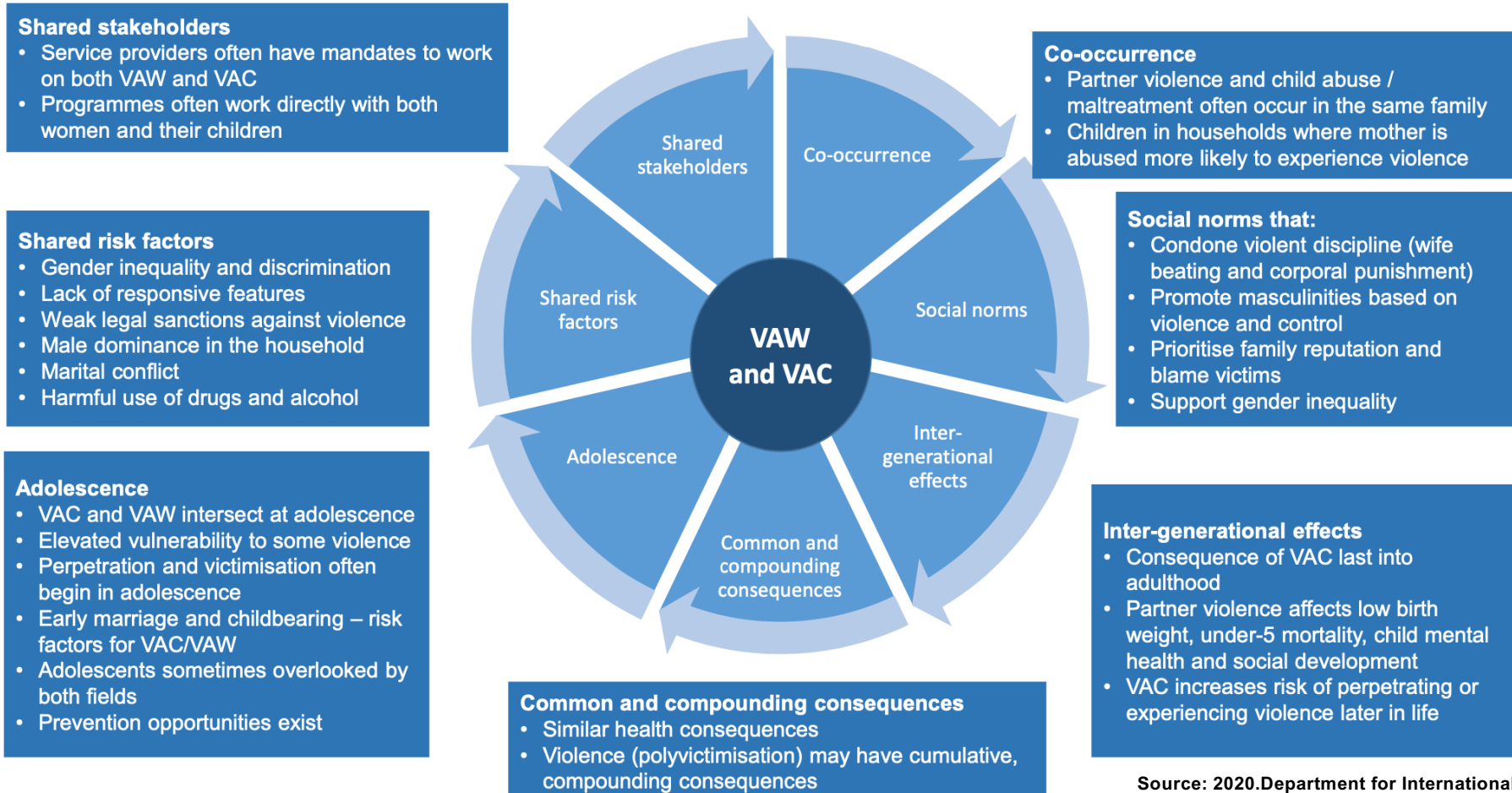


Socio-ecological Model of Domestic Violence



Source: Adapted from Michau et al. 2015 (The Lancet)

What are the intersections between VAC and VAW?



Source: 2020. Department for International Development (DFID)

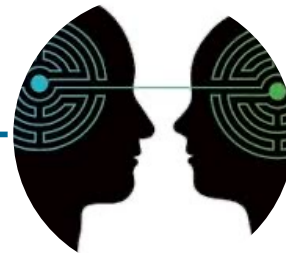


Co-Occurrence:
DV & Child Maltreatment

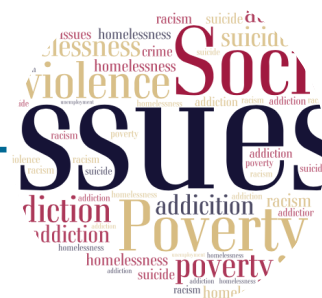
- Incident
- Impact



Biological



Psychological



Social

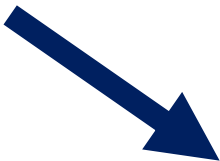
Environments influence our health, happiness, safety, and success

Positive environments

- Body
- Mind
- Emotions



Behaviors

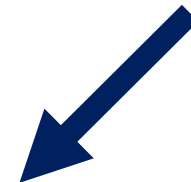


Negative Environments

- Body
- Mind
- Emotions



Behaviors



An illustration of a person flying a large, yellow kite in a blue sky. The kite is a diamond shape with a wooden frame and is being held by a person in a blue shirt and yellow pants. The sky is filled with white birds and white clouds. The background features green foliage and trees. The text is overlaid on the lower part of the image.

What experiences and conditions are essential to a healthy and happy childhood (and life)?

Every profession has its own language

**Language
of
Protection**



**Language
of
Empowerment**



**Language
of
Well-being**



What are the contexts that drive our meaning-making and decisions?

Language
of
Protection

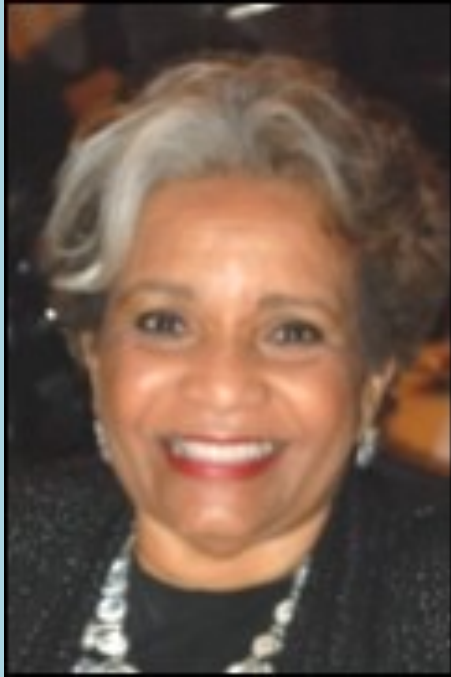
Language
of
Empowerment

Language
of
Well-being



The background features a dark blue field with a lighter blue horizontal band at the top. In the bottom right corner, there is a decorative graphic consisting of a yellow-orange curved shape and a white curved line.

PROTECTIVE FACTORS FOR SURVIVORS OF DOMESTIC VIOLENCE



Charlyn Harper Browne, PhD



Tien Ung, PhD



**Center for the
Study of Social Policy**
Ideas into Action



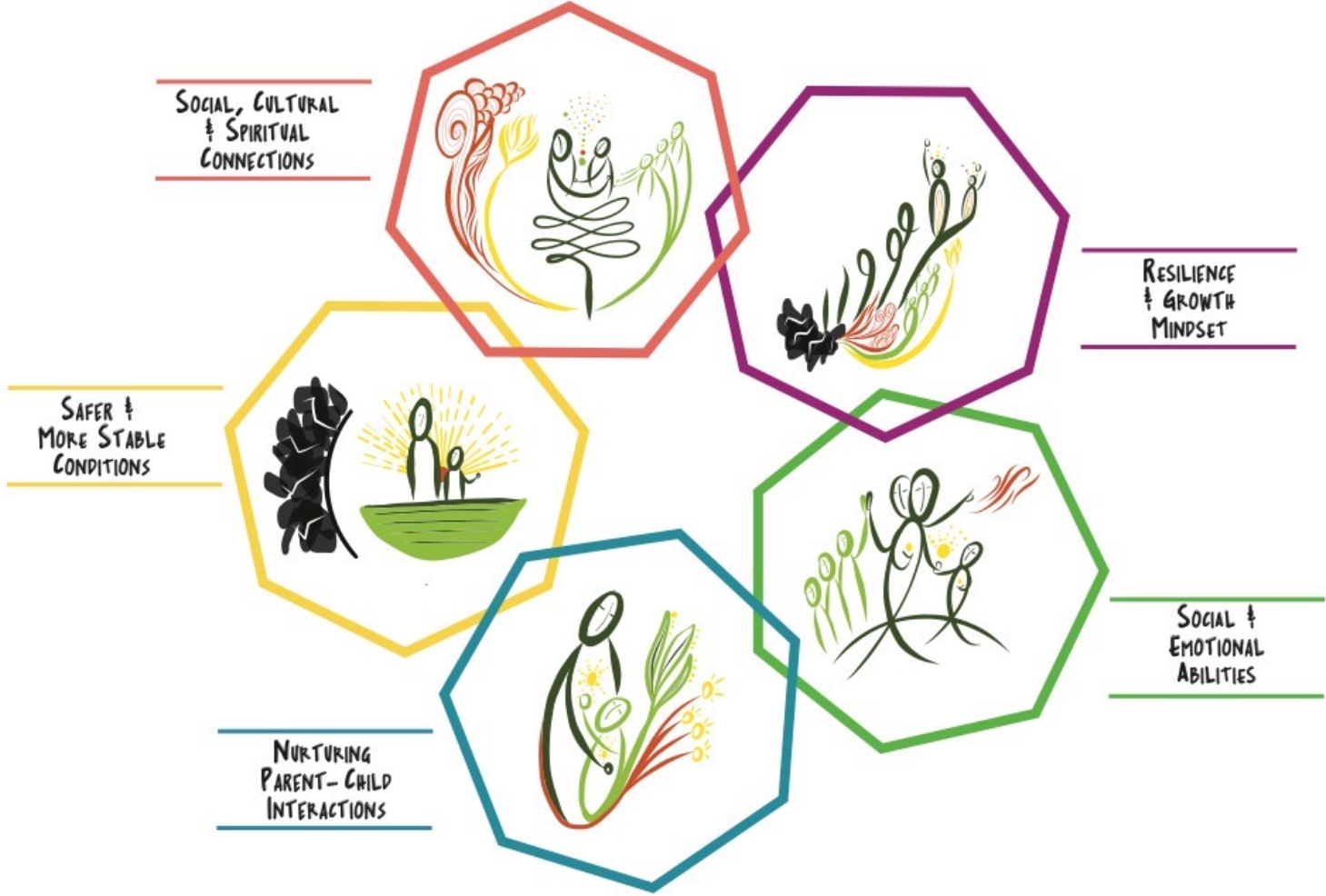
What are protective factors for survivors of domestic violence?



Individual and relational attributes, as well as environmental and social conditions, that:

- ✓ Establish conditions that support safety, healing, and well-being of both adult and child survivors
- ✓ Reduce the impact of DV
- ✓ Build individual competencies
- ✓ Promote healthy development
- ✓ Enable primary and secondary prevention

PROTECTIVE FACTORS FOR ADULT & CHILD SURVIVORS OF DOMESTIC VIOLENCE



Safer and More Stable Conditions

- Being freer from harm in one's physical and social environments and relationships.
- Having more predictable and consistent positive experiences in one's physical and social environments and relationships.
- **Safer and more stable conditions help to reduce the effects of DV by decreasing survivors' level of exposure to danger and by increasing adult survivors' sense of self-efficacy.**



Social, Cultural and Spiritual Connections

- Having sustained relationships with people, institutions, the community, or a higher power.
- Receiving needed emotional support, help, guidance, and resources.
- **Positive social, cultural, and spiritual connections help survivors to have feelings of trust, hope, faith, and a belief that they matter.**

Resilience and a Growth Mindset

Resilience—positive adaptation and personal growth in response to adversity.

Growth Mindset—having the confidence that you can make it through the challenges you're face with through a commitment to change and consistent effort.

Being resilient and having a growth mindset strengthens survivors' optimism, self-compassion, belief in their own power to make good choices, and helps them to heal from the effects of domestic violence.



Nurturing Parent–Child Interactions

- Consistently responding to and meeting the needs of a child in an attuned, affectionate, and patient manner.
- Having a mutual bond close of trust, love, affection, and predictability.
- **Nurturing parent-child interactions promote a sense of security in children and strengthen parents' belief in their ability to take good care of their children.**

Social and Emotional Abilities

- Understanding and managing emotions; effectively interacting, communicating with, and showing empathy for others.
- Setting and achieving positive goals; making responsible decisions.
- **Social and emotional abilities help adult and child survivors persist even when things are challenging, seek help when they need it, and achieve realistic goals.**

Protective Factors for Survivors of DV

Safer and More Stable Conditions

Social, cultural and spiritual connections

Resilience and a growth mindset

Nurturing Parent-Child Interactions

Social and Emotional Abilities

Strengthening Families Protective Factors

Concrete Resources in Times of Need

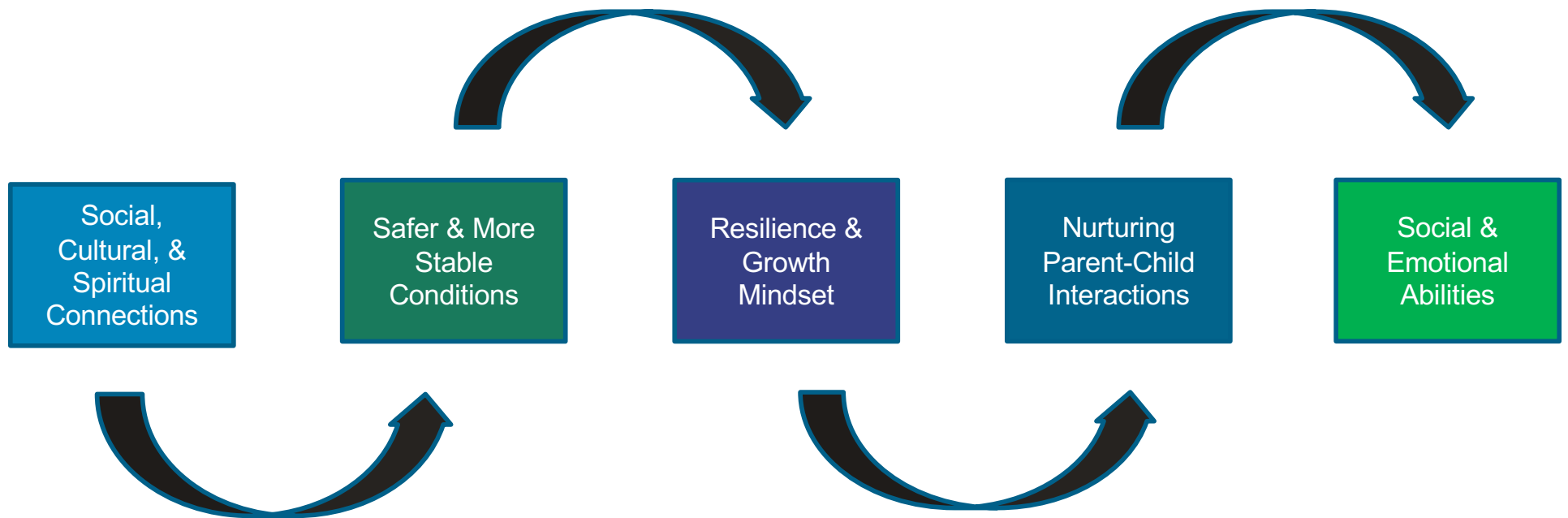
Social connections

Parental resilience

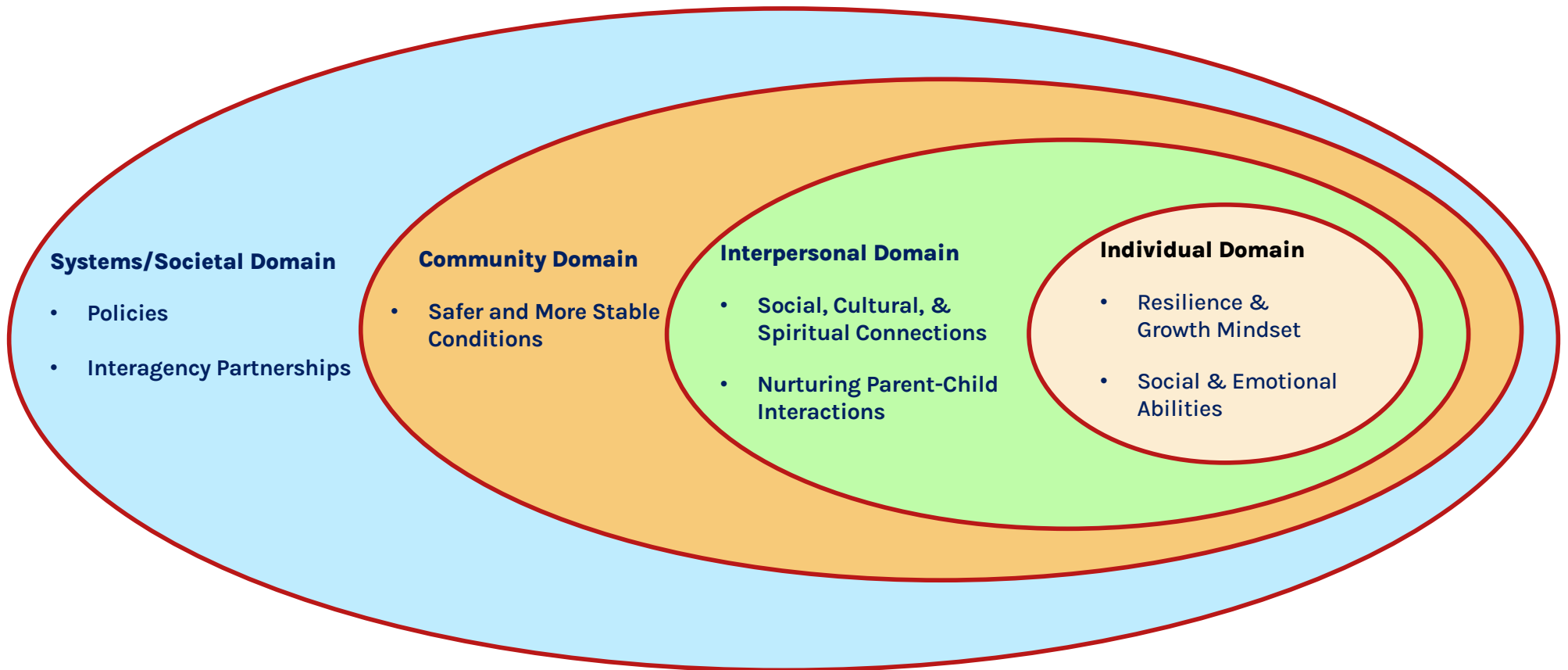
Knowledge of Parenting and Child Development

Social and Emotional Competence of Children

Protective factors for survivors are interrelated



Build protective factors in all domains to achieve optimal outcomes



WHAT CAN YOU DO?



**Programming/
Services**

**Policy &
advocacy**

Practice

WHAT'S ON YOUR RADAR?

- Safer and more stable conditions
- Social, cultural and spiritual connections
- Resilience and a growth mindset
- Nurturing parent-child interactions
- Social and emotional abilities

**Promote Protective Factors
for Survivors
in Communities and Systems**

Establish partnerships to expand access to resources that lessen the burdens on survivors of DV and their families

- Partner with local government and schools to provide internet access for all families with children
- Develop procedures with food pantries to provide groceries directly for families who do not have transportation
- Pay community based and culturally specific organizations to provide activities and educational support for children



- Convene Black, Native, Latina and API survivors to understand the impacts of “business as usual” on them, their families and communities; [engage them in solution design](#)
- Make meaning of data from multiple systems about prevalence of violence
- End [adultification bias](#) that results in Black, Native and Latinx children and youth being seen as less innocent, more accountable and less deserving of protection

Address root causes of racial, ethnic and gender disparities



Partner with DV programs & coalitions to develop Family First Prevention Services plans



- Develop a continuum of prevention services responsive to the needs of families impacted by domestic violence
- Implement/adapt services that work for DV-impacted families
- Build evidence for two-generation programming to address co-occurrence of child maltreatment and domestic violence

**Build Protective Factors
for Survivors
in Practice**

Check out our Protective Factors Practice Tips

PRACTICE TIP #1

OVERVIEW of PROTECTIVE FACTORS for ADULT and CHILD SURVIVORS of DOMESTIC VIOLENCE

“When a flower doesn’t bloom, you fix the environment in which it grows, not the flower.”

Alexander Den Heijer

Sometimes when children, adults, and families are experiencing challenges or traumatic events, we try to fix them instead of collaborating with community stakeholders to fix the conditions, events, or circumstances that contribute to poor outcomes (i.e., risk factors). Intentionally and actively working to address various conditions, events, and circumstances in ways that help to support the well-being of children, adults, and families is what *building protective factors* is all about.

Protective factors are conditions and characteristics that eliminate or reduce the impact of risk factors AND promote healthy development and well-being. Stated another way, protective factors are conditions and characteristics of *individuals, interpersonal relationships, communities, and the larger society* that are associated with decreased

Helping children, adults, and families build protective factors requires:

- Small but significant changes in practitioners’ everyday actions that focus on individual, family, or community conditions and characteristics.
- Shifts in policies, systems and partnerships that prioritize and promote those changes.

Why are protective factors important for adult and child survivors of domestic violence?

As a result of domestic violence (DV), adult and child survivors may become cut off from family and friends, begin to doubt their ability to take care of themselves or their children, and lose hope for a better future. These harmful impacts of domestic violence are exacerbated when survivors are also experiencing poverty, systemic racism, discrimination, food or housing insecurity, and other stressors.

When children are cut off from DV practitioners,

PROTECTIVE FACTOR 1 OF 5

SAFER and MORE STABLE CONDITIONS



Importance for Adult and Child Survivors of Domestic Violence

Safe and more stable conditions help to reduce survivors’ risk of physical, sexual and emotional fear and harm, and increase survivors’ sense of control over their lives. Housing and economic stability for the family and educational stability for children are particularly important for survivors.

Overall Role of Practitioners

To help build safer and more stable conditions, practitioners can provide resources and advocacy to help adult and child survivors find safe places to live, learn, work, and play that are predictably consistent, provide positive experiences, and meet their unique circumstances and needs, whether or not those needs are directly related to domestic violence. (At the same time, practitioners can hold the person who is harming survivors accountable for their behavior and provide help for them to change. Tips for practice in this area are forthcoming.)

Examples of How Practitioners Can Help

1. Reduce stressors on survivors by helping with immediate needs such as groceries, car repairs, legal issues, or health care.
 - Provide information, resources, or referrals when survivors’ specific needs arise.
 - Provide survivors with a 211 Help Line or free community and online resources.
 - Advocate directly for survivors’ access to resources and help them overcome barriers (e.g., language and geographic barriers, racial and gender identity discrimination, etc.)
 - Talk with colleagues and others to generate ideas about new or untapped resources or partners that you could call upon now to help survivors achieve safer and more stable conditions.
2. Engage collaborators, especially DV practitioners, to help create and support individualized, flexible safety plans with survivors.
 - Ask survivors about the safest ways and times to contact them.
 - Establish code words with survivors for them to signal that “now is not a safe time to talk” or “send help”, and be sure the information is available to others who support safety.
 - Include supportive family and friends as part of safety plans when desired by survivors.

Encourage flexibility and innovation

- Adopt a [mandatory supporting approach](#)
- Fund DV advocates to work in child welfare agencies and build organizational capacity
- Authorize payment for battering intervention and responsible fatherhood programming for people who use violence



Strengthen efforts with people who use violence and the programs that serve them

- Train and support staff to use [relational and systemic accountability](#) with people who use violence
- Offer fathers who have used violence [new resources](#)
 - With partners, advocate for a continuum of services for people who use violence (Caring Dads, Strong Fathers, battering intervention), and for systems to pay for low-income people to access those services



Getting up on the balcony

How did our conversation today:



Deepen your knowledge?



Expose you to something didn't know?



Cause you to think differently about what you do?



Questions?



PIVOT Towards Promising Futures is a podcast for everyone invested in ending and preventing gender-based violence & deepening experiences of healing for children and their families.

In each episode, leaders working to end violence against children and families share insights on what is needed to pivot our efforts toward a brighter future – a future where we can help families get what they really need.

Presented by

Listen in on your favorite streaming platform!

Promising Futures



Thank You

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