

Writing the Announcement

When writing the announcement take the one or two behaviours from your basket and use them in your announcement. The content should be: short, not include punishments for breaking rules and a statement about what you are going to do, not what you expect your child to do.

Example Announcement

_____ (young person's name) We are no longer going to put up with:

- 1.
- 2.

(name specific behaviours) and I will never do any of these things myself.

I am no longer going to hide what is happening in our home and I have asked some family members and friends to support us in ending the violence in our home. Here are the names and numbers of our supporters:

- 1.
- 2.
- 3.
- 4.

I love you very much and I want the very best for you. I know this is not going to be easy but together we will get through this.

What should you do during the announcement:

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|--------------------|---|
| Stay calm | Stop and think |
| Remain positive | Give yourself time to plan your response |
| Be Non-Judgemental | Tell your child that you are doing this because you love them |
| Be gentle and firm | Persist |
| Resist violence | Believe that things can get better |

What you should not do:

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|--------------------|------------------------------|
| React | Talk too much |
| Argue | Lecture |
| Threaten | Raise your voice |
| Use sarcasm | Blame |
| Say hurtful things | Use aggressive body language |

You may like to list some of your own do's and don'ts

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