

Empowering Black Female Elders

Agenda

Objectives

- Develop skills to effectively communicate with individuals affected by intimate partner violence.
- Identify resources available to individuals and communities affected by intimate partner violence.
- Understand the dynamics and impact of intimate partner violence on individuals and communities.
- Recognize the different forms and signs of intimate partner violence.

ICE BREAKER



"Picture Perfect Memories"

1. Instruct the participants to think about their lives and relationships.
 - a. What are some words that you would use to describe a healthy or unhealthy relationship in your life?
2. What advice would you give to a young couple who is thinking of marriage?

Understanding Healthy Relationship



RESPECT

They do not belittle, criticize, or control each other, and they treat each other as equals.

EMPATHY

They try to understand each other's perspectives, validate each other's feelings, and offer support and comfort.

TRUST

They do not lie, cheat, or betray each other, and they honor their commitments and promises.

SUPPORT

They celebrate each other's achievements, help each other through tough times, and encourage each other to pursue their goals and interests.

COMMUNICATION

They listen to each other, express their needs and feelings, and work together to solve problems and conflicts.

Cultural Norms and Expectations (Back Home)

Silence and privacy

This may lead to a reluctance to report or seek help for abuse.

Gender roles and power dynamics

Power dynamics may contribute to the normalization or acceptance of intimate partner violence, particularly when it involves male perpetrators and female victims.

Family and community involvement

Pressure to maintain the relationship and avoid conflict

Patriarchy and male dominance

lead to the belief that men have the right to exert control over their partners.

Religious and spiritual beliefs

Some religious beliefs may promote forgiveness and reconciliation, even in cases of abuse.

How to change it as pillars of the community

- Empowerment and Advocacy
- Role modelling and mentorship
- Education and awareness
- Counselling and Therapy



What are the impacts that IPV had in the community on individuals or families?



Impacts of IPV on Individuals and Community.

Men in Black Families

- Stigma/shame
- Legal consequences
- Difficulty accessing support

Women in Black Families

- Mental health difficulties i.e depression and anxiety
- Family dysfunction

Youth/Children

- Increased risk of sleep difficulties
- Eating problems
- Aggressive behaviours
- Excessive irritability
- Academic difficulties
- Anxiety and conflict/problem-solution skills

Communities

- Job loss, missed work and financial instability
- Relationship issues



THANK
YOU
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