

WHAT IS VIOLENCE?

- Violence is abuse of power (physical, mental, economic, social, institutional).
- It is intentional (not random), controlled, conscious, thoughtful, predictable and usually repetitive.
- **Whoever uses violence is responsible for that violence. There's no excuse for violence.**
- Violence is a **decision** taken by the perpetrator of violence. Violent behaviour is always a choice.

FORMS OF VIOLENCE:

Physical violence: slapping, pushing, grabbing, spitting, kicking, pulling hair, sitting on a partner, strangling, biting, locking in a room, corporal punishment, etc.

Psychological violence: stalking, humiliating, intimidating and threatening (to harm a victim or to commit suicide, to take away children, to cause problems at work, etc.), insulting (e.g. blaming a partner to be a bad person, bad parent, alcohol addict, etc.), abusing, ridiculing, forbidding or preventing the victim from being in contact with people, etc.

Sexual violence: any form of sexual activity with children, inappropriate sexual jokes, inappropriate comments about sex, forced sexual relations, any sexual activity without consent – including with a partner, etc.

Economic violence: using family income for oneself, forcing others into taking a loan, not paying child maintenance, etc.

Neglect of children, elderly, disabled, etc.

HOW TO CONTROL AND EXPRESS YOUR ANGER?

Express your anger in such a way that you do not endanger yourself or others. Focus on the action that triggered your anger, not the person.

If you are very angry, first calm down a little, then express your emotion.

Think about what angers you and what causes you to lose control in order to better understand yourself and control your behaviour.

Change your perspective about the situation (focus on solutions, consider the wishes and needs of the other).

Take responsibility for your anger. Understand that the way you act and express your anger is your choice. You can be angry without hurting anyone.

YOU CAN CHANGE YOUR BEHAVIOUR.

**ASK THE PRISON STAFF
TO HELP YOU DO THAT.**

VIOLENCE IS A CRIMINAL OFFENCE!

Violent behaviour is completely unacceptable.

I am responsible for my behaviour.

**I cannot control other people,
but I can control myself.**

Prison Administration
of the Republic of Slovenia



In Slovenia women and men are equal. We all have the same rights and obligations. Mothers and fathers both are responsible for caring for their children's needs. Any form of violence is prohibited by law and constitutes a violation of human rights.

DOMESTIC VIOLENCE is mostly experienced by women and children.

1. Violence against women is a form of discrimination against them. It is one of the most widespread and hidden forms of violence. It is present in many families and all positions and has nothing to do with alcohol or drug use, unemployment, poverty, education, etc. The perpetrator's aim is to force their partner to submit, to dominate and control her.

2. Violence against children includes physical violence, psychological violence, sexual abuse or neglect. Parents neglect children physically, medically, mentally, emotionally, or cognitively. Neglecting a minor is a criminal offence. Violence must never be used to discipline children or as a way of raising them. Children must never be punished by any form of violence.

Every act of violence has a serious impact on a person. Consequences are often manifested as fear, anxiety, nervousness, difficulty concentrating, poor anger management, learning problems, depression, anger, shame, poor self-esteem, eating disorders, addictions, suicide attempts, sleeping problems, etc.

Violence has consequences both for its victims and for its witnesses. A violent childhood experience can have consequences for the rest

of a person's life. Children are much more susceptible than adults to negative messages about themselves, others, and the world.

There are appropriate and inappropriate ways to get what one wants.

Inappropriate ways: insults, threats, humiliation, coercion, etc. You may get what you want, but, in the long run, people will fear you and avoid you.

Appropriate ways: you act respectfully, you make deals, you stick to agreements, you don't have double standards. Acting this way leads to respect and influence.

If you can achieve what you want with violence, you only succeed because others fear you. You cannot expect love, respect, honesty, trust, and friendship, as you mistakenly imagined that you would.

How do you know that violence does not work?

- **Your partner leaves you.**
- **Children refuse to have contact with you.**
- **People avoid you.**
- **You have problems at the workplace.**
- **You get a fine.**
- **You go to prison.**

You can learn nonviolent communication!

Nonviolent communication is a way of expressing your desires, emotions, needs, opinions and criticisms in a way that makes others feel accepted, heard and secure. If you communicate this way, no one will feel threatened.

Remember, it's always important to check how people around you perceive you!

Three steps towards a better communication:

Step 1: Listen to what other people say and show that you heard and understood what they said. If they feel that you have actually heard them, you will achieve the desired outcome.

Step 2: Express your thoughts and feelings in a way that is respectful of yourself and others.

Step 3: Tell others what you would like to happen. Look for something that could be a working compromise, something that will solve the situation and teach both sides something useful for future situations.

Learn to take NO for an answer.

Take responsibility for your life. Start today!