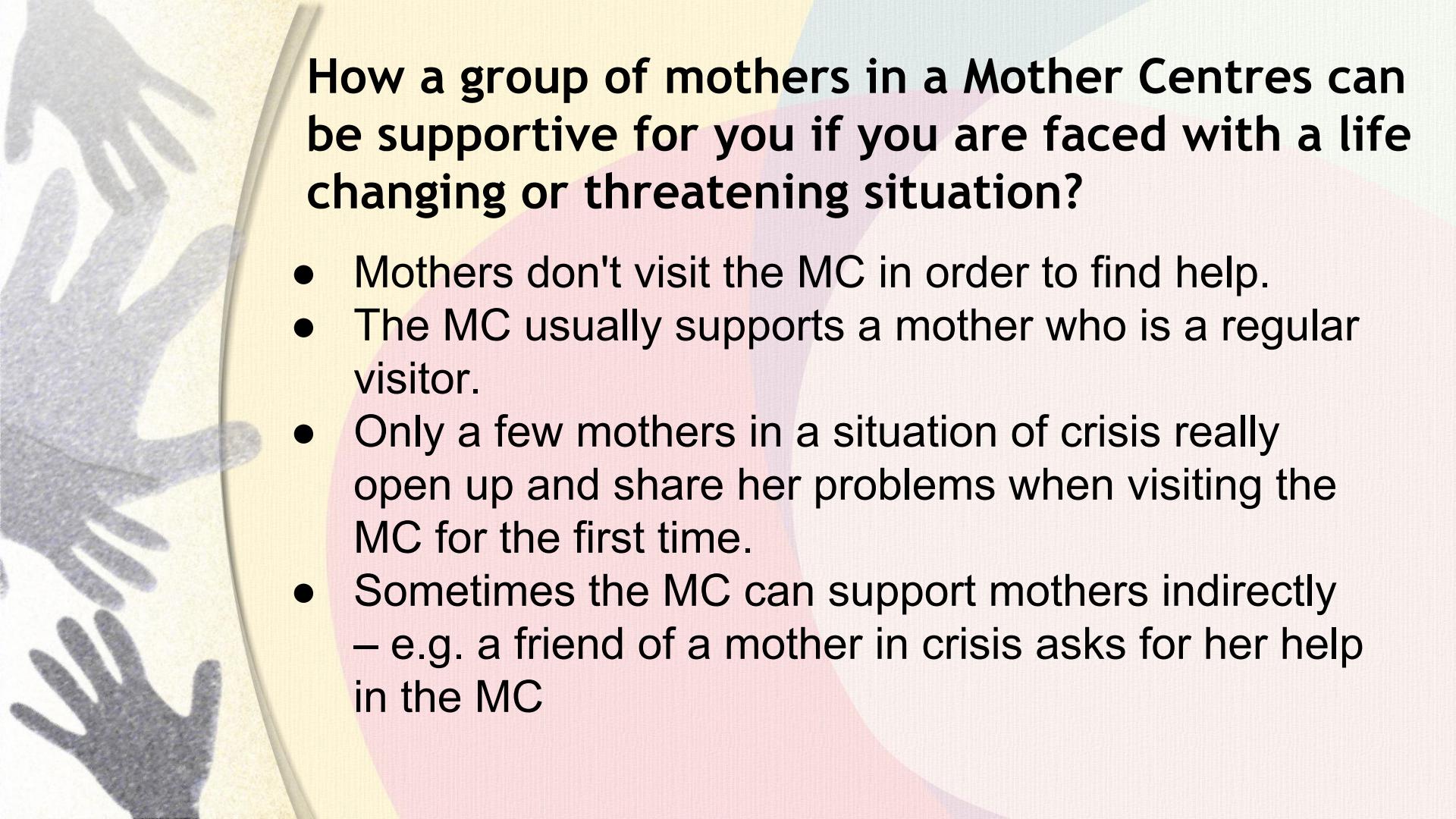




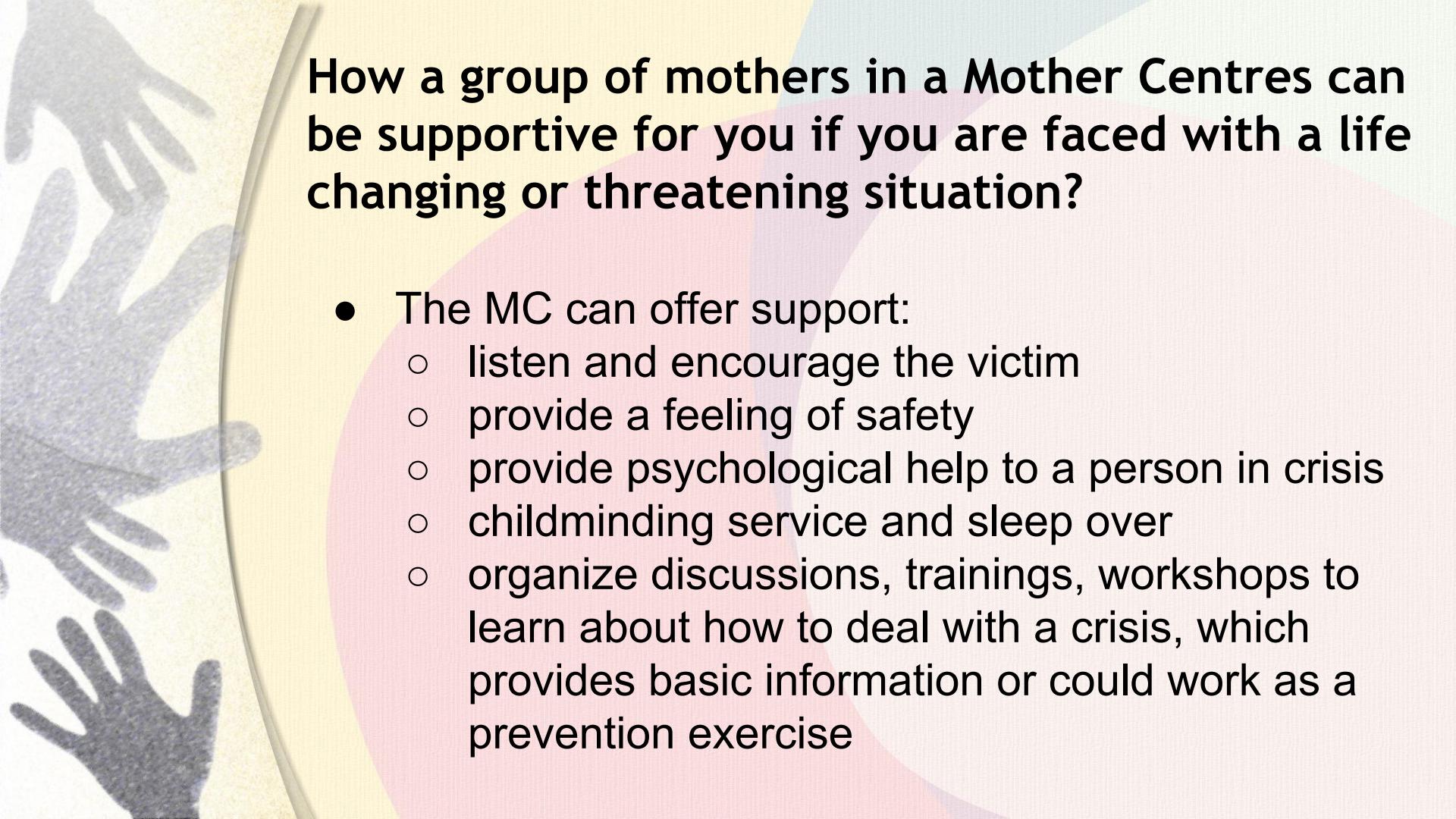
# **Creating Safety in times of Crisis / life changing situations**

**OPINIONS IN SLOVAKIA**



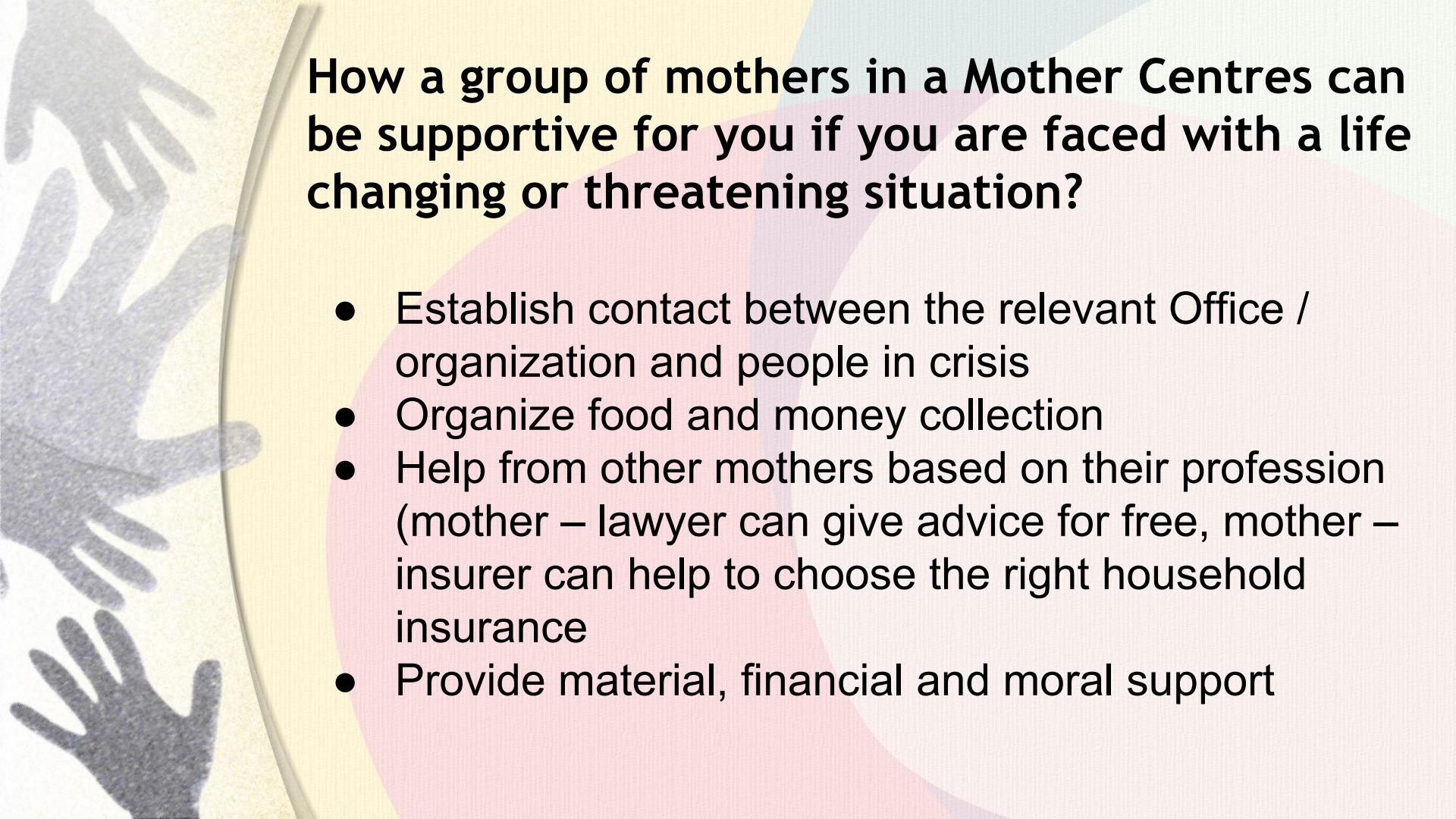
## **How a group of mothers in a Mother Centres can be supportive for you if you are faced with a life changing or threatening situation?**

- Mothers don't visit the MC in order to find help.
- The MC usually supports a mother who is a regular visitor.
- Only a few mothers in a situation of crisis really open up and share her problems when visiting the MC for the first time.
- Sometimes the MC can support mothers indirectly – e.g. a friend of a mother in crisis asks for her help in the MC



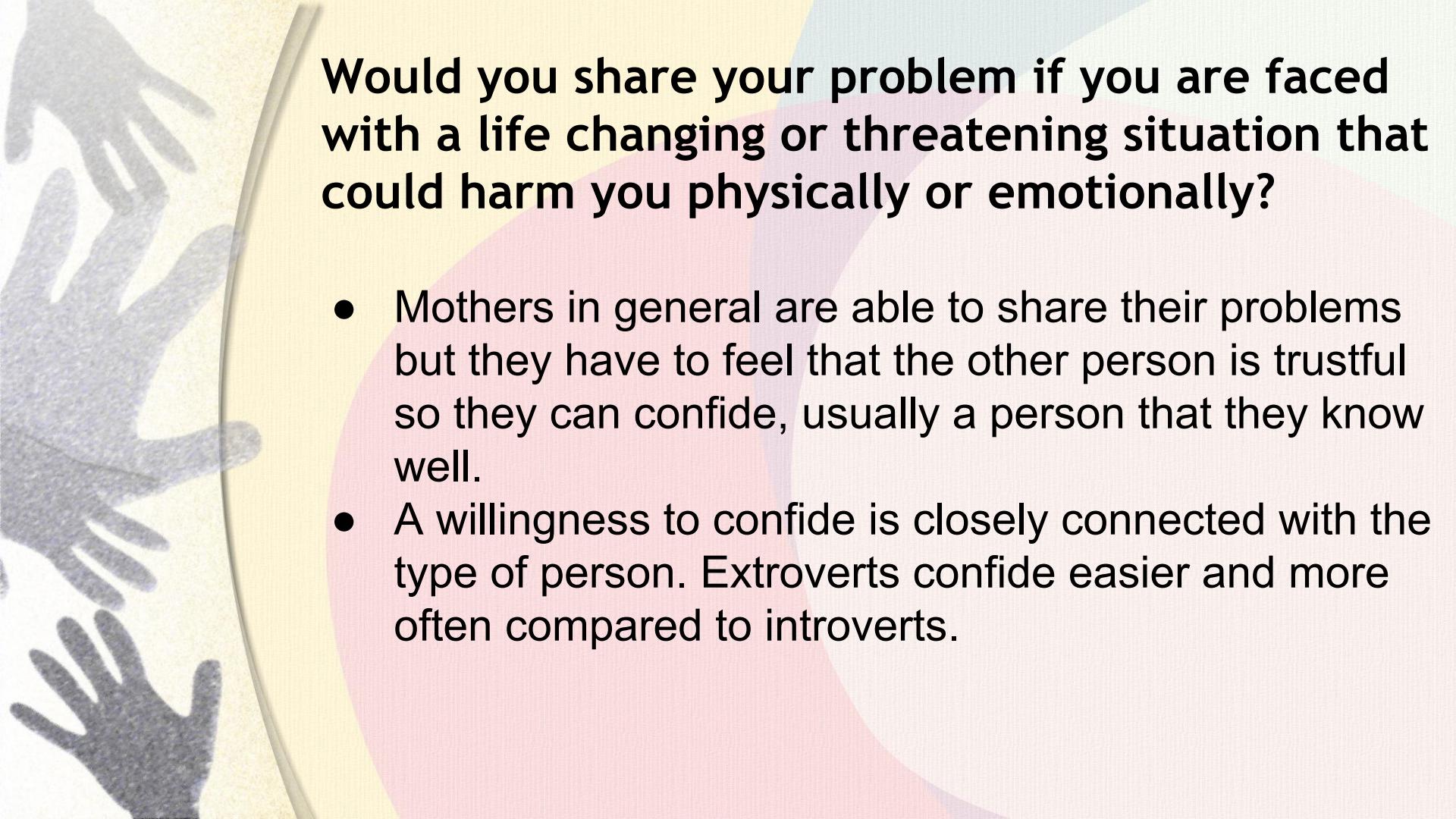
# **How a group of mothers in a Mother Centres can be supportive for you if you are faced with a life changing or threatening situation?**

- The MC can offer support:
  - listen and encourage the victim
  - provide a feeling of safety
  - provide psychological help to a person in crisis
  - childminding service and sleep over
  - organize discussions, trainings, workshops to learn about how to deal with a crisis, which provides basic information or could work as a prevention exercise



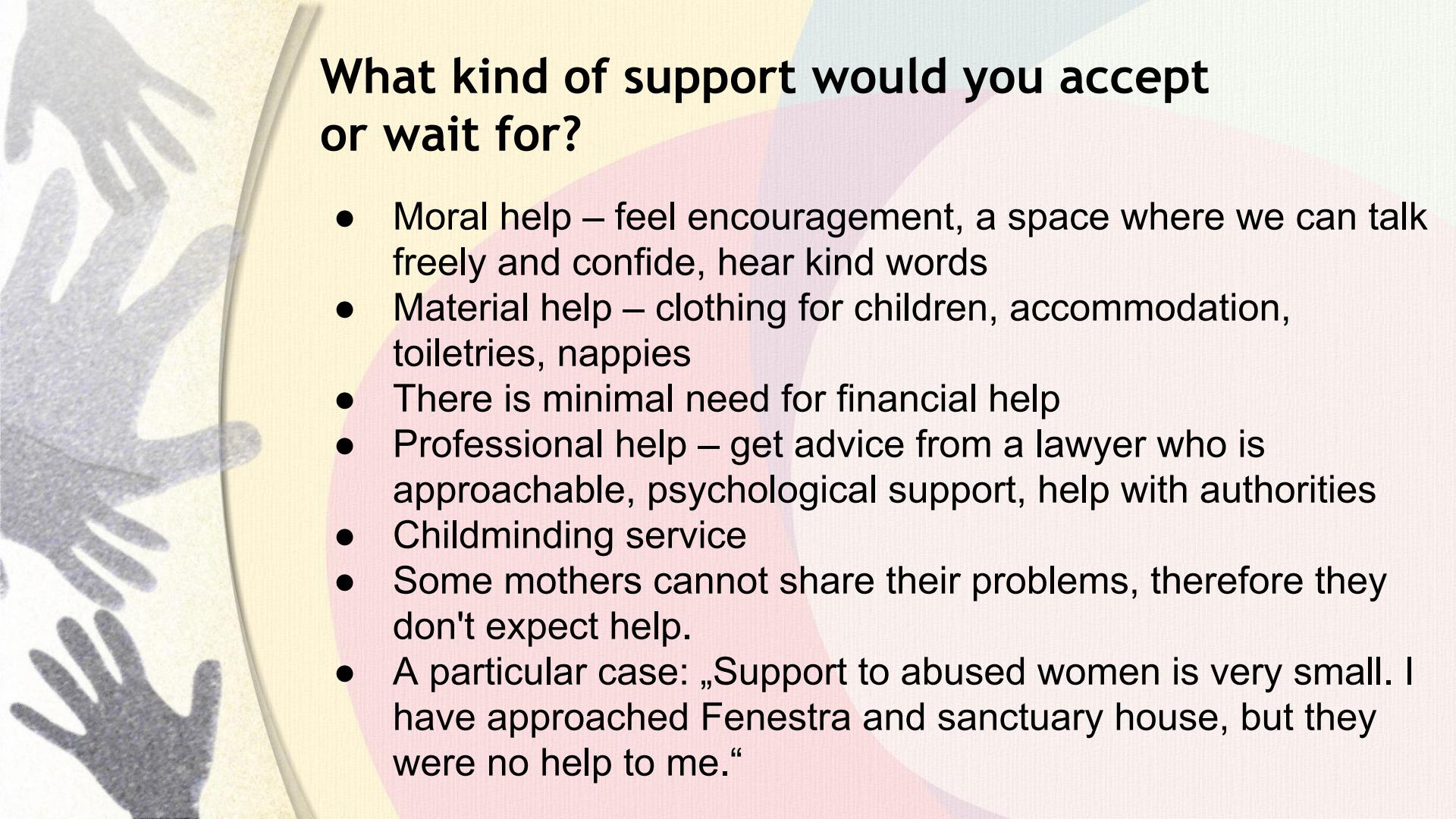
## How a group of mothers in a Mother Centres can be supportive for you if you are faced with a life changing or threatening situation?

- Establish contact between the relevant Office / organization and people in crisis
- Organize food and money collection
- Help from other mothers based on their profession (mother – lawyer can give advice for free, mother – insurer can help to choose the right household insurance)
- Provide material, financial and moral support



**Would you share your problem if you are faced with a life changing or threatening situation that could harm you physically or emotionally?**

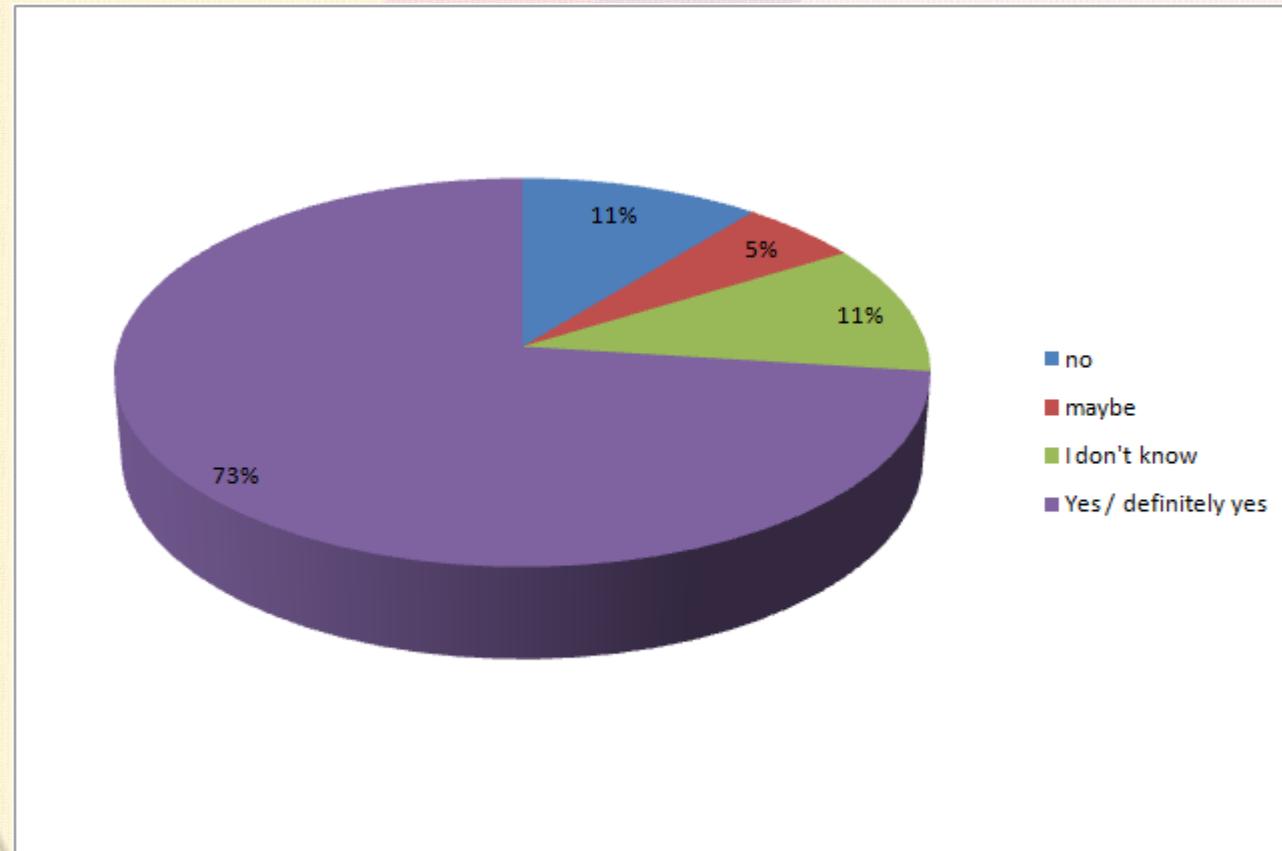
- Mothers in general are able to share their problems but they have to feel that the other person is trustful so they can confide, usually a person that they know well.
- A willingness to confide is closely connected with the type of person. Extroverts confide easier and more often compared to introverts.



# What kind of support would you accept or wait for?

- Moral help – feel encouragement, a space where we can talk freely and confide, hear kind words
- Material help – clothing for children, accommodation, toiletries, nappies
- There is minimal need for financial help
- Professional help – get advice from a lawyer who is approachable, psychological support, help with authorities
- Childminding service
- Some mothers cannot share their problems, therefore they don't expect help.
- A particular case: „Support to abused women is very small. I have approached Fenestra and sanctuary house, but they were no help to me.“

# Would you request support from your friends in the mother centre?



# Who would you share your problems with first?

- **To family members**
- To friends and the mothers from the MC
- I wouldn't share at first, but then I would confide to a friend.
- I don't know.



# How can you be supportive to a person who comes up with a life changing or threatening situation?

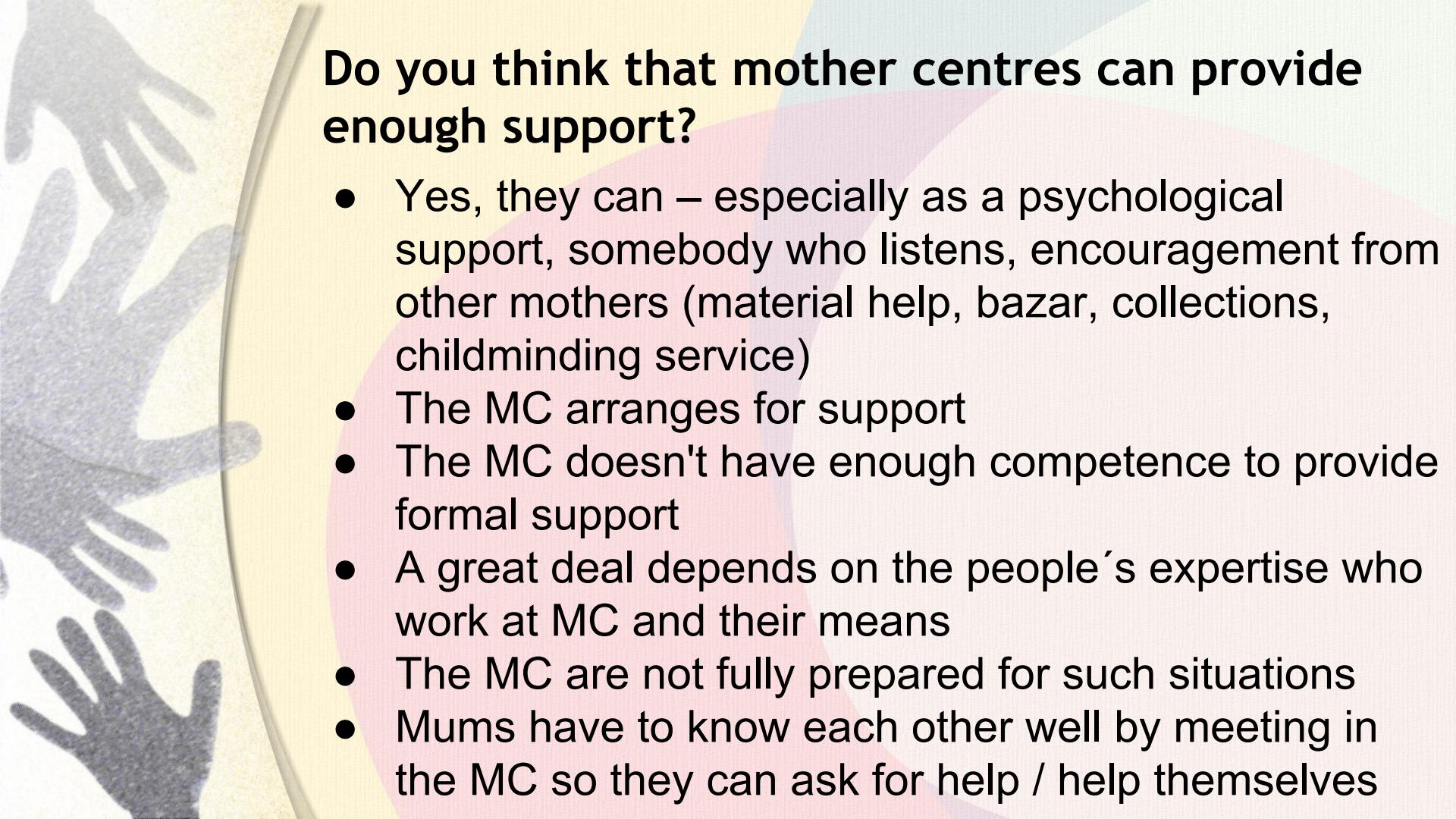
- **Psychological help** – listening and meetings, encouraging phone call, raise self confidence
- **Professional help** – get advice from organisations, help with authorities (police, social care, lawyer)



# How can you be supportive to a person who comes up with a life changing or threatening situation?

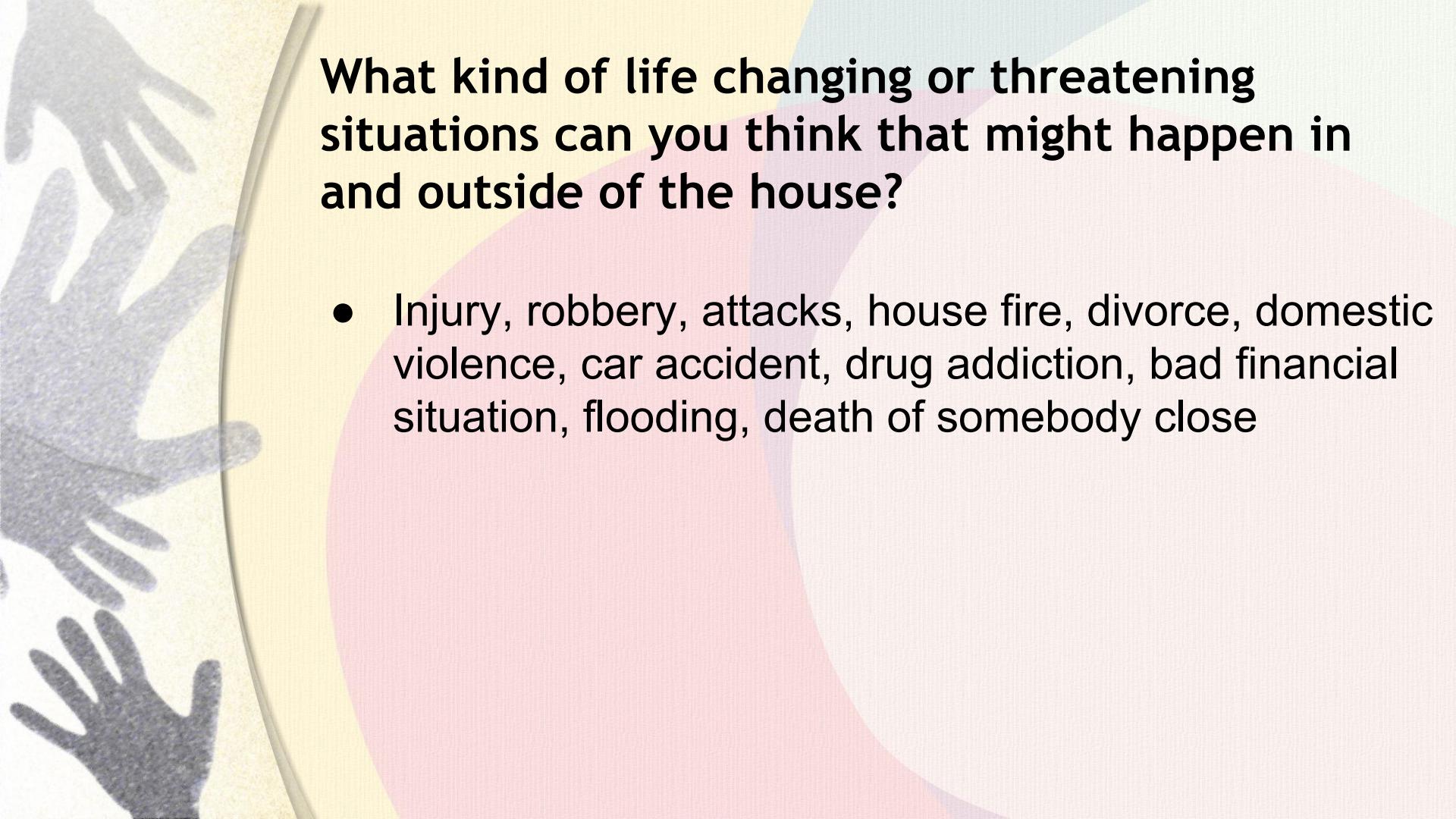
- **Help with children and household,** shopping
- **Material help** – clothing for kids, temporary accommodation, basic stuff for children, mobilize people through social networks for money collection
- A particular case: I'm helping now specific family – psychological, material, financial support, childminding, household supplies help





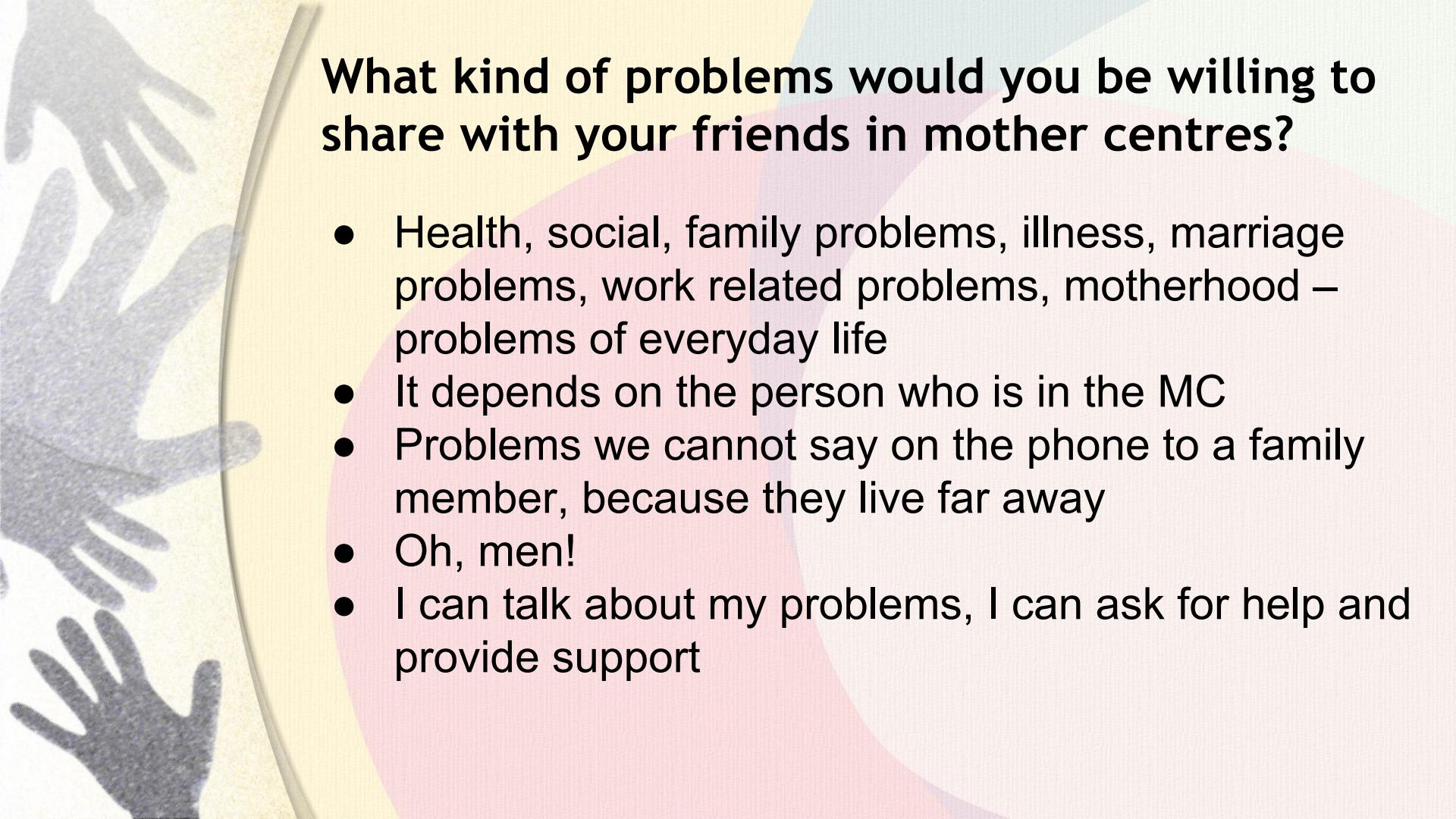
## Do you think that mother centres can provide enough support?

- Yes, they can – especially as a psychological support, somebody who listens, encouragement from other mothers (material help, bazar, collections, childminding service)
- The MC arranges for support
- The MC doesn't have enough competence to provide formal support
- A great deal depends on the people's expertise who work at MC and their means
- The MC are not fully prepared for such situations
- Mums have to know each other well by meeting in the MC so they can ask for help / help themselves



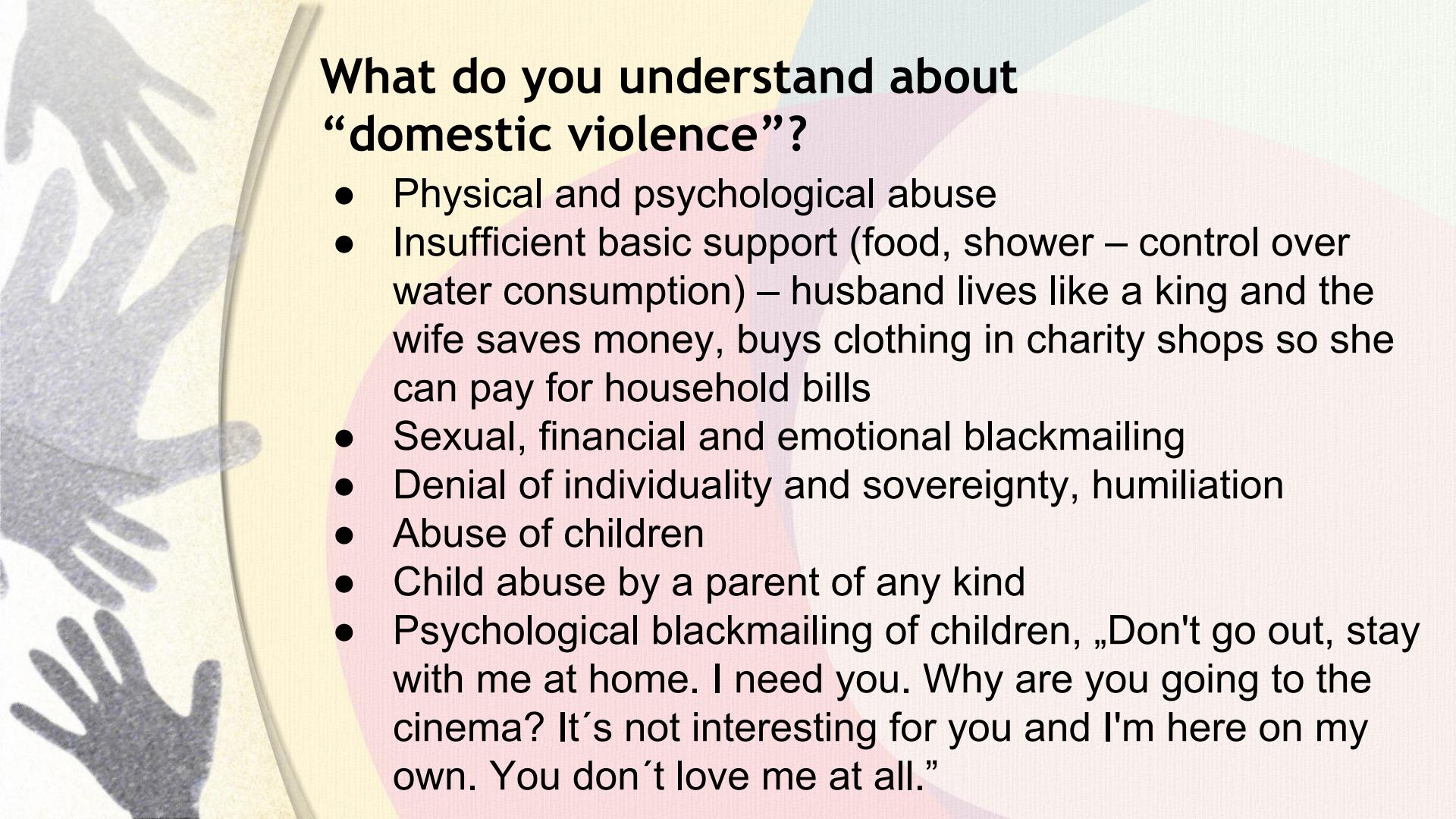
# What kind of life changing or threatening situations can you think that might happen in and outside of the house?

- Injury, robbery, attacks, house fire, divorce, domestic violence, car accident, drug addiction, bad financial situation, flooding, death of somebody close



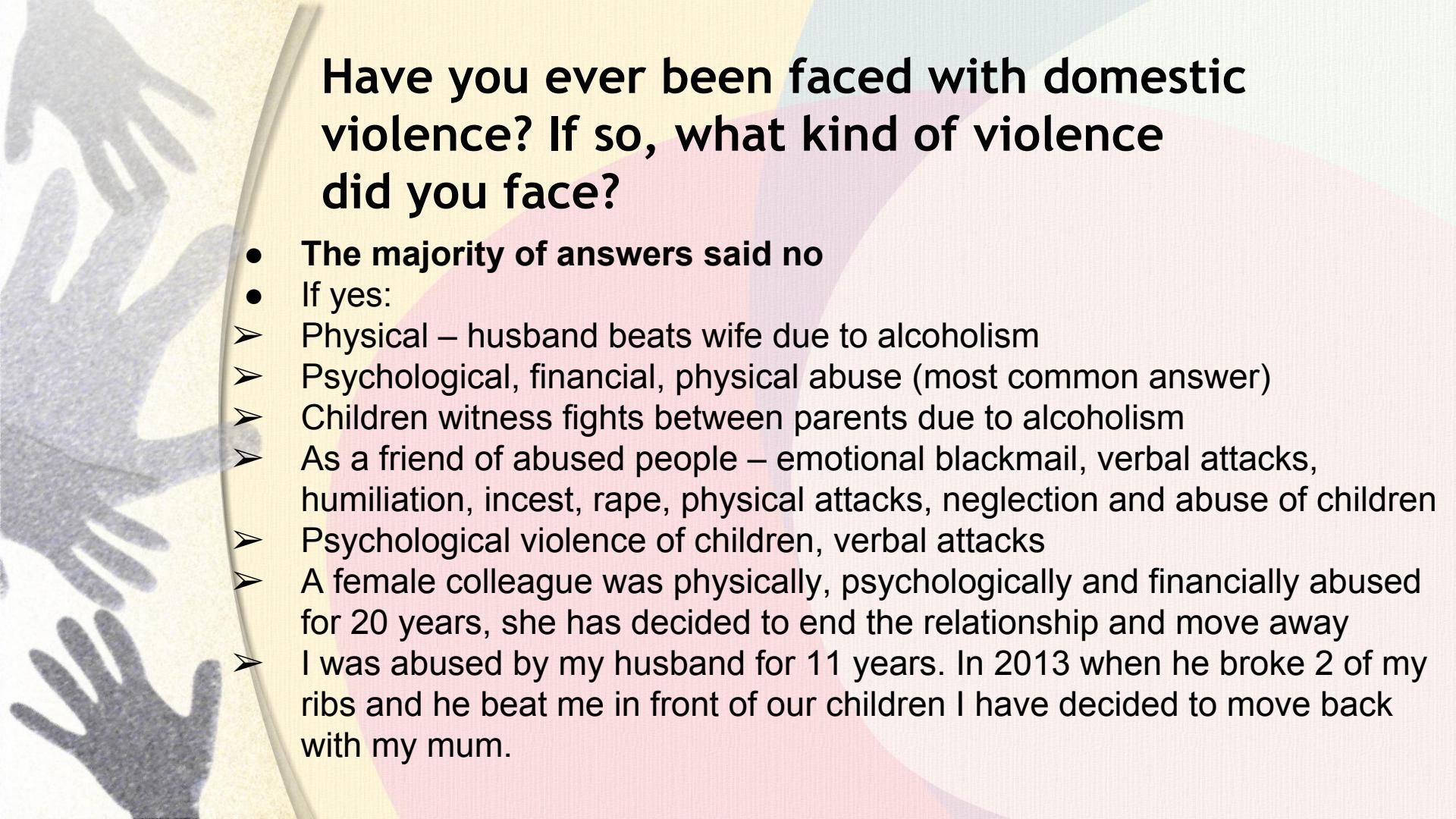
# What kind of problems would you be willing to share with your friends in mother centres?

- Health, social, family problems, illness, marriage problems, work related problems, motherhood – problems of everyday life
- It depends on the person who is in the MC
- Problems we cannot say on the phone to a family member, because they live far away
- Oh, men!
- I can talk about my problems, I can ask for help and provide support



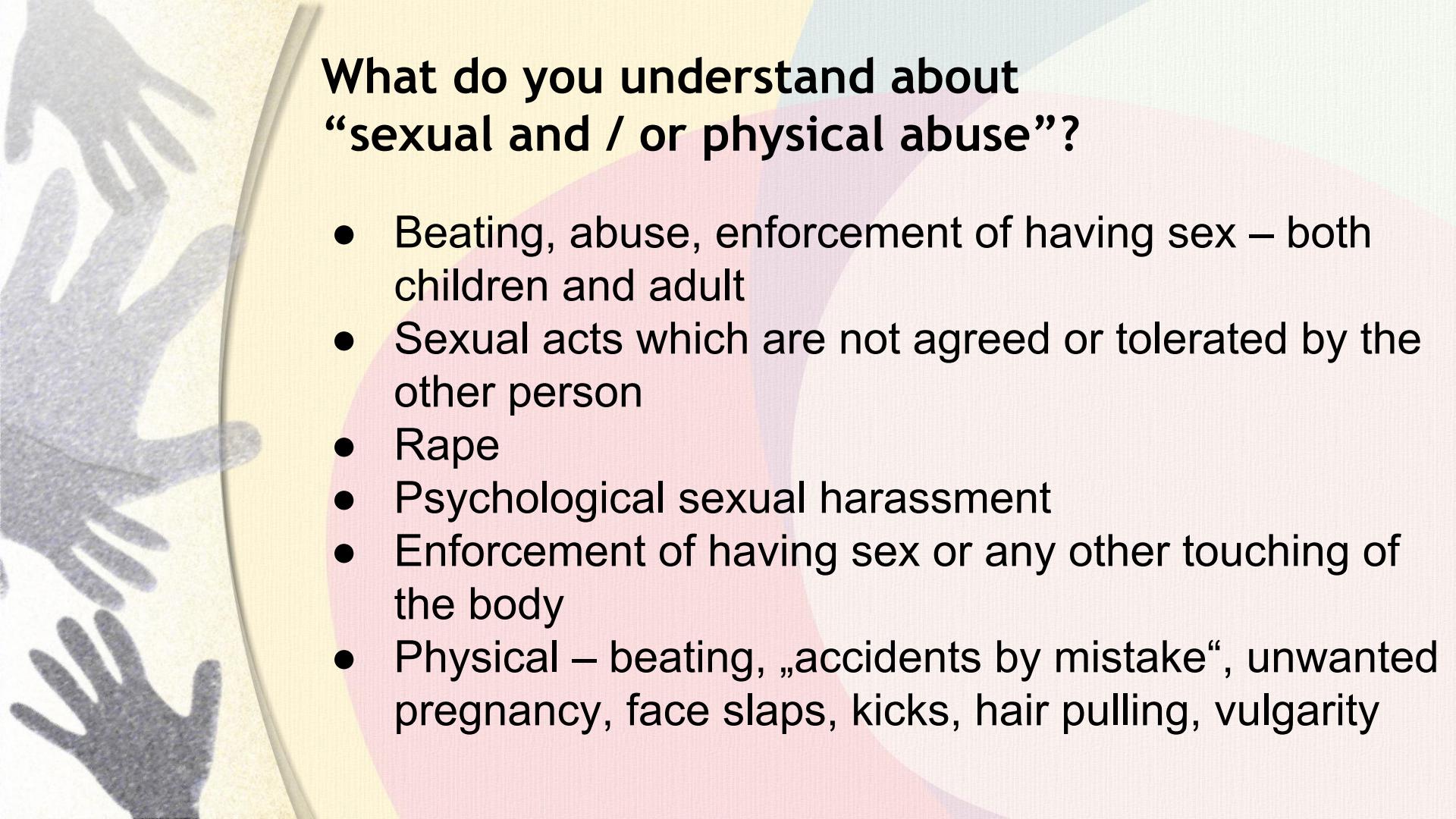
## What do you understand about “domestic violence”?

- Physical and psychological abuse
- Insufficient basic support (food, shower – control over water consumption) – husband lives like a king and the wife saves money, buys clothing in charity shops so she can pay for household bills
- Sexual, financial and emotional blackmailing
- Denial of individuality and sovereignty, humiliation
- Abuse of children
- Child abuse by a parent of any kind
- Psychological blackmailing of children, „Don't go out, stay with me at home. I need you. Why are you going to the cinema? It's not interesting for you and I'm here on my own. You don't love me at all.”



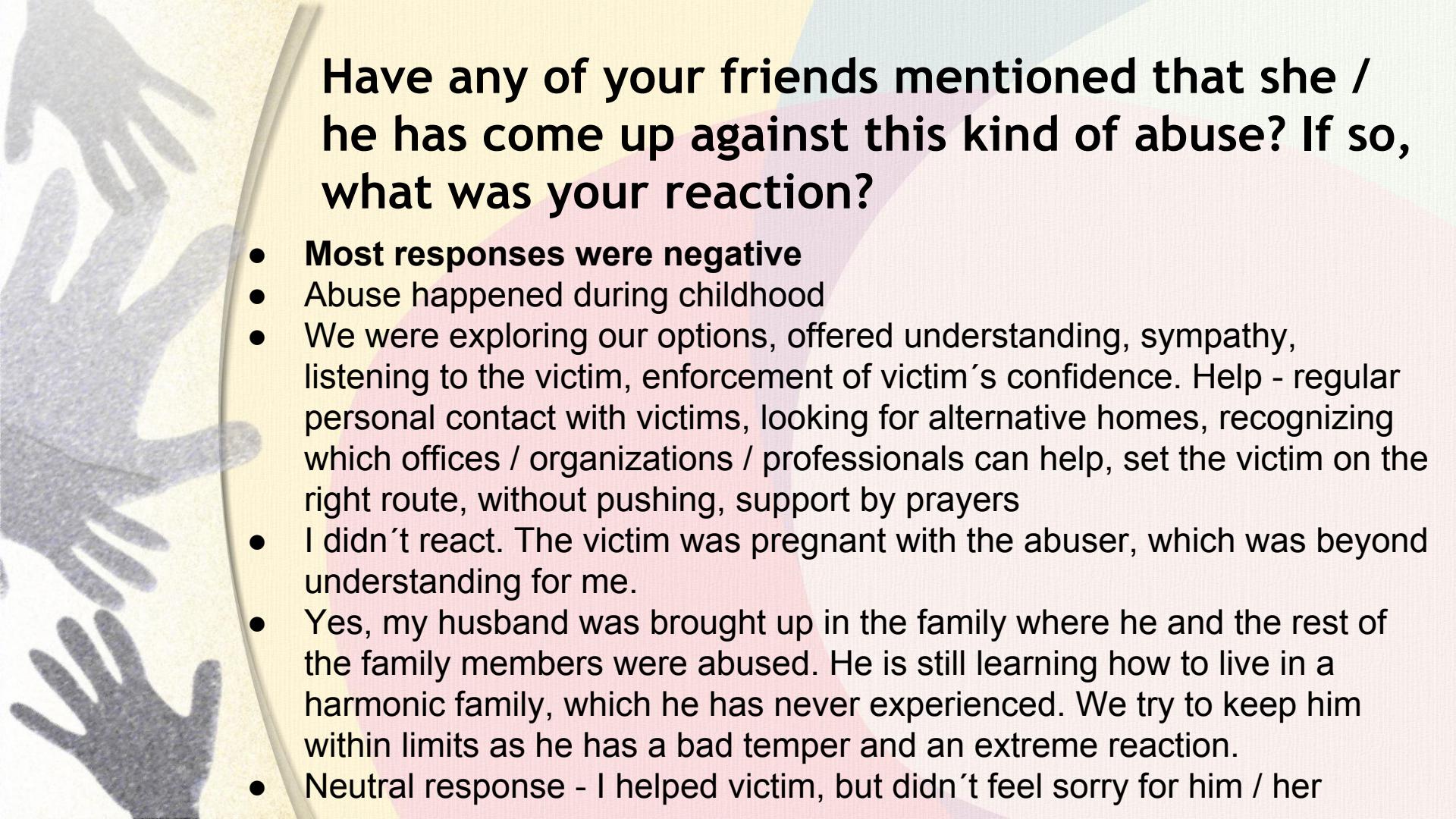
# **Have you ever been faced with domestic violence? If so, what kind of violence did you face?**

- **The majority of answers said no**
- If yes:
  - Physical – husband beats wife due to alcoholism
  - Psychological, financial, physical abuse (most common answer)
  - Children witness fights between parents due to alcoholism
  - As a friend of abused people – emotional blackmail, verbal attacks, humiliation, incest, rape, physical attacks, neglect and abuse of children
  - Psychological violence of children, verbal attacks
  - A female colleague was physically, psychologically and financially abused for 20 years, she has decided to end the relationship and move away
  - I was abused by my husband for 11 years. In 2013 when he broke 2 of my ribs and he beat me in front of our children I have decided to move back with my mum.



## What do you understand about “sexual and / or physical abuse”?

- Beating, abuse, enforcement of having sex – both children and adult
- Sexual acts which are not agreed or tolerated by the other person
- Rape
- Psychological sexual harassment
- Enforcement of having sex or any other touching of the body
- Physical – beating, „accidents by mistake“, unwanted pregnancy, face slaps, kicks, hair pulling, vulgarity



# Have any of your friends mentioned that she / he has come up against this kind of abuse? If so, what was your reaction?

- **Most responses were negative**
- Abuse happened during childhood
- We were exploring our options, offered understanding, sympathy, listening to the victim, enforcement of victim's confidence. Help - regular personal contact with victims, looking for alternative homes, recognizing which offices / organizations / professionals can help, set the victim on the right route, without pushing, support by prayers
- I didn't react. The victim was pregnant with the abuser, which was beyond understanding for me.
- Yes, my husband was brought up in the family where he and the rest of the family members were abused. He is still learning how to live in a harmonic family, which he has never experienced. We try to keep him within limits as he has a bad temper and an extreme reaction.
- Neutral response - I helped victim, but didn't feel sorry for him / her