What is the No Excuses programme?

It is a positive behaviour change programme for people who have or are thinking of using any kind of family violence. The programme creates opportunities for clients to change their behaviour and to develop skills that help develop respectful relationships.

> *"Thank you for the help and now it's time for me to go and practice it and to be a good husband and a good dad to my kids."*
> – Programme Participant

What is Family Violence?

Family violence happens in many ways:

Emotional: putting you down, saying you are crazy

Threats: to hurt you and your children, to break your things

Isolation: keeping you away from family, friends and support through threats, insults and control

Economic: controlling the money

Physical: slaps, pushing, punches, kicks and, choking

Sexual: making you do things you don't want

Stalking: watching or following people, unwanted messages and harassment, tracking people.

Abusive partners generally use a pattern of abusive and controlling behaviour which gets worse over time if nothing is done to stop them.

The non-violence programme provides a range of tools and skills to stop abusive behaviour.

Helping New Zealanders since 1990, Shine is a leading provider of family violence services for adult and child victims and for people who have used violence towards their family members.

We help clients who are ready to take accountability, work on their behaviours and break the cycle of family violence.

For more information about Shine and family violence, visit our website:

www.shine.org.nz

To lean more about the No Excuses programme contact.

09 815 4601

clientservicesadmin@2shine.org.nz

Our free helpline & webchat services provide 24/7 confidential family violence support from highly trained staff.

0508 744 633
www.shine.org.nz

Shine
Presbyterian Support Northern

Shine is part of the Presbyterian Support Northern group of social services, which also include Enliven, Family Works and Lifeline.

Charity no. #CC21532

Shine
Presbyterian Support Northern

NO EXCUSES

Non-Violence Programme

Is your behaviour damaging your relationships?

Do your children sometimes look afraid when you're upset or angry?

> *"He gets a mean look on his face and doesn't look like my daddy."* – 6 year old girl

Are you unhappy with what you do or say when you're upset with your partner or your children?

Do you want help to manage your behaviour with your partner, ex-partner, whānau and children? Or to manage your behaviour in your parenting relationship with your ex-partner?

> *"Yeah, she was afraid of me– so were the kids. I could see it when they looked at me. That was just about the worst feeling in the world."*
> – Programme Participant

> *"Yesterday I heard my daughter ask her mum why dad wasn't angry all the time now. It was tough to hear her say that, but it also felt good to know she had seen a change."*
> – Programme Participant

Shine's No Excuses Non-Violence programme has helped a lot of people.

We can help you too.

How does No Excuses help participants?

- Examines and challenges beliefs that support violence and domination.
- Looks at the effects that abuse has on the people who are victimised.
- Teaches non-controlling and non-violent alternatives.
- Does not judge the people who use abuse, but judges abusive behaviour and focuses on engaging with participants so that they feel comfortable to talk openly about their past behaviour.
- Often motivates participants to change by discussing the impact of violence and abusive behaviour on their children.

How does No Excuses work?

The programme is free of charge requiring an investment of your time.

Before starting the programme, participants attend a one-on-one assessment which is an opportunity to engage and assess suitability for a group or individual programme.

Most clients attend the programme for 16-20 weeks. Groups for men are held twice a week. Each session is 2 ½ hours long.

Some clients prefer attending an individual programme for a variety of reasons, for example, because English is their second language, because of cultural differences or individual needs, or because they are women or do not identify as men.

Groups are a healing space where men are encouraged to openly discuss their shame, guilt and difficult feelings with other men. Men in the groups have said the best part of the group is realising that they are not alone.

No Excuses can be provided to women referred by the courts and corrections.

What are the programme outcomes?

Most participants who finish the programme come away with a better understanding of themselves and are equipped with the skills vital for a violence-free future.

However, changing ingrained attitudes is hard work and attending this programme is not enough to motivate a permanent change in behaviour. Some participants will continue their behaviour or some forms of it regardless of the programme. After the 16-20 weeks, we ensure clients have support and are fully aware they can always come back if needed.

> *It was a challenge to visit the thoughts that I experienced. But without doing that I would still be the same."* – Programme Participant

Make the Change today

You might be unsure about what the programme will be like and nervous about what to expect.

Give us a call on **09 815 4601** and ask to speak to the Shine Programme Team Leader to find out more about No Excuses, what to expect and how we might be able to help.

If you live out of the area, we will help you find a non-violence programme near you.