

VELKOMMEN!

- MINI-FOREDRAG OM PROSJEKTET
«DIGITAL KAMPANJE OM KVINNER UTSATT FOR PARTNERVOLD»

WELCOME!

- MINI-LECTURE ABOUT THE PROJECT «DIGITAL CAMPAIGN ABOUT
WOMEN EXPERIENCING PARTNERVIOLENCE»





AGENDA

- Partner violence & Barriers to Help-seeking
 - About our project on partner violence
 - Our 3 main goals
 - Podcast
 - Round table discussions
 - Workshops
- Partnervold og Hindringer for å søke Hjelpe
 - Om Partnervold Prosjektet
 - Våre 3 hovedmål
 - Podkast,
 - Rundbordsamtaler
 - Workshop



DISCUSSION GUIDE

- **Help-Seeking**

Barriers among Women, LGBTQ+, Persons with Disabilities in abusive relationships

- **Reflections**

How can you know if you are in an abusive relationship? What can you do if you suspect violence in a relationship?

- **Intercultural Sensitivity:**

How can you provide a better service to all clients?



Intimate Partner Violence and Barriers to Reporting

Reporting Intimate Partner Violence (IPV)

- People with immigrant backgrounds are underrepresented (Merete et, al, 2020)
- Contacted police to a lesser extent **both before and during the lockdown** compared to Norwegian women



IPV & Help-seeking: A Meta-synthesis of barriers among black, Asian, minority ethnic, and immigrant women

Sociocultural barriers

Culture and Religion

Norms regarding gender, sexuality, **marriage**, and **family** may impede help-seeking

Structural barriers

Lack of access to utilize formal and informal resources, services, and other mechanisms of support

Fear and distrust of government agencies and authorities, including financial insecurity and dependence

Lack of culturally appropriate or culturally specific services (Femi-Ajao et al., 2020; Hulley et al., 2022)

Structural barriers contd.

Language, legal rights and service systems immigration status



“I didn’t know what are my rights...Migrants don’t have any information...It is a new form of slavery... **You have no language, you have no contacts**” -Iranian Immigrant in Sweden (Voolma, 2018, p. 1843).

“I think there should be some leaflets to advise (us) about (our) rights in the UK if the marriage breaks down... **You are completely at the mercy of your husband and in-laws.** I have not seen anything anywhere” - South Asian immigrant to the UK (Anitha, 2008, p. 197)

“In my country, it is okay for men to discipline their wives. **I told myself this was not abuse, this was ‘normal discipline’.** Other wives I know said the same thing: “oh yes, my husband hits me too; that’s normal”, so that is how we believed, and how we all survived- African/Mexican (Ting, 2010, p. 353)

The intersection of South-East Asian **LGBTQ women’s identities and immigration status** in the USA only reinforced the controlling and dangerous behavior of her lesbian partner - Filipina stayed

About the Partner Violence Project

Alarmerende økningen i partnervolds- og drapssaker grunnet isolasjon og nedstegning under koronapandemien.

Alarming increase in partner violence and murder cases due to isolation and withdrawal during the corona pandemic.



Konsekvensene av en taushetskultur rundt partnervold er blant annet langvarig fysiske, psykiske og økonomiske lidelser for kvinner som utsettes for vold. Manglende tilgang på helse tjenester forsterker dette livstruende problemet

The consequences of a culture of silence around partner violence include long-term physical, psychological and financial suffering for women who are exposed to violence. Lack of access to health services reinforces this life-threatening problem

Forskningen viser at individer med innvandrerbakgrunn som er utsatt for partnervold trenger spesiell oppfølging fra helsevesenet grunnet kulturelle og andre spesifikke barrierer

Research shows that individuals with an immigrant background who are exposed to partner violence need special follow-up from the healthcare system due to cultural and other specific barriers

Digital Kampanje Om Kvinner Utsatt For Partnervold
«**Digital Campaign about Women Exposed to Partner Violence**»

DIGITAL KAMPANJE OM KVINNER UTSATT FOR PARTNERVOLD- PROSJEKTET - MÅL

Prosjektets hovedmålgruppe er kvinner med og uten innvandrerbakgrunn utsatt for partnervold samt fagpersoner innen helsetjenester som støtter dem. Målet er å nå voldsofre som ennå ikke har tatt kontakt med en hjelpetjeneste og øke helse- og sosialtjenestens kompetanse til å ta imot voldsofre.

The project's main target group is **women with and without an immigrant background exposed to intimate partner violence** as well as **professionals in health services who support them**. The aim is to reach victims of violence who have not yet made contact with a help service and to increase the competence of health and social services to receive victims of violence.

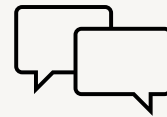


OUR WAY OF ADDRESSING IPV & INTERCULTURAL COMPETENCE GAPS



PODCAST

- Raise awareness in the general public
- **Increase general knowledge for victims and the public**
- **Start a conversation about the partner violence**



ROUNDTABLE DISCUSSIONS

- Discuss the topic, issues and solutions with relevant social- and healthcare organizations
- How can we make the services better at meeting victims of partner violence



WORKSHOP

- **Multicultural competence training for social- and healthcare workers**
- **To make helpers better equipped in dealing with victims of partner violence and in meeting with people with minority backgrounds**

THE PODCAST

8 episodes with stories from survivors of partner violence and comments from experts on the field.

Through a podcast, we give women exposed to violence a voice and convey nuanced and important information about intimate partner violence.

The podcast aims to get the public more aware of the issue and what violence can look like. Some topics that are covered are why it can be hard to leave a violent partner, legal issues, which factors that can make some people more vulnerable, and what consequences there can be.





CLIPS FROM UT AV
STILLHETEN PODCAST

Det er helt fantastisk å være nyforelska sammen med sånne typer mennesker. Det er jo det som også gjør det veldig skummelt.

"It's absolutely wonderful to be in love with people like that. That's what also makes it very scary."

RØDE FLAGGG EP.1

Han blir veldig sint. Han blir sint i hele kroppen og går ikke av veien for å slå den knyttneven i bordet eller i veggen rett over hodet mitt. Han har aldri slått meg fysisk, men av og til når den knyttneven kom rett over hodet ditt så kunne det nesten ha vært lettere hvis den traff meg for da hadde det vært noe forløsende ved det på et vis.»

RED FLAGS EP. 1

"He gets very angry. He gets angry all over and doesn't go out of his way to slam that fist into the table or the wall directly above my head. He never hit me physically, but sometimes when that fist came right over your head it almost might have been easier if it hit me because then there would have been something redeeming about it in a way."



RØDE FLAGG RED FLAGS CONTD.

«Tror også det at det skjedde med et såpass alvorlig eller veldig fysisk utbrudd fra ham da barna var hjemme. Det har forsterka følelsen min av frykt og at jeg skjønnte at jeg måtte komme meg ut. Da var jeg redd for barna og jeg var så redd for å bryte ut og gå fordi hvis han skulle ha samvær med barna når jeg ikke var der. Hvordan ville han være mot barna. Hvordan skulle det samarbeidet bli. Hvem skulle passe på barna da hvis han ble rasende for at det var rot i skoene i gangen eller at det ble sølt noe mat på bordet eller at det var noe som irriterte han da. Hvem skal passe på barna hvis han ble sint og jeg ikke var der. Og det også var en veldig sterk motivasjon da til å holde ut og håpe at han skulle forandre seg. For at ikke barna skulle være aleine med ham.

Det første man må gjøre når det kommer til et brudd er jo at man må på en sånn megling som det heter på familievernkontoret. Det virker som om det var vanskelig fordi familierapeutene og kanskje ta det på alvor da at ikke de kanskje ikke så det maktforholdet eller styrkebalansen mellom han og meg. Og jeg angret på nå at jeg ikke ba om sånn separat megling for det var veldig nedbrytende og jeg egentlig opplevde det nesten som en ny vold.»

"Also believe that it happened with such a serious or very physical outburst from him when the children were at home. It has reinforced my sense of fear and that I realized I had to get out. **Then I was afraid of the children, and I was so afraid to break out and leave because if he was going to spend time with the children when I wasn't there. How would he be with the children. What would that collaboration be like? Who would look after the children then if he got furious because there was a mess in the shoes in the hall or that some food was spilled on the table or that there was something that annoyed him then. Who would look after the children if he got angry and I wasn't there. And there was also a very strong motivation then to persevere and hope that he would change. So that the children would not be alone with him.**

The first thing you must do when there is a break-up is to go to mediation, as it is called at the family protection office. It seems as if it was difficult because the family therapists and maybe take it seriously then that they might not have seen the power relationship or the balance of power between him and me. And I regret now that I did not ask for such separate mediation because it was very degrading, and I actually experienced it almost as a new violence."



RØDE FLAGG EP.1

RED FLAGS EP. 1

“Jeg skammet meg så mye at det var så utrolig viktig for meg å skjule for omgivelsene mine hva som skjedde. Jeg var jo ikke en kvinne som ble slått, og hvis jeg var det så måtte jeg jo gå fram ham. Så jeg rasjonalisere og løy for meg selv og for alle andre. Så da flyttet vi dit sammen. Langt vekk fra familie og venner. Tre timer i bil unna familie, ingen venner, ikke noe nettverk - det er det dummeste jeg har gjort. Da eskalerte volden.

“I was so ashamed that it was so incredibly important for me to hide from those around me what happened. I was not a woman who was beaten, and if I was, I would have to go to him. So, I rationalized and lied to myself and to everyone else. So, then we moved there together. Far away from family and friends. Three hours by car away from family, no friends, no network - it's the stupidest thing I've ever done. Then the violence escalated.

Så oppsto det noe veldig merkelig i intimiteten mellom oss etter hvert som volden ble voldsom. Fordi han krenket meg sånn. Og jeg kunne ikke sette ord på det, jeg hadde ikke noe språk for det jeg opplevde. Ikke minst så ville jeg jo aldri fortalt noen om det. Jeg skammet meg sånn. Men han hadde jo vært der. Han hadde jo sett. Han hadde jo sett hva jeg hadde opplevd og det gjorde at han ble så nær. En sånn helt intens intimitet fordi han så smerten min. Selv om det var han som hadde påført meg den smerten så var han den eneste som kunne se smerten min. Og så har han jo ikke empatien til å faktisk se den. Det var jo jeg som trodde han så den fordi at han så på meg. Men jeg trodde han så smerten min.»

Then something very strange arose in the intimacy between us as the violence grew violent. Because he violated me like that. And I couldn't put it into words, I had no language for what I experienced. Not least, I would never tell anyone about it. I was so ashamed. But he had been there. He had seen. He had seen what I had experienced and that made him so close. Such intense intimacy because he saw my pain. Even though he was the one who had caused me that pain, he was the only one who could see my pain. And then he doesn't have the empathy to actually see it. I was the one who thought he saw it because he was looking at me. But I thought he saw my pain.”



SÅRBARE BETINGELSER EP- 3

VULNERABLE CONDITIONS-EP. 3

“I didn't stop loving him then. I couldn't live with the consequences of the things that were happening to me. But it didn't stop loving him, I felt really ungrateful when I left. And even after I left, I thought I was... That it was the wrong decision. There is like a pendulum that goes back and forth. It took a while for the pendulum to stop, but I had these feelings of ambivalence and I wanted to go back to him at first, as crazy as it may sound. But at one point I saw that I could, that I was happier, that my life was much better without him. I don't want this person in my life. But I would like people to know what it is this and that it is not black or white, sometimes it's not like, I mean, I'm out, poof.”



SÅRBARE BETINGELSER EP- 4 VULNERABLE CONDITIONS-EP. 4

“..so, I was stuck. No one to help me, not even a bus card for me to be able to go to work. and I was running out of food. So, I don't get it and I don't understand why the system has to let us down to this extent. Is it because we are foreigners? Is it because...in my situation I actually thought that its because I'm a black person. Because I am experiencing quite a lot that I never thought that I will actually go through. And...I am in a position of saying to myself, so I was only safe with him. Without him, I'm not safe.



HVA KAN VI GJØRE? WHAT CAN WE DO?

“Det er mange fortsatt mange utfordringer selv om utviklingen har vært veldig positiv de siste årene. Så vil jeg si kanskje at fortsatt så er noe av det som blir krevende i, for politiet, er den generelle fenomenforståelsen også, Hvordan opererer denne volden i nær relasjon? Hva er det som er de kjente mekanismene? Vi savner en enda større kunnskap om dette på skoler, barnehager, i barnevern, i offentlig institusjoner, hos mannen i gata egentlig. Og ikke minst gjelder dette den voldsutsatte selv også. Men det å kunne istandsette den voldsutsatte til å se hva det er de står i, speile de på hvor alvorlig det er, hvordan er det. Dette er ikke en privatsak, det er et offentlig anliggende i Norge.»

"There are still many challenges, even though the development has been very positive in recent years. So, I would perhaps say that some of the things that become demanding in, for the police, is the general understanding of the phenomenon as well, How does this violence operate in a close relationship? What are the known mechanisms? We miss an even greater knowledge of this in schools, kindergartens, in child protection, in public institutions, with the man in the street actually. And not least, this also applies to the victim of violence himself. But being able to rehabilitate the victim of violence to see what it is they are facing; they reflect on how serious it is, what it is like. This is not a private matter; it is a public matter in Norway."



HVA KAN VI GJØRE? WHAT CAN WE DO?

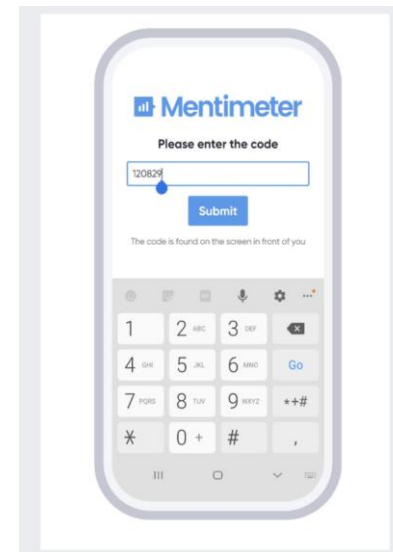
“Men som pårørende og som følelsmessig tilknyttet den som er utsatt for vold så er det også viktig å være støttende og til stede og ta imot og man vil kanskje oppleve å bli skuffet mange ganger. Man vil oppleve at den som er med trussel eller voldsutsatte tar valg som ikke er i tråd med hva vi tenker er bra. Og da krever det ganske mye å være nære pårørende som står nær og tilbyr støtte og forståelse og kanskje av og til ei trygg seng og en varm klem. Men det har vært til stede på måte helt sånn overordnet»

"But as **relatives and as emotionally connected to the person who is exposed to violence, it is also important to be supportive and present and welcome and you may experience being disappointed many times.** You will experience that those who are threatened or exposed to violence make choices that are not in line with what we think is good. And **then it takes quite a lot to have close relatives who stand close and offer support and understanding and perhaps occasionally a safe bed and a warm hug. But it has been present in a completely overarching way.**"



Reflections on the Podcast Clips

Q1. How can you know if you are or someone you know in an abusive relationship?

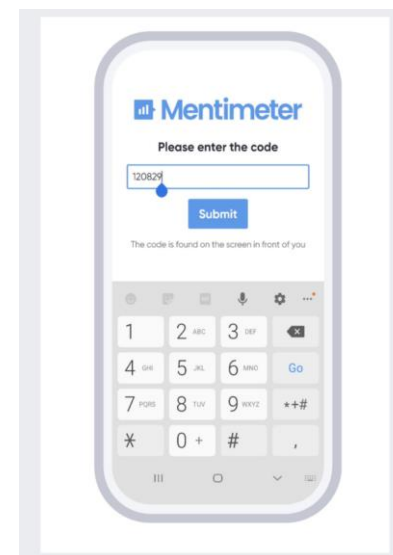


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Reflections on the Podcast Clips

Q1. How can you know if you are or someone you know in an abusive relationship?



Voting code: 4462 3632

BREAK TIME!

COMING UP NEXT AFTER THE BREAK:

- How & Where to Seek help for abuse in relationships
- Intercultural Sensitivity: How can you provide better services to all clients?



SEEKING HELP: WHERE TO FIND HELP IN NORWAY

SURVIVORS SEEKING
HELP

Break the silence

YOU (NEIBOURS,
COLLEAGUES & FRIENDS)
SEEKING TO HELP

Dare to ask

TAKE ACTION

Report violence or abuse

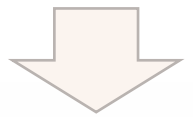
WHERE TO GET URGENT
HELP

Call the police on 02800 [HELSENORGE.NO](https://www.helsenorge.no)



WHERE TO FIND HELP IN NORWAY

**CONTACT OF ALL
LOCAL CRISIS
CENTRE**



**NEAREST ASSAULT
CENTRE**



VISIT HELSENORGE.NO



**CALL LOCAL OUT-
OF-HOURS MEDICAL
SERVICE ON
116 117**



LGBTQ+ PARTNER VIOLENCE



116 006

ROUND TABLE DISCUSSIONS

There is still a lack of expertise on immigrant women exposed to violence in health and social services. In round table discussions, we create a targeted and structured dialogue between users and representatives from the support apparatus.

We are organizing 4 round table discussion with users, different organizations and social- and healthcare services, like BufDir, Politiet, UDI, NAV, legal aid etc.

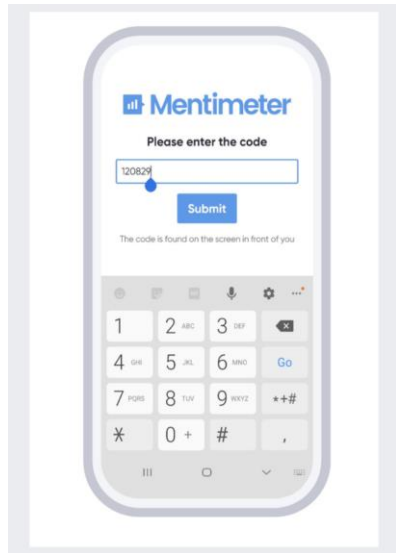
The goal is to discuss what **experience** these organizations have with meeting people who are experiencing partner violence, with a focus on people from minority groups. We also discuss what **issues or difficulties** the organizations meet and what can be done to **make them better** at handling these sort of cases.



Intercultural sensitivity

How can you provide better services to all clients?

Writing Activity



Voting code: 8687 2754

- Step 1. Write your name with your **right hand** (first-name)
- Step 2. Next, write your name with your **left hand**
- Step 3. Lastly, write your name in a **reverse order/opposite way**



*DO YOU WANT TO
LEARN ABOUT
CULTURE AND
PARTNERVIOLENCE?*



The Department of Psychology at UiO offers a free workshop on culture and violence in close relationships, how to deal with socio-cultural differences and how to best meet victims of partner violence with other cultural backgrounds

SIGN UP HERE:



Find us on:

-  www.endpartnerviolence.no
-  [@EndingPartnerViolence](https://www.facebook.com/EndingPartnerViolence)
-  [endingpartnerviolence](https://www.instagram.com/endingpartnerviolence)
-  j.a.ojokojo@psykologi.uio.no

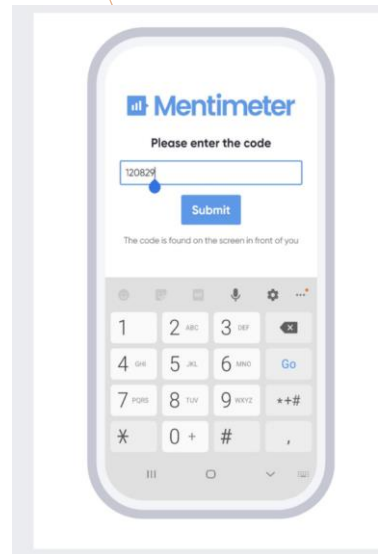
WORKSHOP

We offer a free workshop on culture and violence in close relationships, how to deal with socio-cultural differences and how to best meet victims of partner violence with other cultural backgrounds

The goal is to increase the multicultural competence of people working with women who are experiencing partner violence



Question & Answer Session



Voting code: 4153 8514



TUSEN TAKK!
THANK YOU!

[Endpartnerviolence.no](https://endpartnerviolence.no)

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