

You may be telling yourself:

“It’s not just me, she pushes me too far”.

**How many times have you said this?
Do something before the next time.**

“It’s not that bad”.

**How bad will it need to get before
you do something?**

“It will never happen again”.

**Only you can choose to control your
behaviour and decide not to be
violent.or abusive whatever the
situation.**

Other Useful Numbers

Al-Aman Arabic Speakers Service

Tel: 020 8748 2577

DVIP services for Arabic Speakers.

YUVA-Young Persons Service

Tel: 020 7928 2322

Young persons service for 11-25 year olds.

Respect Helpline

Tel: 0845 122 8609

UK association for domestic violence perpetrator programmes and associated support services.

For full details of all our available services please visit our website: www.dvip.org

**Are you hurting the one
that you love?**



Is this a good time to change?

Tel: 020 7633 9181

**A service for men who want to
end violence & abusive
behaviour towards a partner.**

What is the Domestic Violence Intervention Project?

DVIP has been running programmes for men since 1992. We understand how domestic violence can start, and we understand how to stop it. Facing up can feel immensely difficult, you may feel ashamed, or like you have 'just lost it' or been 'pushed as far as you can go'. You can blame her, or the stress, or the alcohol, or the family pressures, even the recession but in the end, you know deep down this is not the man you wanted to be.

Whatever you are feeling at the moment, we can provide the support and training you need to make long term changes.

You should answer this question honestly:

"Have I hurt my partner or ex-partner in any of the following ways?"

With Physical Abuse

By hitting, punching, grabbing or slapping her, kicking or chocking her, pulling her hair or throwing things at her.

With Threats and Intimidation

By threatening to harm your (ex)partner or her friends and family, punching walls or doors, smashing things or damaging her belongings.

With Sexual Abuse

By forcing or pressuring her to have sex or perform sexual acts, sulking or punishing her for not giving you sexual favours.

With Jealousy or isolating Behaviour

By trying to control who she sees, checking up on her, stalking her, or stopping her from seeing her family or particular friends.

With Emotional Abuse

By constantly criticising her, ignoring her, using put-downs, humiliating or laughing at her.

Using the Kids

By threatening to hurt children, saying she won't see them if she leaves you, or by putting her down in front of the children.

With Financial Abuse

By trying to control her money, making her feel like she has to beg for things or criticising what she spends her money on.

If you have used any of these behaviours towards a partner, DVIP can help you change.

Who is the programme for?

Any man who wants to end his abusive behaviour towards a female partner or ex-partner. DVIP does not discriminate on the grounds of ethnicity, age, class, religion, sexuality or disability.

How can I get an appointment?

You can call DVIP yourself. We will take your details and be offered an interview.

First Interviews

This involves between one and two meetings with a DVIP worker to discuss any changes you need to make and whether the programme is suitable for you.

What happens on the programme?

We mainly work in small groups. The groups are held weekly, in the evening between 6.30- and 9.00pm.

Main Programme

This consists of 32 sessions will enable you to understand and end your abusive and controlling behaviour towards women and children. The aim is to build respectful relationships by ending not just your violence, but all the abusive behaviour. The programme helps you examine what attitudes support your abuse so you can develop new, equal ways of relating to your partner.

One-to-one sessions

In exceptional circumstances we may be able to consider offering the programme on a one-to-one basis. This is primarily when English is not your first language.

Post Programme

Once you have completed the programme, you will have access to the fortnightly follow-on group to support you in maintaining the changes you have already made.

Women's Support Programme

DVIP run a Women's Support Service that will automatically be offered to your (ex) partner once you are referred to DVIP. The service is there to offer information and focus on her own needs. This is completely separate from your programme, which is there to help you change.

**Remember:
No matter how angry you feel, it is never all right to scare or hurt your partner.**