



# **Talking about Domestic Abuse: A Photo Activity Workbook to Develop Communication between Mothers and Young People**

*Agnes Skamballis, Audrey Mullender, Cathy Humphreys, Ravi Thiara*

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Talking about Domestic Abuse is an activity pack for children of nine years and above and adolescents where families have experienced domestic abuse, to help and encourage them to open up to their mothers about their distressing experiences.

Based on the authors' work with families who have experienced domestic abuse, the activities are designed around four important themes: building self-esteem; naming feelings; facilitating communication between mothers and children; and talking about personal experiences, including domestic violence, and are accompanied by photographs which act as prompts for discussion. The authors explain the need of young people to communicate with their parents about painful memories. They also establish practical 'ground rules' on how mothers can enter into that communication successfully and how to make the most of the activities provided. Further information is also given on support services that are available to families coping with domestic abuse.

This will be an essential tool for families including young people who have lived through domestic abuse, as well as social workers and other professionals working with them.

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