

Domestic Violence and Abuse



Group members will learn about domestic violence and abuse and will create spa care packages and tissue paper flowers for residents of a local women's shelter.



OBJECTIVES:

1. Group members will be reacquainted through a warm up activity.
2. Group members will learn about types of domestic abuse and the services available to help victims of abuse.
3. Group members will make spa care packages and tissue paper flowers to donate to a women's shelter.

NOTE: If some participants are still legal dependants, communicate with their parents or guardians in advance about the sensitive subject matter that will be discussed this week.



ACTIVITIES:

I. INTRODUCTIONS AND WARM-UP ACTIVITY

- a. Introductions of new F.I.I.V.E. group members, staff, and guest speakers (if applicable)
- b. Warm-Up Activity (See Appendix A: Warm-Up Activities)

NOTE: Don't forget to pass out nametags!

II. PRESENTATION

(See Appendix B: Volunteer Activity Session Scripts for presentation materials on *Domestic Violence and Abuse*.)

NOTE: Remind your audience that the subject matter for today's presentation may cause them discomfort or distress. Remind your audience that they may remove themselves from the space at any time, should they become too distressed and no longer wish to hear the presentation. Have appropriately trained staff available to offer assistance.





MATERIALS:

FOR TISSUE PAPER FLOWERS

1. Tissue paper in multiple colors
2. Scissors
3. Hole punch
4. Buttons
5. Pipe cleaners
6. Bud vases



III. PROJECT: TISSUE PAPER FLOWERS

NOTE: Make a tissue paper flower in advance to show the group an example of what their finished product can look like!



INSTRUCTIONS:

1. Cut out six small two inch circles in the tissue paper.
2. Punch 2 small holes in the center of the circles. You can do this with a hole punch or with a pair of scissors. Be careful if using the scissors.
3. Thread your pipe cleaner through one hole of your six tissue paper circles and through one hole of a button. Then come back down through the other side of the holes.
4. Flatten the pipe cleaner stem to one side to make the flower pop out.
5. You can leave your circles flat or you can fluff them up.
6. Place 1-2 paper tissue flowers in a single bud vase.





MATERIALS:

FOR SPA CARE PACKAGES

1. Assortment of spa care materials (lotion, soap, bath salts, loofah, cooling masks, pumice stone, bath bubbles, manicure set, shampoo and conditioner, etc.)
2. Colored tissue paper or colored packing material
3. Gift bags or gift baskets
4. Colored ribbon or bows
5. Plastic wrap
6. Scissors
7. Packing tape

PROJECT: SPA CARE PACKAGES

INSTRUCTIONS:

1. Fill baskets or gift bags with packing material or tissue paper
2. Add to each basket/bag an assortment of spa care materials
3. Tie ribbon to the handles of each bag or basket (or affix a bow). Curl the ribbon with scissors.
4. If using gift baskets, wrap the baskets with plastic wrap - this keeps the spa materials from falling out! Seal the plastic wrap on the bottom of the baskets with packing tape.
5. Deliver the spa care packages, along with the bud vases containing the tissue paper flowers, to a local women's shelter.

IV. REFRESHMENTS AND DEBRIEFING

While group members enjoy a small snack or refreshment, use the following questions to facilitate a debriefing discussion about the day's activity:

NOTE: Ask another staff member or an older adult volunteer to take notes!

1. What did you learn today about domestic violence and abuse?
2. How did today's topic make you feel?
3. How can you help someone you know that is being abused?

V. CALENDAR CORNER/ANNOUNCEMENTS

- a. Prepare the group for the next F.I.I.V.E. volunteer activity session.
 - ~ Date/Time/Location
 - ~ Advertise guest speaker (if applicable)
 - ~ Supplies (if applicable)
 - ~ Recommend appropriate attire (if applicable)

VI. RECORDKEEPING

(See Appendix C: Recordkeeping Materials to use with each volunteer activity session.)





Additional Tips or Suggestions:

- Discussing domestic violence and abuse may or may not resonate with one or more of your group members. Be sure to have appropriately trained staff available to offer emotional support to any group member who becomes distressed. Make sure you are in a setting where the distressed individual can have some privacy if they need to remove themselves from the presentation.
- Invite a counselor or therapist whose clients are victims of abuse to come and speak to your group members about today's topic.
- Request spa material donations from local beauty shops or cosmetic counters/stores. Many may offer you free samples to use in your spa care packages. Hotels may offer a donation of their bathroom products.
- Visit your local dollar store to purchase inexpensive vases.
- Ask for monitorial donations from local organizations that support victims of abuse to purchase the supplies you need.
- Ask a law firm that specializes in abuse cases to sponsor your donation.
- In advance, sponsor a supply drive to collect the necessary items for the care packages. Partner with a faith-based organization to reach a larger audience of prospective donors.
- Alternative or additional activities:
 - Create care packages filled with hygiene necessities, rather than spa care items. Examples include: deodorant, toothbrush, toothpaste, mouthwash shampoo/conditioner, tampons, maxi pads, razors, new packages of socks and undergarments in various sizes.
 - Coordinate a toy drive and/or book drive to donate to a local women's shelter for their underage residents.