

Welcome!



We want people to participate but please use the 'raise hand' facility to ask questions and contribute when others are talking.

Please be considerate to others - together we want to create a safe, open and reflective space to learn.

You can turn on live captions on by clicking on the 3 dots at the top of your screen if you need this.

The link to the feedback form will be put in the chat.

Please do take the time to complete it after the session.

Thank you!



Every Relationship Matters in Norfolk (ERMiN)

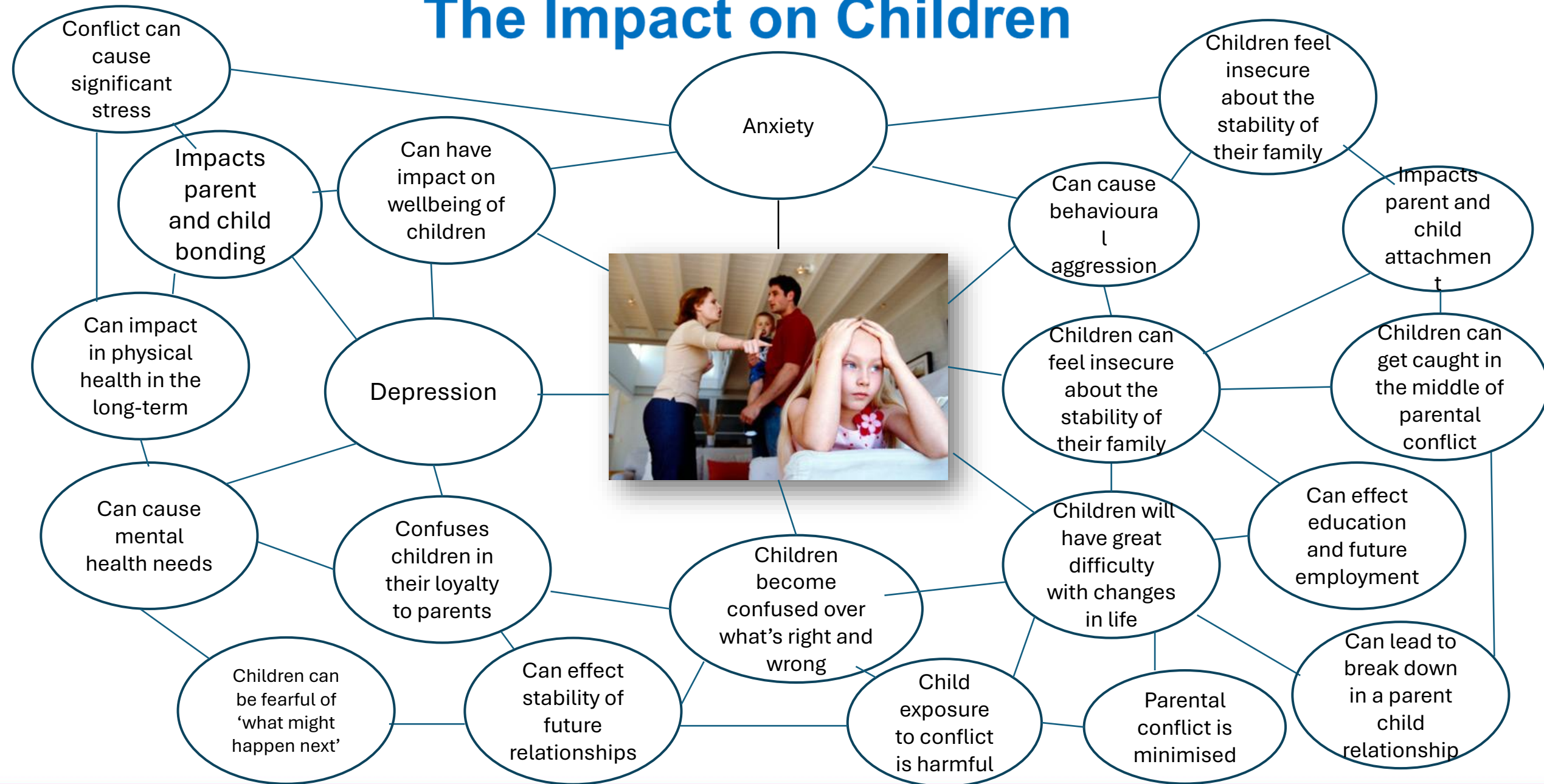
Practice Week (Opportunities)

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The Impact on Children



What does the evidence tell us?

Children of all ages can be affected by destructive inter-parental conflict, with effects evidenced across infancy, childhood, adolescence, and adulthood.

How parents communicate and relate to each other, is increasingly recognised as a primary influence on effective parenting practices and children's long-term mental health and future life chances.

Studies have shown that children living in households marked by high levels of inter-parental conflict are at elevated risk of negative psychological outcomes across infancy, childhood, and adolescence

What Young People have to say...

- ***“When banter and bickering has gone too far”***
- ***“TV show arguments makes it normalised, and parents watching it think it's okay”***
- ***“It is used to be just arguments between Mum and Dad. After some time, it turned into fighting”***
- ***“Mum and dad spilt up because my mum would cheat on my dad. They would argue a lot over this. He would blame it on us”***
- ***“I'm lucky because my parents know how to communicate but I have so many friends whose parents argue. And I know they feel upset about it”***

Parental Relationships Spectrum*



HEALTHY RELATIONSHIP

INTER-COUPLE/PARENTAL CONFLICT

DOMESTIC VIOLENCE/ABUSE

Respectful, equal, cooperative, happy

Mostly respectful, equal, cooperative (but experiencing difficulties)

Conflictual, non-communicative, non-violent

Situational couple conflict, abuse, violence both ways

Controlling/abusive behaviour

Coercive control and physical harm, fear of violence/death

SITUATION

All relationships have tricky moments, it's how they're experienced and resolved that matters

Children are experiencing constructive resolution of any arguments, characterised by mutual respect and emotional control

SITUATION

Lack of open and honest communication; difficulties are minimised, not recognised or addressed

Children beginning to be affected by conflict between their parents

ACTION

Early conversation initiated by Family Practitioner; direct to sources of self-help

SITUATION

Conflict is frequent, intense and poorly resolved; parents emotionally unavailable to their partner and children; lack of consistency in parenting; feeling isolated; toxic atmosphere

Children being adversely affected

ACTION

Family assessment; consider referral to local relationships support services

SITUATION

Day to day unresolved and unresolvable conflicts; no consistent pattern of 'victim' or 'abuser'

Children being adversely affected; children may show signs of distress and their mental health/behaviour may be affected

ACTION

Family assessment; contact your local helpline or the National Domestic Abuse Helpline for advice/access to services

SITUATION

Clearer 'victim' and clearer 'abuser'

Children being significantly adversely affected; children's mental health and/or behaviour being affected

ACTION

Family assessment; follow domestic abuse pathways/processes; refer to children's services

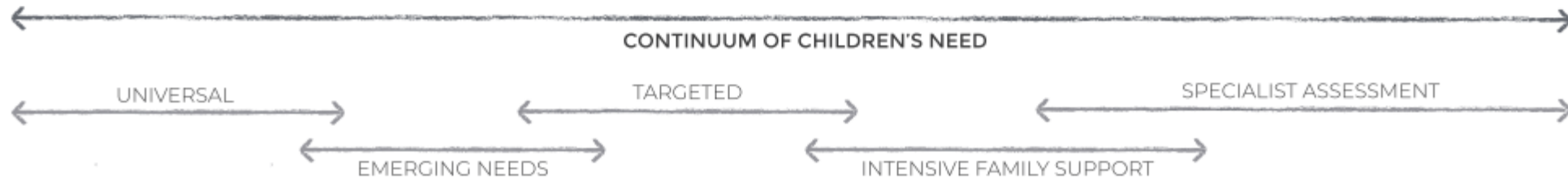
SITUATION

Clear 'abuser' and clear 'victim' who is at significant risk of harm

Children at risk of significant harm; children being traumatised

ACTION

Referral to specialist domestic abuse service(s); refer to children's services



Impact of domestic abuse on children

Some of the impacts that domestic abuse can have on children can include:

- Feeling anxious or depressed;
- Low self-esteem and difficulties with forming healthy relationships;
- Hypervigilance in reading body language or changes in mood and atmosphere;
- Having difficulty sleeping, nightmares;
- Physical symptoms such as stomach aches or bed wetting;
- Delayed development or deterioration in speech, language and communication;
- Reduction in school attainment, truancy, risk of exclusion from school;
- Increased application to activities outside the home, including academia or sports, as a distraction;



Impact parental conflict has on children

- Harm children's outcomes, even when parents manage to sustain positive parent-child relationships

Put children at more risk of:

- Having problems with school and learning
- Negative peer relationships
- Physical health problems
- Smoking and substance misuse
- Mental health and wellbeing challenges

The risks can also have an effect on long-term life outcomes such as:

- Poor future relationship chances
- Reduced academic attainment
- Lower employability
- Heightened interpersonal violence
- Depression and anxiety





What are we doing?



- One Plus One and Triple P specialist intervention programmes are being offered to parents.
- Co-production of resources with parents from Family Voice Norfolk.
- Every Relationship Matters in Norfolk has a platform on Just One Norfolk in supporting families to access self-help resources on-line.

- Co-production of resources to support mental health with children and young people with the Youth Advisory Board.



- Professional toolkit available to front-line practitioners to access resources to support the de-escalation of parental conflict.
- Reducing Parental Conflict training offered to partners and agencies.

Just One Norfolk/For Your Information Resources



Quizzes & Activities for Support



Advice About Families & Relationships



Quality Mark

- *A great resource has been produced, which hopefully will be genuinely helpful to young people. It meets a gap where resources haven't existed before.*
- *Young people's voices were taken on board, even involving quotations from young people.*
- *We think the video would be best received in a form time, so we would encourage schools to show it then.*
- *You could put posters with a QR code in school bathrooms, so students can access the resource privately.*
- *Could use TikTok/social media to show young people where to access the resource.*
- *It would be good to have a PSHE lesson designed around family relationships and arguments. It would be good to make a lesson pack to send into schools.*

Any Questions? 😊

Please let us know what you think



<https://forms.office.com/e/PqVNki3HU>
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