

CHILD AND ADOLESCENT TO PARENT VIOLENCE AND ABUSE (CAPVA) TOOLKIT

Top Ten Tips for Professionals

1. Name the problem when you are talking to parents – this validation of their experience will make a huge difference and help you to work together. Violence and abuse from young people is NOT a normal part of growing up!
2. Don't blame parents for the behaviour of their child, especially when they have experienced domestic abuse from an intimate partner.
3. In cases of domestic abuse and post separation abuse, ensure that you ally yourself with the non-abusing parent, this will help the young person!
4. Actively listen to what parents tell you – having space to articulate what is happening opens up alternatives and helps parents with coping.
5. Help parents to develop strategies for self-care - addressing parents physical and emotional needs will make them feel stronger and better equipped to help their child.
6. Think about ways you can help the parent to make the relationship with the child stronger rather than how to 'win the battle'.
7. Help parents to establish boundaries that will work for them and their family – don't make assumptions about what you think will work.
8. Help parents to learn more about the dynamics of CAPVA – learning about power and control will be useful for parents and young people alike.
9. Talk through the existing safety plan can you help to make it better? Or, help the parent to come up with a safety plan that works for them and their family.
10. Give families 'permission' to call the police in times of crisis. If safety is at risk, it is important parents know they can ring 999.

Helpful numbers/sources of support

IDAS (Independent Domestic Abuse Services Sheffield)	0808 808 2241 www.idas.org.uk
South Yorkshire Police	in an emergency ring 999, for all other enquiries ring 101
Sheffield Safeguarding Hub (Sheffield Children's Social Care)	0114 2734855 https://www.sheffield.gov.uk/home/social-care/children-social-care
Sheffield Family Intervention Service (FIS) <i>Formerly MAST</i>	0114 2037485 Family Intervention Service Sheffield (sheffielddirectory.org.uk)
Family Lives (formerly known as Parentline Plus, a national charity offering help and support in all aspects of family life)	0808 800 2222 https://www.familylives.org.uk/advice/teenagers/behaviour/teen-violence-at-home
Haven (Specialist Charity supporting children and young people affected by domestic abuse)	0114 2130590 https://www.havenorg.uk/
Sheffield Parent Hub	0114 2057243 https://www.sheffield.gov.uk/home/social-care/positive-parenting
Cranstoun (Level Up Programme for 11-15 year olds)	0114 3211377 www.cranstoun.org.uk / https://cranstoun.org/news/domestic-abuse/new-scheme-to-spot-harmful-behaviours-in-children/