

Getting on Better e-learning Module 2: Recognising domestic abuse

OnePlusOne Relationship Spectrum

When deciding how best to support the parents you are working with it can be helpful to assess their level of need. Parents experiencing conflict can benefit from OnePlusOne's *Getting on Better* resources, but those experiencing domestic abuse will need more specialist support.

Healthy relationship

A relationship where there is respect for values and beliefs without trying to change them. The couple work as a team, supporting and empowering each other, and sometimes being a critical friend. If arguments happen, a conversation will follow to resolve the issue.

→ No need for OnePlusOne resources

Relationship experiences difficulties

Mostly respectful but finding challenges. They are not addressing the real issue between arguments, bottling feelings, and are becoming resentful and bitter to each other. They may fantasise about leaving the relationship, or threaten to leave.

→ Offer OnePlusOne's *Getting on Better* interventions

Conflicting parental relationship

Arguments are intense, hostile, and frequent. Arguments may include raised voices, swearing, slamming doors, defensiveness, verbal attacks, silent treatment, and competing.

→ Offer OnePlusOne's *Getting on Better* interventions

Situational couple conflict

There is no victim or perpetrator of abuse, and neither of the couple seem to be seeking power and control. Conflict can look verbally abusive and may become physical. There is no clear evidence of coercive behaviour, but the arguments are abusive.

→ Be mindful of concerns around power and control, and whether one person fears the other. Report to your manager, be vigilant of the impact this has on the child, and what intervention is suitable for the family.

Domestically abusive

You have been able to identify and evidence abusive behaviours within the relationship or between co-parents. There is a perpetrator and a victim. You are concerned for the wellbeing and safety of the victim and their children.

→ Refer to specialist domestic abuse services. Do not use OnePlusOne's *Getting on Better* interventions as these are not suitable for domestic abuse.