

Anti-Violence Agreement

General:

When concluding an anti-violence contract, it is important to develop the content together with the perpetrator/couple (in individual/couple counselling).

The women must understand the meaning of the content. This written agreement makes little sense if they only sign because it a constituent part of the counselling, and/or because they fear that the counselling would otherwise be discontinued.

Content:

- v The anti-violence agreement includes the obligation to abstain from violence. This means not using violence as a means of conflict resolution or as an expression of one's feelings and not causing physical, psychological, sexual or financial harm to anyone, especially the partner, family (children) or oneself. It is important to define what constitutes violence with the client/couple – also from the perspective of the counsellor (verbal attacks, damaging possessions, mistreating pets, through to physical assault and the threat of suicide).
- v An agreement on what the woman will do, in concrete terms, as an alternative means of dealing with the situation if she senses the possibility of becoming violent. These strategies are also explored during counselling. It is important that these strategies can really be implemented by the person concerned. The written form has the advantage that if the client senses that she is close to using violence, i.e. when she is in great stress, she can reread the agreement.
- v As the counselling progresses, the agreement also includes a clause where agreement is given to the strategies that the partner has developed as alternatives to the use of violence or to protect herself.
- v An anti-violence agreement can also include sanctions, the relevance and purpose of which must be agreed upon in advance.
- v The agreement and commitment to possible consequences if one or both partners use violence. These should be severe and have the character of a sanction.
- v Signature – given of her own free will: this is a declaration of agreement.
- v Date and the signature of witness/es (Counsellor and possibly the partner)

Agreement to violence-free behaviour

I, _____

hereby obligate myself to violence-free behaviour

towards _____.

I will not damage my own possessions

or the possessions of my partner / my family.

In concrete terms, I will immediately cease the

following: _____

_____.

If I sense that I could become violent, I obligate myself to do the following as an

alternative: _____

_____.

Should I nevertheless use violence and become violent, I obligate myself to:

_____.

I, _____ sign this agreement of my own free will.

Date:

Signature:

Signature of witness/es: