



United in Service Committee

Women at Risk - Guidelines

“QUOTARIANS UNITED AGAINST DOMESTIC VIOLENCE – EMPOWERING WOMEN”

Why your Club needs to participate:

- ✚ Domestic Violence (in all forms), is the leading cause of injury to women;
- ✚ Around the World at least one in every three women have been beaten or abused;
- ✚ Between 55% and 95% (based on reports from 10 Countries) have never reported the offence to non-governmental organisations, shelters or police;
- ✚ Economic status including poverty, lack of further education, witnessing family violence, low sense of self-worth, and attitudes of male domination and substance abuse are all seen to be relative in abuse against women and children.
- ✚ Warning signs friends, family, and co-workers site are frequent absences from school or work, numerous injuries the victim tries to explain, low self-esteem, a personality change, fear of conflicts, passive-aggressive behaviour, blaming him/herself for relationship problems, isolation or stress related physical symptoms.
- ✚ Health professionals only screen for intimate partner abuse only assessing domestic violence when asking for answers that call for more than a “yes/no” answer.
- ✚ Safety and emotional impact of the victim and the problems of the abuser especially if this includes alcohol or substance abuse.
- ✚ The prognosis of domestic violence can be quite negative if goes untreated in that the emotional and physical consequence of continued abuse can be severe.

Benefits of Supporting Women at Risk and Encouraging Self-respect and Confidence:

- ✚ Treatment and enhancing social support to the victim
- ✚ Provide economic opportunities, mentors, role models, organised community programmes for youth and families, school environment that promotes prevention of abusiveness in any relationship.

Please let Quota International know you are participating in this project.

Please send an e-mail to staff@quota.org.

Women and Children need to feel Safe.

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| 1. | Appoint a Club Coordinator | |
| 2. | Contact local Domestic Violence Organisations, (Salvation Army, Rosies, Lifeline, Local Churches, Orange Sky, Alcoholics Anonymous etc) | These are the hands on contact who know where best your services will be required and to what scale. |
| 3. | Clarify Involvement | <p>Suggestions:</p> <p>Self-Image/Value and Respect Yourself Programmes (using local hairdresser, boutique, beautician, mentor);</p> <p>Prepare for Workforce Programme (Resume preparation, self-image, confidence, interview process);</p> <p>Professional Clothing for Workplace Interviews (Recycled clothing);</p> <p>Dress for Success Organization gives support for workplace interviews;</p> <p>Back to School Packs – each to have the Quota Logo somewhere on the pack;</p> <p>Personal Emergency Packs – include inspirational text, Quota Logo, make them feel special.</p> <p>Visit local Food Kitchen/Day Respite to assess requirements or be hands on.</p> <p>(Help is available in preparing and implementing these programmes)</p> |
| 4. | Submit a Grant – depending on the size of the commitment (Set up a kitchen, safe meeting area, provide essentials to set up new life etc) and/or have a club fundraiser | <p>Local Government; Sporting Grants; Foundations; Gambling Grants etc.</p> <p>Proposal needs to be specific in requirements;</p> <p>(Help is available in writing/submitting these)</p> |
| 5. | Public Awareness/Advertising | <p>Each item, visit, partnership needs to be Quota International Specific too many times Clubs are donating items with no clear Quota Giving recognition.</p> <p>Marketing campaign with QUOTA INTERNATIONAL working in your community;</p> <p>Links with Supplier, School websites;</p> <p>Photo opportunities;</p> <p>Quota Card on each item;</p> <p>Partnerships in Service through Local Council/Government use their websites to advantage.</p> |
| 6. | Congratulations | Your Club has now given the gift of Safety to some very special people – A SAFE COMMITMENT. |
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Strategies intended to stop domestic violence/intimate partner violence (IPV) before it starts and approaches to provide support to survivors



Teach safe and healthy relationship skills

- Social-emotional learning programs for youth
- Healthy relationship programs for couples



Engage Influential adults and peers

- Men and boys as allies in prevention
- Bystander empowerment and education
- Family-based programs



Disrupt the developmental pathways toward partner violence

- Early childhood home visitation
- Preschool enrichment with family engagement
- Parenting skill and family relationship programs
- Treatment for at-risk children, youth, and families



Create protective environments

- Improve school climate and safety
- Improve organizational policies and workplace climate
- Modify the physical and social environments of neighborhoods



Strengthen economic supports for families

- Strengthen household financial security
- Strengthen work-family supports



Support survivors to increase safety and lessen harms

- Victim-centered services
- Housing programs
- First responder and civil legal protections
- Patient-centered approaches
- Treatment and support for survivors of IPV, including teen dating violence

Additional Thoughts and Suggestions:

- ✚ Do some initial thinking and research: Why do we need the project? What is the problem we are trying to solve or the outcome we are seeking?
- ✚ Identify who to involve
- ✚ How many people will benefit?
- ✚ Who will benefit most?
- ✚ The recipient needs to be in a category that complies with International Bylaws Service Statement and the United In Service proposal.
- ✚ Recipient organization should have the necessary infrastructure to use the donation appropriately
- ✚ Recipient should provide some broad-based benefit, preferably to the local community
- ✚ Recipient could be a registered charity that relies on donations for providing services
- ✚ If possible, the local club would receive some publicity/recognition for its assistance