

NON-VIOLENT RESISTANCE (NVR) GROUP

WHAT IS NON-VIOLENT RESISTANCE (NVR)?

NVR is a parenting approach that has been successfully used for many years to support parents and caregivers in managing challenging behaviours in young people. It helps raise the presence of adults in a child's life, fostering stronger, more positive relationships.

NVR can be applied to various relationships and is particularly effective in situations where a young person exhibits behaviours such as:

- Physical aggression (hitting, kicking, spitting)
- Verbal threats and destructive behavior
- Self-harm or suicidal thoughts
- Isolation or withdrawal
- Eating disruptions

Many influential people such as Mahatma Ghandi, Martin Luther King and Nelson Mandela have been advocates of this approach; they used the principles to bring about peaceful political difference, following difficult and often volatile struggles.

THE KEY PRINCIPLES TO THE APPROACH

Avoiding Escalation

Strengthening Relationships

Self-care and looking after yourself

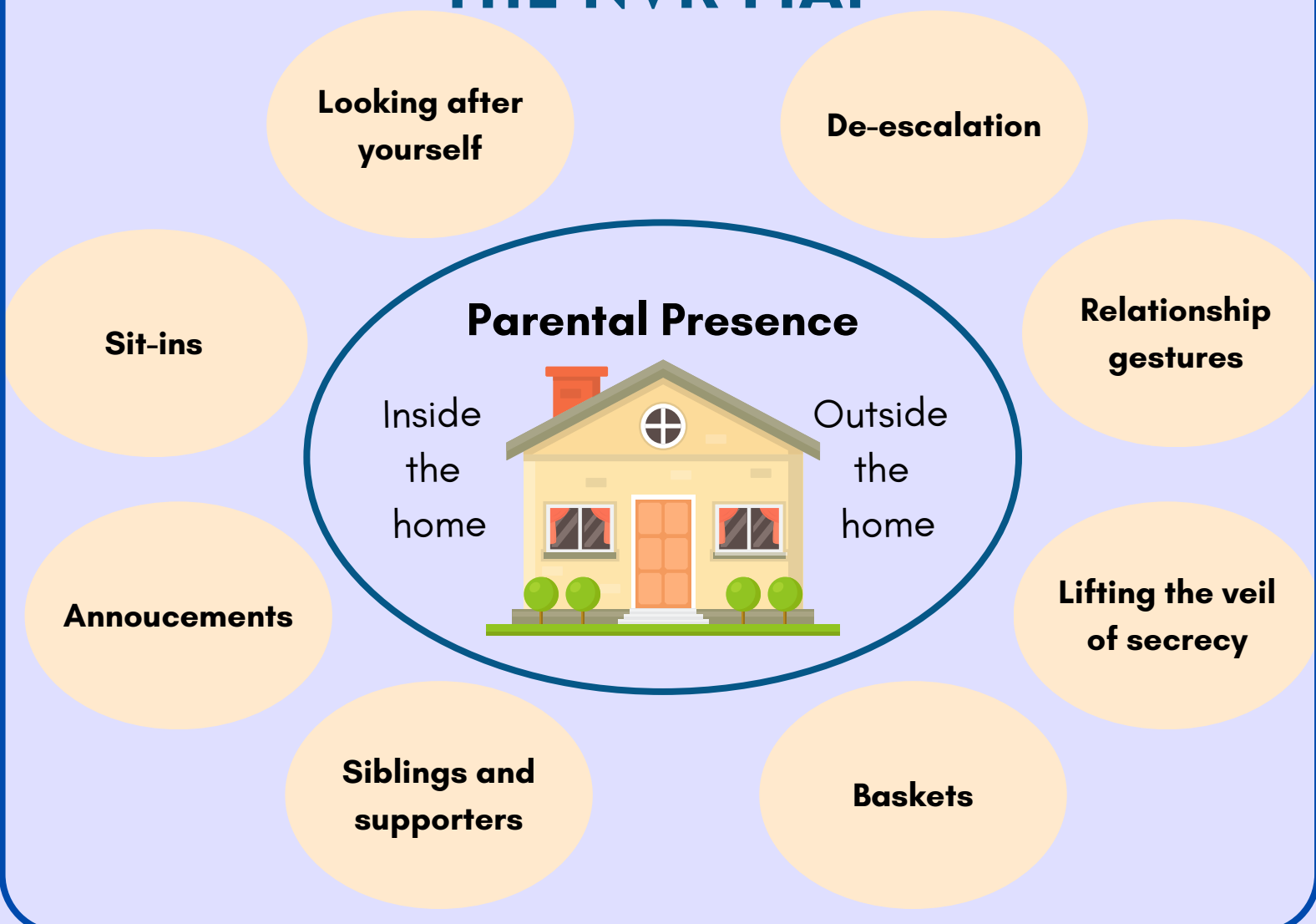
**Building a Support
Network; "It takes a
village to raise a child"**

Deferring Your Response- "Strike when the iron is cold"

THE TWO 'HANDS' OF NVR ARE BOTH ESSENTIAL



THE NVR MAP



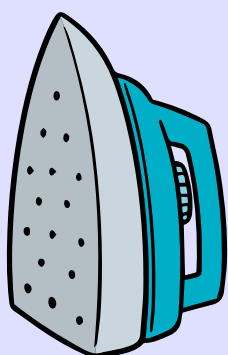


Adult Presence – Raising your presence is about focusing upon ways in which you can be more present in your child's life, both tangibly (physically) and intangibly (emotionally). By doing both of these your child will be able to hold you in mind when you are not physically present.

Looking after yourself – This is not an indulgence or luxury, it is an obligation. Depleted, exhausted, traumatised and/or unwell parents/carers cannot be present or care as effectively as they would like to. Acts of looking after yourself are wide and varied – do what is best suited to you.



**YOU GOTTA NOURISH
TO FLOURISH**



De-escalation – Is not about gaining control over the young person, it is about managing difficult situations safely. As adults we choose how to act to help prevent further escalation, therefore we have to focus upon our own self-regulation and recognise the patterns of escalation (joint and giving-in) that occur after, during and eventually before it.

Relationship gestures – These should be something small, inexpensive that the young person will appreciate, to show you still love and care about them. You might make their favourite food/drink, get them a magazine or repair something they have broken. It does not matter if the young person accepts the gesture – the point is that you have made it; in fact it is better if they reject it at first because the next time you make a gesture they will know you mean it. These are not rewards they are intended to (re)build the relationship – they will be made no matter how the young person behaves.



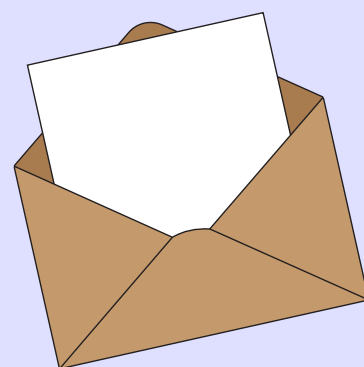
Lifting the veil of secrecy – Developing a support network is a key aspect of NVR which sets it apart from other parenting approaches. The people in the support network cannot fully support you or the rest of the family if they don't know what is really going on. NVR emphasises the importance of lifting the veil of secrecy and speaking openly and honestly about your child's actions as well as your actions with your "supporters".

Baskets – These are used to help prioritise the difficult behaviours, as addressing everything all at once is just not possible. Prioritising in this way helps prevent young people from feeling like they are being criticised about everything they do. This is not about letting the young person get away with things; the more we talk, the less they listen. There are three baskets which represent different priorities; the largest basket should be all the behaviours you can ignore, the medium sized basket should be all the behaviours that can be negotiated on and the smallest basket are the behaviours you intend to focus upon. There should only be one or two behaviours prioritised in this basket.



Siblings and Supporters – Building supportive relationships/networks with other adults and professionals encourages us to share experiences, concerns and fears as well as hopes. Support is not about handing over responsibility or a sign of weakness, it is about breaking the silence about what you have been struggling with. Asking for support is a crucial step in regaining positive relationships and strengthening parent/carer presence. Supporters might be other family members, friends, colleagues, sports coaches, professionals, etc.

Announcement – When you have completed the basket exercise and you know which behaviours you wish to focus upon, an announcement can be written. These should begin with the young person's positive attributes and clearly state the behaviour you intend to resist. It should not include punishment for breaking the rules, it should be a statement about what you as an adult are going to do, not what you expect the young person to do and should be non-threatening. The way in which it is delivered to the young person will be planned carefully.



Sit-in together – This is part of the deferred response, returning to the behaviour when it is calm to do so. The purpose is to sit with the young person with the hope they will come up with a suitable solution to help reduce/stop the behaviour occurring again; if their suggestion is not suitable just say that is not a solution. During sit-in together you may have those involved in the incident as well as identified supporters. It is carefully planned and could be completed a day or week after the incident has occurred.

WHAT PARENTS HAVE SAID AS THEY JOURNEY THROUGH OUR GROUPS



“Thanks to this course, I have a much better relationship with my child.”

“I found myself really looking forward to the course each week”

“Striking when the Iron is cold is so important; I use this approach with my daughter all the time”

De-escalation has been a great skill for me; at the beginning I noticed my child was really surprised in my change in response”

“I didn’t know what this course was going to do for me but I’m so glad I stuck with it. I now think it needs to be rolled out across all organisations”

“I’m ending this course feeling much more confident and supported”

Interested in Joining an NVR Group?

📞 Contact Us: 0121 227 8254

🌐 Website: www.compass-uk.org/services/compass-birmingham-mhst/