

New Chapter

What is Child to Parent Carer Abuse?

Child to parent/carer abuse is serious and harmful. Evidence from an evaluation conducted across Conwy suggested that this is increasing. This is a form of abuse that is seen perpetrated against mothers, fathers, siblings and grandparents; therefore it is a whole family issue. This is a complex form of family abuse that can happen due to many challenging and harmful issues. Evidence suggests that this can impact on the safety and well-being of the whole family.

Parents/carers who experience this form of abuse explain that they feel isolated, ashamed, stigmatised and extremely concerned about the impact of this form of harm on the whole family.

This form of abuse can happen to any parent/carer irrespective of gender, race, culture, nationality, religion, sexuality, disability, age, class, or educational level. Abuse is not about a child/young person 'getting angry' or 'out of control'. This form of abuse is about power and control that threatens, coerces and dominates the parent/carer and often the whole family. This abuse can take many forms, including physical, emotional, psychological, verbal or financial abuse. It is normal for parents/carers who experience this form of abuse to feel alone, isolated, shamed, humiliated, in denial, fearful, concerned and anxious about losing their relationship/bond with their child.



What is the focus of this intervention?

This intervention toolkit was developed in partnership with professional agencies across Conwy. This toolkit was developed as a response to increasing number of families across Conwy experiencing this form of abuse within their family home. The main aim of this toolkit is to:

- **Reduce incidents of child to parent/carer abuse**
- **Improve positive outcomes for the whole family in a safe manner**
- **Raise awareness of child to parent/carer abuse**
- **Increase family safety within the family homes of those experiencing this form of abuse**
- **Offer strategies to address this form of abuse as a whole family issue**
- **Reduce the stigma and shame associated with this form of abuse**
- **Promote positive relationships within families**
- **Offer a multi-agency and clear pathway for screening, assessing and addressing this issue.**

This toolkit can be adapted to be used on a one-to-one basis with parent/ carer and the children displaying this form of abuse or as a group work programme. The key practitioner leading on delivering the intervention will make contact with the parent/carer in advance to prepare in advance of the first session in a safe manner. The Traffic Lights Screening Tool (TLST) and the Traffic Lights Assessment Tool (TLAT) will be completed prior to the first intervention session.

This toolkit applies an approach focused on a strength based practice for the whole family, which includes a focus on well-being, compassion, restorative justice and respect.

Who does the programme work with?

These interventions can be offered and delivered to parent/carers and to children who display this form of abuse. To be suitable for this form of intervention, children and young people must be aged 12 to 17 and there will have been a pattern of abusive behaviour over a period of at least six months.

Ideally both parent/carer and child will attend the intervention sessions/ group work, however the toolkit will work with either. These interventions can be used with female/male, parents/carer or children.

What does the programme involve?

The intervention toolkit consists of interventions sessions which will be facilitated by two key practitioners. These sessions can be delivered on a one-to-one or a group work basis. A key ethos of the toolkit is well-being, reducing shame and stigma and improving family safety. The sessions delivered to parent/carers and young people can run in parallel, in particular if the focus is on the whole family.

Participation as part of this interventions toolkit is voluntary and should not be enforced. This toolkit is underpinned by an ethos focused on promoting positive well-being in a safe, compassionate, non-judgemental, and anti-oppressive manner.



Pennod Newydd

Beth yw Camdriniaeth Plentyn tuag at Riant/Gofalwr?

Mae camdriniaeth plentyn tuag at riant/gofalwr yn ddifrifol ac yn niweidiol. Mae tystiolaeth o werthusiad a gwblhawyd ar draws Conwy'n awgrymu bod achosion o'r math hwn o gamdriniaeth yn cynyddu. Mae'n cynrychioli camdriniaeth a gyflawnir tuag at famau, tadau, brodyr, chwirydd, neiniau a theidiau; ac felly'n fater sy'n berthnasol i'r teulu cyfan. Mae'r math hwn o gamdriniaeth yn gymhleth iawn ac fe allai ddigwydd yn sgil nifer o faterion heriol a niweidiol. Mae tystiolaeth yn awgrymu y gallai gael effaith ar ddiogelwch a lles y teulu cyfan.

Mae rhieni/gofalwyr sy'n profi'r math hwn o gamdriniaeth yn egluro eu bod yn teimlo unigrwydd, cywilydd, stigma a phryder am yr effaith ar y teulu cyfan.

Gall y math hwn o gamdriniaeth ddigwydd i unrhyw riant/gofalwr beth bynnag fo'u rhyw, hil, diwylliant, cenedligrwydd, crefydd, rhywioldeb, anabledd, oedran, dosbarth neu lefel addysg. Nid yw camdriniaeth yn ymwneud â phlentyn/unigolyn ifanc yn gwylltio neu'n colli rheolaeth. Mae'r math hwn o gamdriniaeth yn ymwneud â phŵer a rheolaeth sy'n bygwth, cymell a dominyddu'r rhiant/gofalwr a'r teulu cyfan yn aml iawn. Mae sawl math gwahanol o'r gamdriniaeth hon, gan gynnwys camdriniaeth gorfforol, emosiynol, seicolegol, llafar neu ariannol. Mae'n arferol i rieni/gofalwyr sy'n profi'r math hwn o gamdriniaeth wrthod cyfaddef a theimlo unigrwydd, cywilydd, ofn a phryder am golli eu perthynas/cysylltiad gyda'u plentyn.



Beth yw ffocws yr ymyrraeth hon?

Datblygwyd y pecyn gwaith ymyrraeth mewn partneriaeth gydag asiantaethau proffesiynol ar draws Conwy. Datblygwyd y pecyn gwaith fel ymateb i nifer cynyddol y teuluoedd ar draws Conwy sy'n profi'r math hwn o gamdriniaeth o fewn eu cartref. Prif nod y pecyn gwaith yw:

- **Lleihau nifer yr achosion o gamdriniaeth plentyn tuag at riant/gofalwr**
- **Gwella canlyniadau cadarnhaol ar gyfer y teulu cyfan yn ddiogel**
- **Codi ymwybyddiaeth am gamdriniaeth plentyn tuag at riant/gofalwr**
- **Gwella diogelwch i'r teulu o fewn cartrefi'r rheiny sy'n profi'r math hwn o gamdriniaeth**
- **Cynnig strategaethau i fynd i'r afael â'r math hwn o gamdriniaeth fel mater teulu cyfan**
- **Lleihau'r stigma a'r cywilydd sydd ynghlwm â'r math hwn o gamdriniaeth**
- **Hyrwyddo perthnasoedd cadarnhaol o fewn teuluoedd**
- **Cynnig llwybr amlasiantaeth a chilir ar gyfer sgrinio, asesu a mynd i'r afael â'r broblem hon.**

Gellir addasu'r pecyn gwaith hwn i'w ddefnyddio ar sail un i un gyda rhiant/ gofalwr a'r plant sy'n cyflawni'r math hwn o gamdriniaeth fel rhaglen waith grŵp. Bydd yr ymarferydd allweddol sy'n arwain ar ddarparu'r ymyrraeth yn cysylltu gyda'r rhiant/ gofalwr ymlaen llaw i baratoi ar gyfer y sesiwn gyntaf yn ddiogel. Bydd yr Adnodd Sgrinio Goleuadau Traffig (TLST) a'r Adnodd Asesu Goleuadau Traffig (TLAT) yn cael eu cwblhau cyn y sesiwn ymyrraeth gyntaf.

Mae'r pecyn gwaith hwn yn defnyddio dull ymarfer sy'n seiliedig ar gryfderau ar gyfer y teulu cyfan, sy'n cynnwys ffocws ar les, trugaredd, cyfiawnder adferol a pharch.

Gyda phwy mae'r rhaglen yn gweithio?

Gellir cynnig yr ymyrraeth hyn i rieni/gofalwyr a phlant sy'n profi'r math hwn o gamdriniaeth. Er mwyn bod yn addas ar gyfer yr ymyrraeth hon, mae'n rhaid i blant a phobl ifanc fod rhwng 12 a 17 oed gyda phatrwm o ymddygiad camdriniol dros gyfnod o o leiaf chwe mis.

Yn ddelfrydol, bydd y rhiant/gofalwr yn ogystal â'r plentyn yn mynychu'r sesiynau ymyrraeth/gwaith grŵp; fodd bynnag, bydd y pecyn gwaith yn gweithio gyda naill un. Gellir defnyddio'r ymyrraethau hyn gyda mamau/ tadau, merched/dynion sy'n gofalu, neu blant.

Beth mae'r rhaglen yn ei chynnwys?

Mae'r pecyn gwaith ymyrraeth yn cynnwys sesiynau ymyrraeth y gellir eu hwyluso gan ddau ymarferydd allweddol. Gellir darparu'r sesiynau hyn ar sail un i un neu fel gwaith grŵp. Ethos allweddol y pecyn gwaith yw lles, lleihau cywilydd a stigma a gwella diogelwch teuluol. Gellir cynnal y sesiynau a ddarperir i rieni/gofalwyr a phobl ifanc gyda'i gilydd, yn arbennig os yw'r ffocws ar y teulu cyfan.

Mae cyfranogiad fel rhan o'r pecyn gwaith ymyrraethu'n wirfoddol ac ni ddylid ei orfodi ar neb. Mae ethos sy'n canolbwyntio ar hyrwyddo lles cadarnhaol mewn modd diogel, tosturiol, anfeirniadol a gwrthomesol yn sail i'r pecyn gwaith hwn.

