

Child protection is everyone's concern!



ReSi+ Resilience and security

The connection between experiencing violence in childhood and being subject to violence later in life is well supported by studies. Therefore, it is important to prevent or end violence towards children and eliminate their exposure to violence.

ReSi+ is an idea developed to prevent domestic and sexual violence. It comprises resilience promotion in children and supports families and day care facilities in their protective roles.

Dear parents,

All children have a right to a nonviolent childhood and to be protected from violence. We - parents, family members, care providers, educators, neighbours, and friends - are all accountable for this.

Children can be affected by or threatened by violence in different ways: in public or in their close, personal environments, e.g., in family settings, with friends, or in institutions they attend.

Children may experience violence directly or indirectly, if they witness violence directed towards or from important people in their lives. It is known that witnessing violence within the family has a great impact on childhood development. Stressful childhood experiences can have effects that last into adulthood and can be connected with psychological, physical, and social consequences.

Conflict is normal – violence is not

Children are sensitive and perceptive to feelings and moods. Especially as concerns the well-being of their most important attachment figures (parents, step parents, grandparents, siblings). Even if it is not always apparent: Children know when you are not well.

Conflict and disagreements are normal parts of our lives. That is okay - as long as things remain fair. It becomes problematic, however, if children witness personal boundary violations, injuries, or humiliation.

If there are serious conflicts in the family, children experience emotions like fear, powerlessness, shame, and guilt. They often do not understand what is behind adult arguments or conflicts. In such instances, children need trusted confidants who they can turn to. Adults in their lives are important confidants, who will listen, react with sensitivity, and take the children's feelings and needs seriously.

Parent information on the topic of violence prevention

Contact

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More information

www.resiplus.de

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If a child reports stress due to conflict or violence to you, or if you fear a child or other people in your life are being affected by violence, you can get advice - anytime and anonymously.

What can we do with ReSi+ ?

Children's health development is reinforced not only at home, but also at their day care facility and the people near to them. ReSi+ aims to strengthen children's feelings of security and resilience and to activate the people and environments that safeguard their well-being. Children who develop resilience can better deal with challenging situations in all phases of life. ReSi+ is designed to approach this goal on multiple levels:

- Children receive age-appropriate promotion of central skills and competence
- Parents receive information about violence prevention and counselling and support services
- Specialists and institutions are supported in their protective mandate
- Parents, institutions, and regional specialist offices are networked

If you have questions about ReSi+, please feel free to contact us. A map showing the network of counselling and support services in your area is available in your child's day care facility.

What can you do?

If you have been affected by violence yourself or would like to help others: Talking helps! Even if no names are named.

For parents:

- Parent telephone: Nummer gegen Kummer (a helpline) 0800 111 0550
- Violence against women support hotline (multiple languages available) 116 016
- Hotline for men experiencing violence 0800 123 9900
- Crisis helpline (*Telefonseelsorge*) 0800 111 0 111 and 0800 111 0 222
- Muslim crisis helpline 030 4435 09821

For children and adolescents:

- For children and adolescents: Nummer gegen Kummer (a helpline) 116 111
- www.gewalt-ist-nie-ok.de