

What is ReSi+?

ReSi+ is an idea developed to prevent domestic and sexual violence.

Where was ReSi+ developed?

ReSi+ was developed at the Technische Hochschule Nürnberg Georg Simon Ohm's Faculty of Social Sciences in cooperation with the German Forum for Crime Prevention (DFK). The programme is funded by the Federal Office of Justice.

Who is ReSi+ designed for?

ReSi+ is designed for a national audience of day care providers serving 3 to 6 year olds, their parents, and child development and educational specialists. ReSi+ approaches its goal on multiple levels.

How is ReSi+ material presented?

The ReSi+ programme promotes resilience and security to enable children and adults to better cope with challenging situations.

The programme is implemented by the child development and educational specialists in the day care facilities. It is integrated into everyday situations in the day care facilities and also incorporated into the educational mandate.

Contact information

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Gefördert durch:



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**Prevention of
domestic + sexual violence in
day care facilities**



ReSi+ objectives

The ReSi+ concept will be nationally disseminated to systemically strengthen violence prevention.

Prevention is most effective if it is pursued on multiple levels simultaneously and is anchored in family life.

- ◆ **Children's** resilience will be reinforced, which will in turn enable them to share and cope with distressing feelings and experiences in their lives.
- ◆ **Specialist staff / educators** will gain support for their protective responsibilities through professional development and quality control tools.
- ◆ **Parents** will receive information about violence prevention and tips for helping their children develop life skills and competence.
- ◆ **A regional** network of all actors will be established to ensure support in the context of violence prevention is quickly accessible.

The 6 components of the programme

Skills and competence in the following areas are taught and presented in the ReSi+ children's programme:

Feelings

- ◆ Awareness and expression of own feelings
- ◆ Recognition of others' feelings
- ◆ Ability to speak about feelings and reasons for them
- ◆ Develop empathy for others
- ◆ Regulate feelings, e.g., soothe and calm oneself when agitated, learning impulse control

Relationships

- ◆ Cooperation with others
- ◆ Solving problems
- ◆ Knowing, following, and asking for rules/frameworks
- ◆ Solving and resolving conflicts
- ◆ Experiencing social resources, safety and security, and trust

The body

- ◆ Naming body parts
- ◆ Recognising and regulating tension and relaxation
- ◆ Recognising and expressing needs
- ◆ Recognising and feeling physical boundaries
- ◆ Differentiating pleasant and unpleasant contact
- ◆ Observing and setting contact boundaries

Narration

- ◆ Extending vocabulary and narrative ability
- ◆ Sharing experiences with regard to feelings
- ◆ Ability to describe and relate experiences
- ◆ Ability to enjoy expressing themselves and courage to do so
- ◆ Using language creatively
- ◆ Asking for help

Learning to disagree

- ◆ Recognising conflict situations and developing resolution strategies
- ◆ Developing common rules for disagreements
- ◆ Practicing rituals for conflict resolution

Energy sources

- ◆ Experiencing safety and security
- ◆ Discovering and experiencing the concept of a safe space
- ◆ Relaxation and deepening feelings of safety and security
- ◆ Experiencing nature as a place for curiosity, exploration, and creative thinking
- ◆ Becoming acquainted with contacts for worries, distress, or fears

Since 2022 all day care facilities must have a violence prevention concept to be licensed to operate (§ 45 Para. 2 Nr. 4 SGB VIII).

ReSi+ is a research-based and positively evaluated pedagogical concept designed to meet this requirement.