

Getting Comfortable Being Uncomfortable: Conversations about Domestic Violence

Michael Hayes, Senior Programs Manager in the Division of Program Innovation at the federal Office of Child Support Enforcement, points out that, “We don’t talk about domestic violence because doing so is uncomfortable. But we must talk about it because remaining silent means siding with the oppressor.”

Talking about domestic violence is challenging for professionals and for the families we serve. Sojourner Family Peace Center in Milwaukee, the largest nonprofit provider of domestic violence prevention and intervention services in Wisconsin, understands this and has created six insightful videos on domestic violence that aim to help everyone engage in critical—and potentially life-saving—conversations. Sojourner’s “Breaking the Cycle Learning Series” features topics ranging from “Domestic Violence 101” to using a trauma-informed care lens to have conversations with survivors about their children. Each video is accessed via a direct link, which can be found on the Partner Training Team’s Domestic Violence Training Resources webpage course.

Moving through Sojourner’s “Breaking the Cycle Learning Series” may not always be comfortable, but it is necessary in order for us to create DV-smart programs, to increase awareness of the impacts of violence on the families we serve, to help us communicate in supportive and trauma-informed ways, and to promote the Division of Family and Economic Security’s vision that “Every individual, child, and family is economically and socially secure.”