

What is Violence? Suggested scenarios by Nicole Kollermann

Joanne is the carer of John, 93, who sits in a wheelchair. Joanne visits John three times a day. In Joanne's opinion, John is not an easy person. He is ungrateful and often calls Joanne names. Joanne has on occasion threatened to not give John any dinner if he continues calling her names. Last night, John was in a particularly bad mood and Joanne decided to make her threat come true: no dinner for John.

Marie is suspecting that her boyfriend is cheating on her. But she managed to find out his email password in a clever way a couple of weeks ago. Since then, she has been monitoring the situation, by reading all the messages her boyfriend has been sending and receiving.

George likes Cat a lot. He has told her so, but Cat replied that she was not interested. George persisted and sent her funny text messages for 5 weeks. Last week, however, Cat told George that she is definitely not interested and that she does not want to George to contact her any more. George has not sent a text message since. However, today is Cat's birthday and George has bought a beautiful card for her. He's sending it off, as a last attempt, hoping that she will change her mind.

Tom, 24, has problems with his family. At the moment, they are not communicating. The last couple of times they all tried to communicate, it ended in a big fight. He feels that they are not taking him seriously and trying to belittle him. Tom has had enough of this. He's now carrying a knife attached to a belt with him whenever he walks through the house. He does not intend to use it... but he feels it's good to carry it around with him "so that they all know where they stand".

Jane's little boy Peter is 2 ½. She is struggling. At the moment, she's battling with anger tantrums on a daily basis. Yesterday, her son's crying and shouting fit made her so angry that she gave him a little slap in his face. Nothing bad happened and it did quiet things down. Jane thinks: "I know, you are not supposed to hit your children, but I received a little slap here and there when I was little and it didn't harm me."

Mary and Bert have been married for 10 years. Altogether, they get along well. But when Mary feels hurt by Bert, she will stop talking for him for several days. From time to time, she will also ignore his attempts to apologise. This causes Bert to have migraines several times a year.

Zoe is 7 and her brother Max is 12. Zoe's end of year results came in yesterday. She excelled at pretty much every subject and Zoe and Max's parents were so proud of her that they all went to buy a hamster for Zoe. Max thinks this very unfair, because he also tried getting good grades, but it just didn't work out. When they were at home, Zoe accidentally stepped on Max's foot and Max gave her a "nice slap in the face" for it. Max thinks: "That serves her right!"

Simon, 25, and Peggy, 24, have been a couple for 6 weeks now. Last night, they went out together and Peggy gave him a little slap in his face. Simon knows that Peggy "didn't mean it" and that she was only joking. But he feels hurt and didn't like that the situation occurred in front of all their friends.

As part of work, Nick deals with angry people on a daily basis and is generally appreciated for having a thick skin. But yesterday was just too much. Nick's girlfriend told him that she might want to break up. Nick then had to go to work right away. On the way to work, a man started shouting abuse to his face. In Nick's opinion, it was quite clear, that the guy was a racist and just trying to bully Nick. Nick later describes the situation like this: "I don't know what happened. This isn't me! Somehow, I lost it. I could not stop hitting the guy until I was pulled away by this policeman."

At times, Kerry feels very lonely and depressed. That's usually when she takes a knife and cuts herself.