

YOU CAN GET HELP FOR YOU AND YOUR CHILDREN BY TALKING WITH YOUR CHILD'S HEALTHCARE PROVIDER OR:

- Philadelphia Domestic Violence Hotline866.723.3014
- Women Against Abuse Legal Center215.686.7082
- Women Organized Against Rape215.985.3333
- Menergy – For people who are abusive
- English215.242.2235
- En Español267.625.6135
- Men's Resource Center –
- For people who who are abusive215.564.0488
- Children's Crisis Treatment Center –
- Help for children215.496.0707
- Anti-Violence Partnership –
- Help for children215.438.9070

- Are you concerned about your relationship?
- Are you afraid of your partner?
- Does your partner tell you what to do and who to see?
- Does your partner make you feel bad about yourself or put you down?
- Has your partner ever threatened to harm you, your children, or your pets?
- Has your partner ever pushed or hit you, thrown things at you, or forced you to have sex?
- Does your partner threaten to have you deported?

Abuse happens in every culture, country and age group and it may be happening to you. No one deserves to be abused or threatened. It is not your fault. You can find help and support for yourself and your children.

**DOMESTIC VIOLENCE HOTLINE NUMBERS
PHILADELPHIA(866) SAFE 014
NATIONAL(866) 799 SAFE**



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REMEMBER...

Children learn from what they hear and see. When children grow up hearing and seeing others acting violently, they are more likely to use violence themselves when they grow up or become victims of violence.



WHEN CHILDREN ARE EXPOSED TO VIOLENCE IN THE HOME

You're doing your best to protect your children, but they are being affected.

Children are smart—they know more than you think.



CHILDREN ARE HURT BY VIOLENCE

In the community and at home—what they see on TV and video games, hear in music, AND when they see, hear or observe violence in the home. Children may witness fights that involve yelling, screaming, or hitting. Sometimes these fights end with someone getting hurt, badly beaten, stabbed, or even shot. Sometimes children are even in the middle of it.

BEING EXPOSED TO VIOLENCE AND ABUSE AT HOME IS ESPECIALLY TROUBLING FOR CHILDREN.



CHILDREN ARE SMART. THEY SEE, HEAR, AND REMEMBER MORE THAN YOU THINK.

- Children notice when adults, who they love, are sad and fearful. If you're afraid, your children will sense your fear.
- Children can feel if there is tension between adults.
- When parents fight, they may think their children are asleep or watching TV, but children often know what is going on.
- Children see your bruises, hear your crying.
- And children worry. They might think that the fighting is their fault.



CHILDREN SEE, HEAR AND FEEL THE EFFECTS OF VIOLENCE

When children see or hear violence, they either react immediately or may have a delayed response. Symptoms vary by age and personality, but some of the common reactions children might have when they see or hear violence, are:

- Difficulty sleeping
- Nightmares or start wetting the bed again
- Loss of appetite
- Stomach aches or headaches
- Become fearful or moody
- Become violent
- Worry about the safety of loved ones
- Find it hard to focus, learn, and behave in school
- Have trouble making or keeping friends
- Run away from home
- Get involved with drugs and alcohol

CHILDREN WHO WITNESS VIOLENCE

If you don't help children who witness violence in the home, they can remain confused and interpret what has happened in a way that is destructive to their self confidence or self-image.

Children might cope with trauma by keeping their feelings hidden and by acting like they are fine, even when they are not. This kind of denial can lead to unhealthy ways of coping with stress, such as numbing themselves with drugs or alcohol.

YOU CAN HELP CHILDREN

You can help children by encouraging them to talk about violence and abuse with a trusted adult. When children can share their worries and fears with a parent, relative, teacher, school counselor, clergy member, or family friend, they will feel less frightened and alone. It may be hard for children to begin talking about what they have seen and heard, so gentle encouragement from an adult is helpful.

HERE ARE SOME THINGS YOU CAN SAY TO START THE CONVERSATION:

- "Did something upsetting happen today? Tell me about it."
- "I'm really glad you told me."
- "If you want to talk about something, you can always talk to _____."

CHILDREN BLAME THEMSELVES

Sometimes children blame themselves for the violence they see and hear. Tell the child:

- "I'm glad you told me."
- "The violence is not your fault."
- "You are not to blame."
- "You are not alone; help is available."

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