

Keep us safe

Grown-ups talk to us about stranger dangers and fire safety...we need you to talk to us about how to stay safe when violence is happening in our homes.

Here is an idea of a kid's Safety P.L.A.N.:

Prepare

Talk to us about how to be safe and how to practice our plan with an adult we trust.

Leave

Explain where we can go to be safe, like a safe place in our house or neighborhood.

Ask for help

Teach us how to call 911 and how to talk to adults we trust when we need help.

Never get in the middle

Help us understand that it is not our job to stop the fight.

The Child Advocacy Task Force of the Action Alliance

The Child Advocacy Task Force is a statewide collaboration to promote a healthy environment free of sexual and domestic violence for all children.

For more information, call 804.377.0335 or visit www.vsdvalliance.org.

For more information



National Domestic Violence Hotline

1.800.799.SAFE (7233)

1.800.787.3224 (TTY)

Resources in your area:

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Kids and domestic violence

A look at domestic violence from a kid's perspective and what we all can do to help keep kids safe.

“
*We need your help.
We've been hurt.
We've seen and heard bad things.
We wish you can help us and
make us feel safe once more.*”

*-9 year-old survivor
of domestic violence*



Virginia Sexual and Domestic Violence
ACTIONALLIANCE
[kids and DV brochure]

I knew I should call 911 but he is my dad. I didn't know what to do. • I wanted to protect her, but I didn't know how. • I'm afraid of what might happen when I go to school. • My friends can't come over anymore. • I hate it when they yell.

- *Why do you let her tell you what to do?*
- *I don't know why we don't just leave.*
- *He said he's not gonna do it again.*

Did you know?

We see, hear, remember and worry about much more than grown-ups think we do. You may believe that we are asleep or watching TV, but we know when you're fighting.

We are more likely to be abused in a home where someone else is being abused.

We know domestic violence is happening when...

Someone in our home or close to us is...

- Yelling/Screaming
- Name-calling/Put-downs
- Slapping/Pushing/Kicking
- Hurting family pets
- Breaking things/Punching walls
- Scaring/Threatening with words or weapons

Listen to us...

If we tell you there's fighting at home or if you're worried about us, please help!

- Don't be afraid to ask us what's going on at home.
- Tell us you're a safe person we can talk to.
- Thank us for having the courage to tell you.
- Remind us the violence is not our fault.
- Call the numbers on the back of this brochure for more help.
- Help us make a "Safety P.L.A.N." (see back to learn how).

What it's like for us...

We **SEE** it...

"She couldn't breathe. I thought he was going to kill my mom."

We **HEAR** it...

"I hide under my bed because the noise scares me."

We **GET** it...

"I wish they wouldn't lie about what's happening, like I don't know."

We **HOLD** it...

"I worry about it all the time and feel like it's my fault."

How many children are exposed to domestic violence?

In the United States, approximately 7 to 14 million children are exposed to domestic violence each year.¹

In Virginia, based on national data and our population, an estimated 300,000 children are exposed to domestic violence every year.

¹ Carlson, B.E. (2000). Children exposed to intimate partner violence: Research findings and implications for intervention. *Trauma, Violence and Abuse*, 1(4), 321-342.

And for you grown-ups out there...

Some of us respond differently to violence, but these are some of the ways we might react:

In our bodies:

- We have trouble sleeping
- We have nightmares
- We can't concentrate
- We have stomach aches, headaches
- We get hurt sometimes by getting in the middle

In our actions:

- We get frustrated
- We get into fights
- We get bad grades
- We get into trouble
- We wet the bed

In our emotions:

- We are angry
- We are confused
- We feel different
- We are sad and lonely
- We feel like hurting ourselves
- We feel guilty
- We feel afraid for you and for ourselves