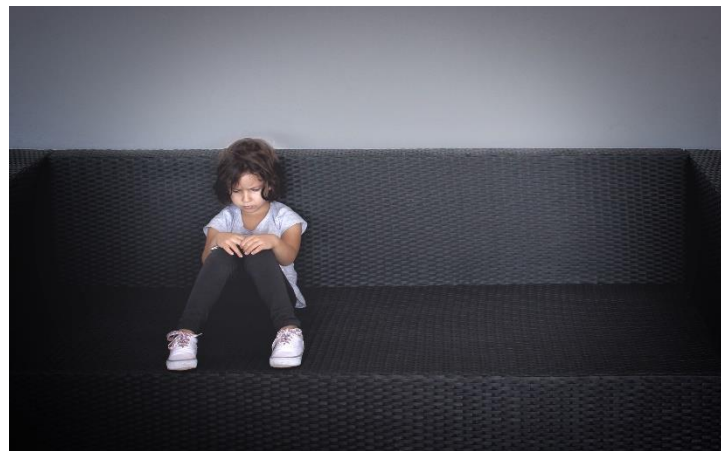


What are the impacts of family violence?

Children living in a household where there is domestic & family violence usually know exactly what is going on and they may blame themselves for the violence and tension in the household. Domestic & family violence is a form of child abuse.

Children need support to deal with the trauma they experience and the disruption it causes to their development. Unborn children or



small babies can also be directly affected by the violence and by their mother's fear or stress. Be aware that during pregnancy and around the birth of a new baby there is often a greater risk of violence. Many women are hopeful that these major life events will change their partner. However, there is very clear evidence that these times are often triggers for increased violence due to jealousy and issues of control. Some children may not have the words to tell you how it is affecting them, but their behaviors show you how they feel.

For example:

- Aggressive, demanding behavior and language
- Low self-esteem and shame
- Physical reactions; eating and sleeping problems, stomach cramps, bedwetting, headaches
- Withdrawing from friends or difficulty making and keeping friends
- Problems with school work
- Becoming a victim or a perpetrator of bullying
- Using drugs or alcohol
- Self harming



These are understandable responses to living with fear and worry.

Children need:

- To know they are not forgotten and that you notice what they are dealing with
- To feel and hear they are loved
- Protection from direct physical, sexual, emotional and verbal abuse
- Encouragement to talk about their worries and make sense of what is happening

- Reassurance that the violence is not their fault
- Help with making their own safety plan for where to go when they are fearful