



## DOMESTIC VIOLENCE: IMPACT ON KIDS

If domestic violence is occurring in your home, there are several victims - some of whom do not physically feel the violence firsthand.

### THE VICTIM IS YOUR CHILD!

Your child's life is changed when he or she experiences violence in your home. Your child becomes a victim of domestic violence when he or she observes the actual incident (pushing, hair pulling, yelling, hitting); hears threats, anger or fighting noises in another room; or sees the aftermath; such as bruises, blood, broken household items, torn clothing, etc. Your child lives in constant fear if your home is a verbal or physical battleground. At any age, your child suffers physically and emotionally. Normal loving parent and child bonds become difficult to establish or can even be permanently severed. Statistics show that over 3 million children witness violence in their home each year.

### IS YOUR CHILD ONE OF THOSE 3 MILLION?

The following are some of the harmful effects that domestic violence has on your child:

#### Emotional

- Anger, depression and embarrassment
- Fear of physical harm
- Feelings of helplessness
- Confused feelings toward parents

#### Behavioral

- Acting out or withdrawing
- Lying to avoid confrontation
- Reduced intellectual competency
- Bedwetting and nightmares

#### Social

- Isolation from friends and relatives
- Difficulty trusting , especially adults
- Poor problem solving skills
- Stormy relationships

### Physical

- Frequently ill
- Tired and lethargic
- Poor personal hygiene
- Self-mutilation

Domestic violence can be passed down from YOU to YOUR CHILD. Because your child will learn the most from those closest to him or her ..... that is likely to be YOU.

## HOW TO HELP YOUR CHILD

Teach your child to call 911 and not hang up.

Instruct your child to stay neutral and not get involved. It is not your child's job to help.

Provide your child with an emergency contact person, phone number and address.

Identify a safe, secure place to go and the best way to get there.

Reassure your child that you love him or her and that the abuse is not his or her fault.

Allow your child an opportunity for expression through drawing, painting, and writing in a journal.

Seek counseling for your child.

## HOW YOU CAN GET HELP

Abusers and abused can contact the NATIONAL DOMESTIC VIOLENCE HOTLINE FOR support, information, safety planning, court mandated courses and other referrals at 1-800-799-SAFE.

## OTHER RESOURCES

713-224-9911  
 713-228-1505  
 1-800-252-5400  
 713-730-2335  
 713-755-5888  
 713-528-2121  
 713-526-8390  
 1-800-799-7233  
 211

**Aid to Victims of Domestic Abuse (AVDA)**  
**Crisis Intervention of Houston** - 24 hour  
**Children's Protective Services**  
**Depelchin Children's Center**  
**Harris County District Attorney's Office** (Family Division)  
**Houston Area Women's Center** - 24 hour  
**Houston Galveston Institute**  
**National Domestic Violence Hotline**  
**United Way** - 24 hour helpline