

## AWARNESS ON CHILD DOMESTIC VIOLANCE

Signs that a child has witnessed domestic violence:

- Anti – Social behavior
- Bed wetting
- Eating disorders
- Problem in school or Trouble in learning
- Attention seeking

How to help your child as parents:

- listen carefully to what they're saying
- let them know they've done the right thing by telling you
- tell them it's not their fault
- say you'll take them seriously
- don't confront the alleged abuser
- explain what you'll do next
- report what the child has told you as soon as possible.

### EXPLAINING:

- **Helping them feel safe.** Children who witness or experience domestic violence need to feel safe. Consider whether leaving the abusive relationship might help your child feel safer. Talk to your child about the importance of healthy relationships
- **Talking to them about their fears.** Let them know that it's not their fault or your fault. Learn more about how to listen and talk to your child about domestic violence.
- **Talking to them about healthy relationships.** Help them learn from the abusive experience by talking about what healthy relationships are and are not. This will help them know what is healthy when they start romantic relationships of their own.

- **Talking to them about boundaries.** Let your child know that no one has the right to touch them or make them feel uncomfortable, including family members, teachers, coaches, or other authority figures. Also, explain to your child that he or she doesn't have the right to touch another person's body, and if someone tells them to stop, they should do so right away.
- **Helping them find a reliable support system.** In addition to a parent, this can be a school counselor, a therapist, or another trusted adult who can provide ongoing support. Know that school counselors are required to report domestic violence or abuse if they suspect it.
- **Getting them professional help.** Cognitive behavioral therapy (CBT) is a type of talk therapy or counseling that may work best for children who have experienced violence or abuse. CBT is especially helpful for children who have anxiety or other mental health problems as a result of the trauma. During CBT, a therapist will work with your child to turn negative thoughts into more positive ones. The therapist can also help your child learn healthy ways to cope with stress.

### **Helpline no. for children:**

- Child helpline can be contacted 24/7. Calls to 0800 1111 are free and confidential
- Helpline for Children is 1098 Tele Helpline Model CHILDLINE stands for a friendly behavior.

### **Teach your children as Parents what to do at the time of domestic violence situation:**

- Becoming centered by having them imagine being upset and then taking a moment to breathe and feel their bodies
- Moving and standing with awareness, calm, and confidence
- Using their imaginations to throw away the hurtful, scary things that an abusive partner says instead of taking this in as the truth about themselves

- Identifying and taking the power out of their triggers so that they are able to make choices instead of automatically reacting to what someone says or does
- Using verbal self-defense tactics to defuse a potentially violent interaction
- Setting firm, polite, respectful boundaries
- Making a safety plan for how to get help if there is an emergency
- Being persistent and effective in asking for help from people who do not want to get involved

