

# SCARY STATS

☛☛☛ Almost 2000 children  
a year contact childline due  
2 problems of Domestic  
Violence (1 parent bullying the other)

☛☛☛ 1 in 4 women  
experience DV

☛☛☛ in 1/2 of cases of  
Violence between adults,  
children get harmed too

☛☛☛ Sometimes u may  
feel scared, alone and confused  
about what's  
happened.

There are lots  
of people u  
can talk 2



# Help is @ Hand HELPLINE

PHONE CHILDLINE ON  
0800 1111

[www.childline.org.uk](http://www.childline.org.uk)

Speak 2 someone about it  
→ this could be a teacher,  
youth worker, school nurse

# WEBSITES

[www.thehideout.org.uk](http://www.thehideout.org.uk)  
[www.there4me.com](http://www.there4me.com)

THE DESIGN OF THIS LEAFLET WAS LED  
BY THE YOUNG PEOPLE OF CYP OUTREACH

CHILDREN'S  
OUTREACH  
PO BOX 141  
BARNSTAPLE  
NORTH DEVON  
EX33 7YN

© LATIMER



 Home is where  
the hurt is

# BOOK 2 TALK



# PARENTS

# FIGHTING



Leaflet 2

# DO U:

Look after one parent?

Look out 4 UR brothers or sisters during arguments?



Feel in the middle of it all?

Feel like it's UR Fault?

Sometimes try 2 stop the arguments?

# DOES 1 PARENT DO THINGS LIKE:



Call the other hurtful names?

Hit or kick them?

Get angry and break things?



# REMEMBER:

**ITS NOT YOUR FAULT----**

Sometimes people make excuses or blame others, when they are behaving badly.

**UR NOT ALONE ----**

There is always someone u can talk 2 about it.

**ITS OK 2 TALK ----**

There are heaps of people u can talk 2.



# Keep URself Safe

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\* If there are  lots of arguments

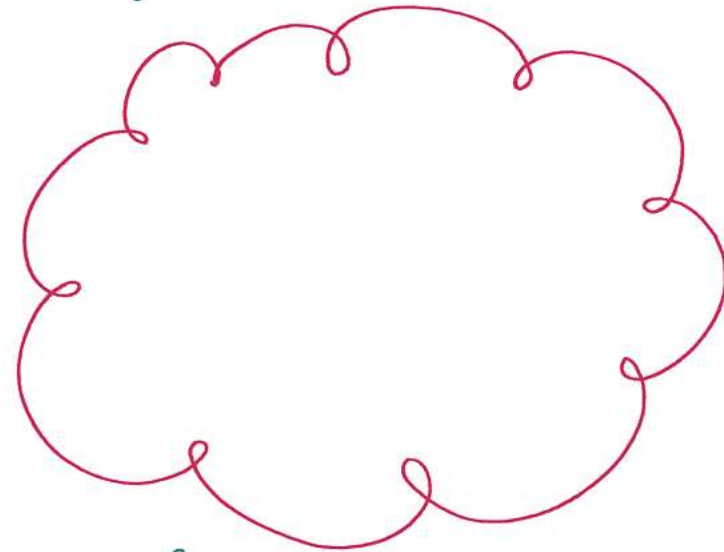
\* TALK 2 SOMEONE ABOUT IT  
\* IF IT MAKES YOU FEEL BETTER MOVE AWAY FROM THE ARGUMENTS  
E.G. GO 2 A M8'S HOUSE OR 2 UR BEDROOM  
(THIS WILL HELP TO KEEP YOU EMOTIONALLY SAFE)

\* If there is  violence in the home

\* FIND A SAFE PLACE 2 GO  
\* ONLY HELP WHOEVER IS BEING HURT, IF IT MEANS YOU WILL NOT BE PUT AT RISK E.G. BY GETTING HIT YOURSELF  
\* FONE THE POLICE ON 999  
\* IF U FEEL OK TO → ENCOURAGE THE PERSON BEING BULLIED TO GET HELP E.G. WA/MENS  
\* CALL CHILD LINE IF U NEED 2 CHAT  
(THIS IS IMPORTANT 2 KEEP U PHYSICALLY SAFE)



List some of the ways it affects u...



Who could you talk 2 about it?

