



## **INFORMATION LEAFLET**

### **CHILDREN AND YOUNG PEOPLE WITNESSING DOMESTIC ABUSE**

If you are a child or young person witnessing domestic abuse you may feel very alone, frightened, depressed, confused, angry and isolated. Your school work may suffer; you may be experiencing difficulties in making effective friendships and relationships. , you may be harming yourself in some way such as cutting yourself, stealing money, becoming violent or any number of other unusual behaviours. This may be your way of coping with the circumstances.

It is important to talk to someone about how you are feeling. Support Line is a confidential telephone helpline which will enable you to talk to a helpline worker about what is going on for you. You will be listened to and believed. You can do this in complete confidence and anonymously and no action will be taken unless you want it to be taken. You will be in control of what happens unless the helpline worker feels your life is in danger and then will let you know what action they will take for your safety. There are also other help lines you can ring such as Childline which is a free 24hour helpline for children and young people. There may be someone in your family circle who you could talk to - an aunt, uncle, grandparent etc., or a school teacher or youth worker. It is important to get some support for yourself.

- o You may feel in some way responsible for the violence/abuse which is taking place - remember **IT IS NOT YOUR FAULT! YOU ARE NOT RESPONSIBLE.**





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- You may feel guilty you cannot protect the parent who is being subjected to abuse/violence. **IT IS NOT YOUR RESPONSIBILITY TO PROTECT YOUR PARENT.**
- You may feel you are being disloyal to the parent who is being abusive or violent by speaking about what is happening within the home to other people. **A PARENT WHO IS VIOLENT NEEDS HELP JUST AS THE PARENT WHO IS BEING SUBJECTED TO VIOLENCE NEEDS HELP.**
- These are all natural feelings to have and feelings which you can talk through with someone who understands what you are going through.
- Don't try to cope on your own - try to get as much help and support for yourself as you can.

### ORGANISATIONS WHICH MAY BE USEFUL TO YOU;

- **Support Line: 01708 765200**, email [info@supportline.org.uk](mailto:info@supportline.org.uk) - Telephone Helpline providing confidential emotional support to Children, Young People and Adults on any issue including domestic violence. Keeps details of other agencies, support groups and counsellors throughout the UK.
- **Childline: 0800 1111**, [www.childline.org.uk](http://www.childline.org.uk) - Free national helpline for Children and Young People in danger or distress.
- **Get Connected: 0808 808 4994**, email [help@getconnected.org.uk](mailto:help@getconnected.org.uk), [www.getconnected.org.uk](http://www.getconnected.org.uk) - Free telephone and email helpline finding young people the best help whatever the problem, can connect a child or young person to any UK helpline where appropriate.
- **National Youth Advocacy Service: 0800 616101**, email [help@nyas.net](mailto:help@nyas.net), [www.nyas.net](http://www.nyas.net) - Provides information, advice,





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advocacy and legal representation to young people up to the age of 25 through a network of advocates through England and Wales.

- **NSPCC Child Protection Helpline: 0808 800 5000**, email [help@nspcc.org.uk](mailto:help@nspcc.org.uk), [www.nspcc.org.uk](http://www.nspcc.org.uk) - For anyone concerned about a child at risk of abuse.
- **NSPCC Asian Child Protection Helpline: 0800 096 7719**, email [helpline.asian@nspcc.org.uk](mailto:helpline.asian@nspcc.org.uk).
- **Youth Access: 020 8772 9900** email [admin@youthaccess.org.uk](mailto:admin@youthaccess.org.uk) - Telephone information on youth agencies across the UK for 14-25 year olds and referrals to them.

### *Useful websites*

- [www.courtroomadvice.co.uk](http://www.courtroomadvice.co.uk) - Step by step advice for going to court.
- [www.There4me.com](http://www.There4me.com) - Website for 12-16 year olds - confidential online advice
- [www.worriedneed2talk.org.uk](http://www.worriedneed2talk.org.uk) - Website for young people
- [www.thehideout.org.uk](http://www.thehideout.org.uk) – Advice and information for children and young people living with domestic violence

