

Violence in my family

Some kids experience violence in their family.

It could be from a parent, between parents, or with a new partner/stepparent. Sometimes both parents have been violent towards each other.

If this sounds like what's happening in your house, remember you are not alone. Services like **The Anchor** or **Kids Helpline** are available if you ever need to talk.

It may feel difficult, but always tell an adult if you're not feeling safe.

If you're feeling unsafe:

1. Remember that the **violence is NEVER your fault**
2. **Tell a trusted adult** how you're feeling
3. **Call 000** if someone is in danger.

What is violence?

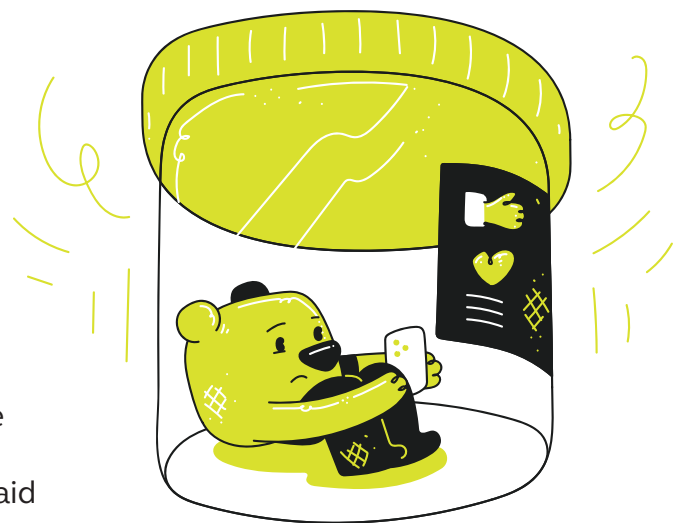
Family violence is something that makes people feel scared or unsafe.

Violence is not just physical – like hitting, pushing, punching or kicking.

Violence can be:

- Scary
- Controlling
- Bullying
- Breaking things.

Family violence usually happens between parents. It can also happen between others in the family, like between children and parents or between siblings. After parents separate, one parent may still feel afraid of the other parent.



Uniting

Is it ever my fault when someone is violent?

Sometimes the person who used violence can make you feel guilty, like you were to blame. They may try to make you feel sad, angry and scared.

But when someone is violent, **it's never a kid's fault.**

Is it normal to feel confused?

Yes, very. Violence is confusing. It's normal to feel **confused and to have mixed feelings** about a parent who has been violent.

You can feel upset or scared about the things they have done and love them at the same time. You might still have some happy times together.

You may also be very worried about your other parent and want to protect them. But **it's not a kid's job to stop adult violence.**

What do I do if someone is in danger?

"It's been so good to talk to someone about this. I love my Dad, but I don't like what he does to me and my sister. I'm scared of him when he's angry."

DONNA, 10

If ever you or someone else is in danger or feels unsafe at home, you can **call the Police on 000.**

If you are worried about someone's safety, **tell a safe adult.** This might be a neighbour, teacher or school counsellor.



What if other people feel differently to me?

“My sister tried to change the way I was feeling about Dad and I got upset about that. She said I shouldn’t be angry and that he was hurt and sensitive and all that. But you know, she just doesn’t know what he’s like.”

RYAN, 13

It is okay to have different feelings to other family members. Everyone can experience the violence differently and your feelings are real.

Who can I talk to?

“Sometimes I worry that my dad might hurt my mum like before. They don’t see each other now so I guess things are a bit better. We don’t have to see him anymore. Maybe one day I won’t be scared of him.”

ALLY, 14

It can be helpful to talk about your feelings with a parent, teacher, counsellor or another trusted adult.

What can you do?

You can also call Kids Helpline on 1800 55 1800.

Or you might see one of our Anchor counsellors to tell them how you’re feeling.

Remember **it’s good to tell someone if you are feeling unsafe.**

