



Domestic Violence

*Violence is not okay
Everyone has the right to be safe
It is everybody's responsibility to protect CHILDREN*

★ Sometimes...

When a Dad gets home from work, he is really angry and he yells at the Mum.

Maybe Mum will start crying and the Dad might hit the Mum. This might make a child feel very sad and sometimes think it is their fault. It is never the child's fault. The Dad is breaking the law and he is hurting his family. The family can get help to stop being hurt.

★ Did you know?

Domestic violence is under reported, however 1 in 5 families will experience domestic violence

In 61% of cases of domestic violence the victim had children in their care.

Violence can be carried out by males or females, but the majority of family violence is male against female and children.

Activity

Teacher's please note; DV is so common, doing this activity could result in a child disclosing about abuse.

Ask children to talk about what makes them feel safe (happy) what makes them feel unsafe (unhappy). Can they identify what they physically feel if they are feeling unsafe? eg. Butterflies in tummy.

Then ask the children to identify 2 or 3 people they can go to for help if they ever feel unsafe.

See Protective Behaviours website: <http://www.protective-behaviours.org.au/index.html>

Talk about what do you do when your angry. What are anger words, what is okay to do when your angry, what is not okay, how do you solve problems without using anger?



Domestic Violence

Domestic or Family violence can mean lots of different things - it's not just being hit. There are different kinds of violence that can happen in the home. In most cases the violence may be directed at the mother, at the children only, or at the children and mother. Some examples of violence that may affect children are:

Physical violence - someone hurting you by hitting, slapping, shoving, pushing, biting, kicking or burning you. Someone throwing or breaking things in your home. Seeing your mother or brother or sister hurt or threatened in any of these ways. Someone hurting your pets.

Verbal violence - someone hurting you by yelling mean and nasty things at you, calling you rude names, or shouting or talking to you in a scary or threatening way. Hearing someone speak to your mother like this.

Sexual violence - someone hurting you by touching private parts of your body when you do not want them to, touching you in a sexual way or forcing you to have sex.

Neglect - someone hurting you by not giving you care, food, clean things, safety, clothing and love.

The law says that Violence is Not Okay – it is never your fault.

Everyone has to learn not to break the law (rule).





The NO, GO, TELL strategy

You have probably learnt this at school, three steps to remember if you are ever in a situation where you don't feel safe.

- 1** NO: Say no or stop if someone is doing something to make you feel unsafe.
- 2** GO: Leave the situation if you can and go to somewhere safe.
- 3** TELL: tell a trusted adult who is on your support network what has happened. If this person doesn't help you then tell another trusted adult until someone does help you.

★ The children are helped to feel safe...

Vinnies has safe homes where women and children can go to get help. They can stay there and there is good security to keep them safe. They will get help from the workers.

They have child support workers and they talk to the children about how they feel. The workers sometimes

get the children to draw and paint, or tell stories using puppets and toys. This helps children understand their feelings.

Sometimes the family goes home, other times they find a new home to live in.

The children are helped to feel safe.

★ What can I do to help?

Remember **No Violence is Okay**

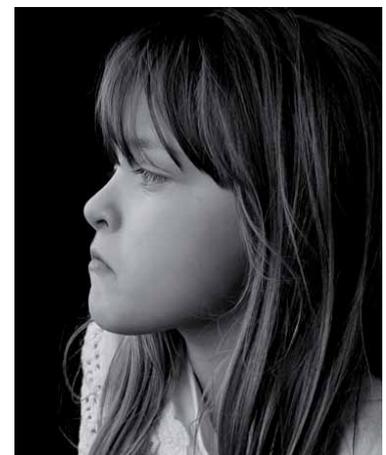
You Have the **Right to be Safe**

If you ever feel sad **find a Safe person to talk to**, such as your teacher.

At Christmas you might want to **buy a present for a child who can't**

live at home. Ask your teacher to help you donate a present to a Vinnies refuge for a child like you.

Draw up a Bill of Rights for Everyone, including Children and discuss with your class mates.



Did you know?

Children often blame themselves if their parents fight but it is never the children's fault.

Long term affects of children experiencing domestic violence include the child either being an adult victim or an adult perpetrator.

Children's education will be disrupted and poor education can impact on them as an adult.

For more information go to:

Burst the Bubble website:

<http://www.burstingthebubble.com/>

Kids Help Line counsellors:

Tel. 1800 551 800

www.kidshelp.com.au

