

**"I feel so angry
sometimes."**

Although children may not have ever been hit themselves, witnessing the violence, seeing injuries on a family member or hearing name-calling, put-downs, threats, swearing and shouting causes children to suffer emotionally.



Many children feel that violence is their fault and they are to blame. Children often feel guilty that they caused the violence by something they did or didn't say or do, or by just merely existing. It is extremely important that children are assured that there is nothing they can do to prevent the violence that is occurring in their lives.

WE CAN HELP

Crisis Intervention Service offers **FREE & CONFIDENTIAL** services in Butler, Cerro Gordo, Floyd, Franklin, Grundy, Hamilton, Hancock, Hardin, Humboldt, Kossuth, Mitchell, Webster, Winnebago, Worth and Wright Counties

- 24-Hour Crisis Line
- Counseling
- Legal and medical advocacy
- Accompaniment to hospitals, law enforcement agencies, court proceedings, etc.
- Information and referral
- Prevention and community education

Crisis Intervention Service

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www.cishelps.org

Domestic Abuse Hotline:

641-424-9133

toll-free:

855-424-9133



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Abuse is NOT
O.K.



**"I wish they
would stop."**

**Children suffer
from violence
at home**

Each year, about 3.3 million children witness domestic violence.

We can help.

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Children who experience violence at home:

- Learn to expect humiliation, disrespect and violence in close relationships.
- Learn to use violence as a problem solver and a way to control others.
- Learn to get their needs met by using threats and intimidation.
- Learn to blame others for their problems and actions.
- Do not develop healthy self-esteem.
- Become isolated because they are unable to trust others.
- Develop physical symptoms such as head and stomach aches, stuttering, bed wetting, sleep or eating disorders.
- Feel alone, powerless, and guilty.
- May experience long-term depression and flashbacks.
- Cope by withdrawing and denying, or abusing alcohol and drugs.
- Live in constant fear.

Common responses from children about family violence

FEAR: "I lie in bed feeling scared. I can hear them fighting in the next room even when I put the pillow over my head. I want to run away."

GUILT: "If me and my sister didn't fight so much, then he wouldn't fight with Mom."

PROTECTIVE INSTINCT: "I tried to stop Dad from kicking Mom by kicking him. I just want him to stop hurting Mom."

CONFUSION: "I love Daddy. He's fun to be with, but he scares me when he hits and yells at Mommy. Sometimes I hate him for hurting her so much and making her cry."

SHAME: "I don't want anybody to know what's going on in my house, so I don't bring my friends here. I go to their houses where people don't yell all the time."

INABILITY TO CONCENTRATE: "I'm failing in school. I keep wondering what will happen tonight when Dad comes home."

DESIRE TO ESCAPE: "A joint or a beer sounds really good right now. When I get high, I feel okay."



Parents CAN help children deal with the effects of domestic violence:

- Make time each day for individual attention so children's needs are met.
- Initiate conversation about the violence and encourage children to talk openly without pressuring them to do so.
- Help children recognize and express their feelings.
- Help children find other adults to talk with.
- Be firm, consistent and positive with discipline. Do not use physical punishment as this tells children that violence is OK.
- Create and maintain family routines to minimize a chaotic environment which can result in children feeling insecure.
- Take a time-out if you become irritable or out of control.
- Encourage them to include their friends in some activities in order to decrease isolation.
- Do something relaxing and special for yourself. Children will follow your example.