

Violence has no place in a child's life.

"It's scary when mommy and daddy fight."

Children who come with their mothers to Family Transition Place tell of:

- seeing their mother pushed, shoved, grabbed, even sexually assaulted
- hearing yelling, screaming, name calling, door slamming
- being forced to play a role in the abuse
- trying to protect their mom
- getting hurt during the violence
- seeing their mother's tears, sadness, sometimes her bruises
- waking up to find holes punched in walls, things smashed, broken
- feeling alone and afraid



Children do not have to see the abuse to be affected by it.

Research suggests that up to 90% of children living in abusive homes are aware of the abuse. Children who see, hear or are aware of the "aftermath" often display:

- frequent physical complaints
- sleeping/eating disorders
- trouble concentrating in school
- fear, anxiety, withdrawal, depression
- a greater risk for substance abuse
- increased likelihood of abusive adult relationships
- meanness, bullying, or violent behaviour towards other children



Children need a safe, secure violence-free home and parents that love and protect them. They need to have a sense of routine and stability so that when things

go wrong in the outside world, home is a place of comfort, help and support.

Last year, 204 calls for child protection relating to domestic violence were made to Dufferin Child and Family Services. At Family Transition Place, 128 children came with their moms for shelter and counselling, discovering they're not alone or responsible for the abuse. They began to heal through talk, play and support.

If you are being hurt your kids are hurting too.

When there is violence at home, children know it.
Call about counselling, support and shelter for you and your children.

Public Health
Family transition place
Ontario

Developed by the Grey Bruce Health Unit



Many abused women try to stop the abuse and protect their children.

Sadly, abuse can isolate women. Some don't know where to turn for help. Others feel trapped, hopeless.

They need the support of family, friends, neighbours and the community to help themselves and their children.

If you recognize any of these warning signs of an abusive relationship, it may be time to call for support:

Does he put her down, dominate conversations, check up on her, act as if he owns her, try to keep her away from family/friends, control all the money, push, shove or hit her, have a history of abuse with her or others, blame her for ruining his life, threaten suicide or self harm if she says she'll leave?

Is she nervous talking when he's there, sick more often, avoiding talking to or seeing you, withdrawing from normal activities, sad/lonely/depressed, using drugs/alcohol to cope, have unexplained bruises or injuries?

Let her know you're concerned for her...and her children. Help is available.

You want to help...but how?

For information and support call

Family Transition Place

519-941-HELP or 905-584-HELP

www.familytransitionplace.ca

Recognize the warning signs

of woman abuse and take them seriously.

If a woman's being hurt, her kids are hurting too.

www.neighboursfriendsandfamily.on.ca

Woman Abuse Prevention Month Partners:
Dufferin Child & Family Services
Dufferin Parent Support Network
Early Years Centre - Dufferin
Headwaters Health Care Centre
Wellington-Dufferin-Guelph Public Health



WOMAN ABUSE PREVENTION MONTH