



# FAMILY & DOMESTIC VIOLENCE

@HANDUP4MEN

## What is Family Violence

Family violence is a pattern of abusive behavior that occurs within a family or intimate relationship. It can take many forms, including physical abuse, sexual abuse, emotional abuse, and financial abuse. Family violence can happen to anyone, regardless of age, gender, or sexual orientation. It is important to seek help and support if you or someone you know is experiencing family violence, as it can have serious and long-lasting effects on mental and physical health. There are resources available, such as hotlines and shelters, that can provide assistance and safety planning. Remember, everyone deserves to live free from violence and abuse.

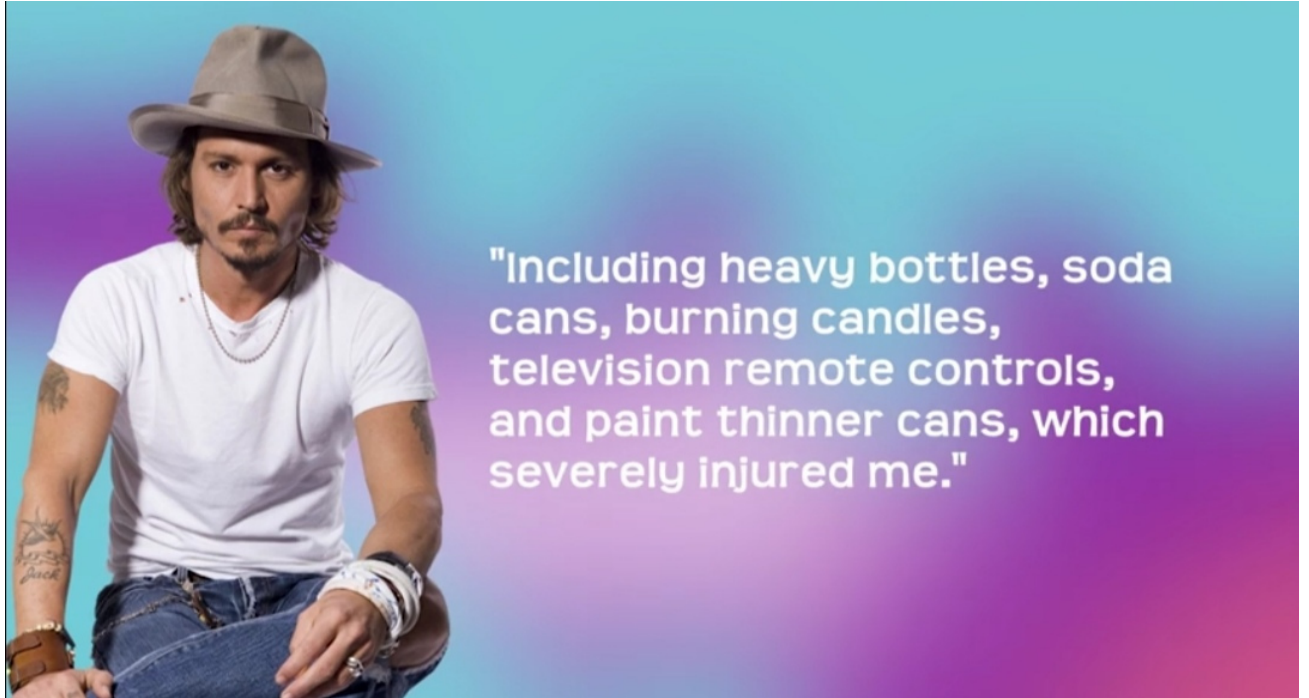


"She hit, punched and kicked me. She also repeatedly and frequently threw objects into my body and head,"

## What is Domestic Violence

Domestic violence is a pattern of behavior where one person in a personal relationship uses physical, verbal, emotional, or sexual abuse to gain power and control over the other person. It can occur in any type of relationship, including between spouses, partners, family members, and roommates. Domestic violence is a serious issue that can have long-term physical and emotional consequences for the victim. If you or someone you know is

experiencing domestic violence, it is important to seek help from a trusted friend, family member, or professional organisation.



## What should a Parent do to Protect their Children if in a Family Domestic Violence Relationship?

First and foremost, the safety of the children should be the top priority in a domestic violence situation. If you or your children are in immediate danger, call emergency services or the police for assistance.

It is important to remember that domestic violence is never the fault of the victim, and seeking help is a brave and necessary step. You can reach out to a local domestic violence hotline or organization for support and guidance on how to safely leave the situation.

In addition, it may be helpful to create a safety plan for you and your children, which can include things like identifying safe places to go in case of an emergency, setting up a code word or signal with your children to indicate danger, and keeping important documents and necessities in a safe and easily accessible place.

Remember that seeking help and leaving a domestic violence situation can be a difficult and lengthy process, but it is important to prioritise the safety and well-being of yourself and your children.

## Signs of children impacted by family domestic Violence

Children who witness or experience family domestic violence can display a range of emotional, behavioral, and physical signs. Some common signs include:

1. Anxiety and fear: Children may appear anxious, fearful, or clingy. They may also have nightmares or trouble sleeping.

2. Aggression and acting out: Children may display aggressive behavior, such as hitting, biting, or kicking. They may also have trouble following rules or respecting authority.
3. Depression and withdrawal: Children may become withdrawn, sad, or depressed. They may also lose interest in activities they once enjoyed.
4. Physical symptoms: Children may have unexplained bruises, cuts, or other injuries. They may also complain of stomachaches or headaches.
5. Poor academic performance: Children who experience family domestic violence may have trouble concentrating in school or may have a decline in academic performance.

If you suspect that a child is being impacted by family domestic violence, it is important to seek help from a trained professional. Domestic violence can have long-lasting effects on children's mental and physical health, so early intervention is crucial.