



I want my children
to feel safe when
I'm around

Do your children seem anxious or scared when
you raise your voice?

Do you want to understand their feelings and help
them feel safe?

Contact us
We can help

Domestic abuse impacts on children in many ways. They might not tell you, but there will be signs that they are distressed. They may:

Become withdrawn
Wet the bed
Cry a lot
Say they feel sick to avoid going to school
Struggle to keep or make friends
Behave violently or aggressively towards others
Struggle with schoolwork
Use alcohol or drugs
Be hyper vigilant or anxious
Be 'clingy' with mum or other family members
Be wary of new people

It can be hard to acknowledge that your own behaviour is having a negative effect on your children.

You might think they haven't noticed, or they're too young to understand.

Children understand more than you think.

Only you can choose to change it

Make the choice now!

**Contact us
We can help!**