

Our Rights, Your Responsibilities

Responding To Childhood Domestic Violence and Abuse

1. SEE US. Don't ignore us. We have lived with it too.



3. Believe everything we say

4. **BE KIND** to us because we feel all the pain too.

5. ALWAYS TELL CHILDREN IT'S NOT YOUR FAULT

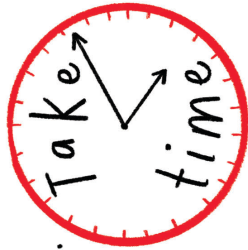


6. Introduce yourself, explain your job and be clear to us.



7. Talk to us in a soft tone, NO RAISED VOICES.

8. **Take time** to get to know us. Don't rush and don't start with the hard stuff.



10. Be tuned into our needs.

9. Always ask us how **we feel**, even if we look happy: sometimes we can look happy but really we are **hurting**.



14. Allow us to ask questions- even if we have to ask them 10 times. **???**

13. DON'T PUT US UNDER PRESSURE BY ASKING ONE QUESTION AFTER ANOTHER REALLY QUICKLY.



12. ASK us questions about the problem when playing with us.



11. **TALK** about fighting and hurting with us - don't shy away from it.

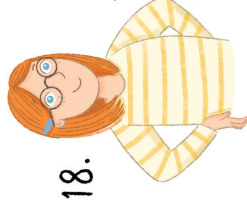
15. Allow us to PROCESS THIS INFORMATION in our own time and then come back to us.

16. Do things to help us **Keep Calm-** and comfort us.



17. BE PATIENT. We have lived with this for so long it has become the norm.

18. ALLOW US OUR INDEPENDENCE



19. We should be asked to give an opinion about what's going to happen next.

20. Keep us safe We have no control over what happens in the family.

