

What is childhood domestic violence and abuse?

Childrens Voices

What it looks like

Its shouting, name calling, crying, shattered glass and sometimes punches, bruises and blood.

It gets louder and louder, they don't think we can hear it, but we can hear it in our rooms, when we are in bed, even if it is in the last corner of the house.

Its like a fighting match and we are worried that mam might get killed.

When he texts and rings he only asks about mam, we feel like they only care about mam, not us.

It is as if we don't matter.

Sometimes we are told whose side we are on but we don't like it

We find it very hard to stay out of it, we try to stop it but it doesn't work. We want to help mam but we feel like we are not in control.

We try to get away and go outside but this can be a very hard challenge. Our little brothers and sisters are relying on us and it's our job to protect them.



Pets are important to us

Listen to us

Some adults think children are stupid and they don't know what they are talking about just because they are little but all children have a voice.

A really bad feeling in our heart, and it feels like it's broken.

We hope it will pass in a few weeks and things will be back to normal but we are still kind scared thinking about when it will happen again.



Feelings

Very very angry, afraid, frustrated, worried, scared, confused, nervous and sad

Sometimes we feel it in our bodies too, we might get weak, our eyes might go black, we get a pain in our belly, our bones start to hurt and sometimes we don't feel like eating a lot.