



# Feel safe at home

What to do if violence is happening around you

**ChildLine**

0800 1111



**If you don't want anyone  
to see what you're reading,  
tear this cover off.**



# Do any of these things happen in your family?

- There are bad arguments or fights.
- Your mum gets sworn at or called names.
- Your mum gets pushed, hit or kicked.
- Furniture and other things in the house get broken or smashed.
- Your pets get hurt.
- You and your brothers and sisters feel scared and get hurt.

If some or all of these kinds of things are happening in your family, then you might be living with domestic violence.

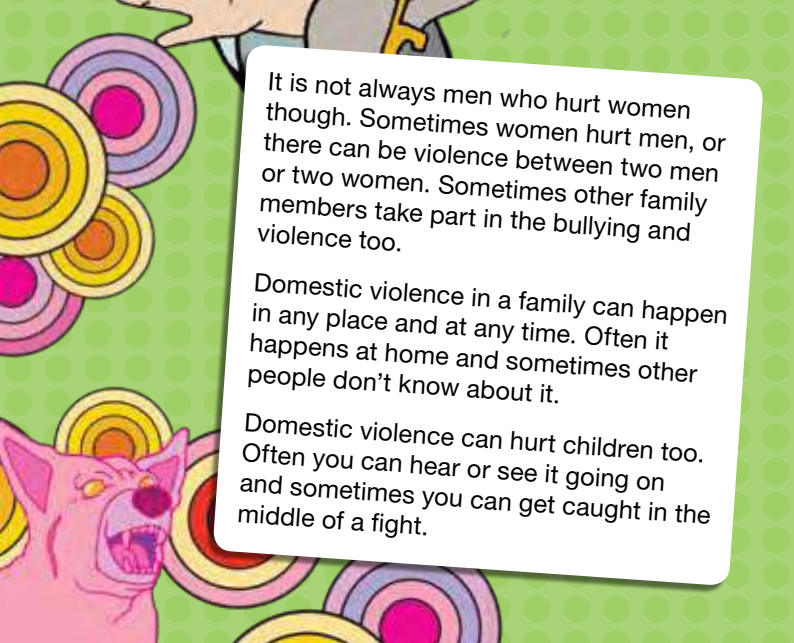


The background features a green field with white polka dots. At the top, a cartoon clock with a face and orange alarm bells is shown. To the right, a pink house with a brown roof and a red door is depicted. At the bottom, a large hand is shown holding a yellow key. Yellow lightning bolts are visible in the sky above the house.

# What's domestic violence?

Domestic violence usually happens between adults who live together at home or are in a relationship with each other. It can also happen after they have split up.

One adult (usually the man) bullies the other one (usually the woman). He might hurt her feelings, make her scared or hit her.

The background features a green field with a pattern of small, light-green circles. On the left side, there are several colorful, concentric circles in shades of yellow, orange, pink, and purple. In the top left, a hand is shown holding a yellow key. In the bottom left, a pink dog is depicted with its mouth open, appearing to bark or growl.

It is not always men who hurt women though. Sometimes women hurt men, or there can be violence between two men or two women. Sometimes other family members take part in the bullying and violence too.

Domestic violence in a family can happen in any place and at any time. Often it happens at home and sometimes other people don't know about it.

Domestic violence can hurt children too. Often you can hear or see it going on and sometimes you can get caught in the middle of a fight.

# How does it make you feel?

## Domestic violence in your family can make you feel:

- afraid because you are getting hurt too
- sad and worried
- confused
- tired
- angry
- lonely or not cared about
- left out.

It's important to know you're not alone – it's normal to feel these things.

## You might also:

- find it hard to sleep
- have trouble doing your schoolwork
- think someone else at home is the favourite
- get into trouble a lot at home or at school.





# Here's what some children say about domestic violence:

“ I feel low and lonely. ”  
Boy, 10

“ I feel heartbroken and worried about Mum getting hurt. ”  
Girl, 8

“ It makes me feel sad and upset but I pretend that everything is ok. ”  
Girl, 10

“ I don't feel cared about. ”  
Boy, 9

# What about your mum?

People in your family might try to keep the domestic violence a secret, and your mum might think that you don't know it is happening. Maybe, like you, your mum is feeling upset and afraid. She is probably worried about lots of things, and she might not be able to spend a lot of time with you or look after you as much as she would like.

Remember, domestic violence is not your mum's fault. If she is being hurt and scared by someone stronger than her, then she will probably find it very hard to stop them.




**It's never your fault**

**Remember that domestic violence is not your fault.**

Sometimes you might feel you have to stick up for the adults you care about. It is normal to feel like this, but you can't change the way that adults behave. Children are **NEVER** to blame for domestic violence. The only person who is in the wrong is the adult who is being a bully.

You, your mum and the rest of your family have the right to feel safe and happy at home.





I Need to talk

**Don't keep it to yourself**

Maybe you feel like no one cares about you.  
Maybe your mum thinks you don't know about the violence.  
Maybe you are being hurt and no one knows about it.  
It's not a good idea to keep these kinds of things a secret  
because they can just keep happening.  
Tell someone you trust who can help.



**Here's some advice from other children who have lived with domestic violence:**

“ Talk to your mum about your feelings - it's not her fault. ”  
Boy, 10

“ Tell somebody you trust. ”  
Girl, 8

“ Tell your mum to tell someone else - there are people who want to help. ”  
Boy, 11

“ Stay calm - you should never get involved. ”  
Boy, 12



# What can you do?

- Try to talk to your mum and tell her how you feel. This might help your mum understand and together you could talk about how to make things better.
- Tell another person in your family about what is happening at home. It could be a grandparent, an aunt or uncle, or even an older brother, sister or cousin. If you want, you could ask them to talk to your mum for you, if you don't feel like doing it.
- Talk to an adult that you trust, outside your family, about what is happening at home. This could be a teacher, a nurse or doctor, a family friend, a neighbour, or even your own friend's mum or dad.

Talking to someone can  
make you feel better - and help  
you to find a solution

If the first or second person you tell can't help,  
keep telling people until you find someone who  
can help you and your family feel safe and happy.  
ChildLine can help you too if you want to talk to  
someone or need advice. **Call for free on 0800 1111.**

**ChildLine**

**0800 1111**



# Who else can help?

There are lots of people who can help you and your mum. The helplines on this leaflet get lots of calls from children about violence at home. You can talk to them about how you feel, and ask them for help or advice. Your mum or dad can call these numbers for help too. Remember, the best thing for you to do is talk to someone.

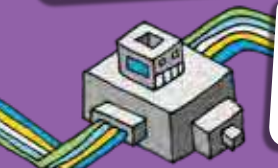


**If a friend tells you that there is domestic violence in their family, you could:**

- give them this leaflet
- tell them to talk to an adult that they trust
- tell them to contact one of the numbers on the next page.



Whatever your worry, it's better out than in.  
For confidential advice and support from  
someone you can trust, call our free 24-hour  
helpline **0800 1111** or go to our website.

A grey network switch or patch panel with several ports. It is connected to several multi-colored cables (red, yellow, green, blue) that enter from the left and exit from the top and right. The background is purple.

**Textphone: 0800 400 222**  
For anyone who is deaf or hard  
of hearing. It is not open at night.

## The Hideout

[www.thehideout.org.uk](http://www.thehideout.org.uk)

Lots of information and advice about domestic violence, especially for children. You can hide your visit to this website by following the steps on screen.

## National Domestic Violence Helpline

For help and advice about domestic violence involving adults and children.

**Freephone: 0808 2000 247**

Calls to this number may show up on phone bills. Check with the telephone company.

**Email: [helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)**

# What to do in an emergency

If the fighting gets really bad, it is very important that you and your family don't get hurt. Here are some good ideas for keeping safe:

- Don't get stuck in the middle of a fight – stay away from it.
- You could hide in a safe place at home or nearby, and tell your brothers and sisters to hide too.
- Or you could go to a neighbour or another adult you trust, and tell them what is happening.
- Or you could get a phone and call the police free on 999 for help.

ChildLine is a service provided and funded by the National Society for the Prevention of Cruelty to Children (NSPCC). CHILDREN 1<sup>ST</sup> (RSSPCC) delivers the ChildLine service in Scotland on behalf of the NSPCC. NSPCC registered charity numbers 216401 and SC037717. CHILDREN 1<sup>ST</sup> registered charity number SC016092.  
Stores code: NS399. DJ4809/09.

**If you can't take this leaflet away with you, please tear off the strip below and keep this number somewhere safe and hidden for when you might need it.**

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**Feel safe 0800 1111**

**A big thank you to the children and young people using NSPCC services who helped to write this leaflet.**