

# Children Learn What They Live



## If you are being hurt, your kids are hurting too

Children learn from what they see and hear around them. Their early experiences have a powerful impact on how they see their world, how they grow and who they will become.



Living in a home where there is violence affects the growing child in many ways. A child who sees or hears violence in his/her home often has emotional, physical and social difficulties in childhood and later in life.

Protecting your children from violence now, can protect them from lifelong problems.

## How are children hurt by family violence?

Children do not have to see the violence to be affected by it. Research suggests that up to 90% of children living in violent homes are aware of the abuse.<sup>1</sup> There are serious effects on children who experience family violence.

Children who are exposed to an abusive relationship between their parents or other caregivers:

feel scared, helpless and unsafe.

may find it harder to control their anger and get along with others.

are at higher risk of having low self-esteem and experiencing depression

may have trouble learning and have difficulties at school.

are more likely to be violent or to be involved in violent relationships when they are older.

Family Violence takes many forms and it can happen to anyone, but statistically, women and children are more at risk.

## Does your partner:

Make or carry out threats to hurt you?

Threaten to take your children away?

Intimidate you by destroying your property?

Physically hurt you or the children?

Sexually assault you or the children?

Hurt your pets?

Make you afraid?

Put you down, call you names, play mind games?

Humiliate or make you feel guilty?  
Control who you see, what you do and where you go?  
Say it's your fault the abuse happened?  
Stop you from getting or keeping a job?  
Control all the money?

Help is available. Many women try to stop the abuse and protect their children, but once the pattern of abuse or violence has been set, it is very difficult to stop it without outside help.

There are free services in Grey-Bruce, like emergency shelters and counseling and support programs for women, children and men. There are also services that can help you get housing, financial assistance and legal aid. If you are experiencing violence, you are not alone. There are people and services available to help you.

Where to go for help