

# There is another story

PEEL SAYS  
**NO** TO  
VIOLENCE

STORIES OF HOPE FROM THE PEEL SAYS NO TO VIOLENCE PROJECT

*We can all  
make a  
difference ...*



## **Recognise**

behaviour that's causing harm to you or an older person you know.



## **Listen**

to their story, let them know you understand what they are saying and how they are feeling.



## **Level of urgency**

Is it an emergency? What are the threats? Is there a possibility of them hurting themselves or others?



## **Plan**

If at risk, tell them you are concerned and call the Police. If it is not immediately serious, talk to them about a safety plan and where they could go for help.



## **Refer**

Let them know you are there for them and help them find services.



## **Document**

Keep a note of what you have done.



HOW DOES VIOLENCE AFFECT CHILDREN? - CAROL'S STORY

*"... One of my daughters has just kept it in and not talked about it."*

One of my daughters has just kept it in and not talked about it. I think that's why the anger's coming out in her now. She's turned violent which is something that I thought that she would never do. She hasn't hit me but she puts her fist up and just gets angry and can't understand why she's feeling so angry all the time. My other daughter sits and cries and just blurts everything out, but she's really depressed.

I think the biggest challenge is to try and get over this guilt. As a mum and a wife, you feel that you have control over everything and you try and keep the family together. I feel it, trying to keep my girls in a family place, even though their dad's not here. I want to make them feel like we are still a family.

I tried taking the younger one with me to counselling, but she said it wasn't for her - she didn't want to talk about things, but deal with it herself. She went to another counselling service but said they treated her like a baby and so didn't want to go again. Then three months ago she became really angry and she got frustrated because she doesn't know why she gets angry all the time. So, we went to the doctor and they've sent her to see someone at the Peel Mental Health to try and work her anger out. My eldest daughter went to the psychiatrist with me because she has got quite a lot of mental health issues that she's worked with over the years.

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## HOW DOES VIOLENCE AFFECT CHILDREN? - CAROL'S STORY

*"My younger daughter marched with me & had tears in her eyes."*

We went to Kalgoorlie recently and while we were up there, there was a White Ribbon march. We were going to come home the day before but ended up staying the next day and we did the White Ribbon march down the main street of Kalgoorlie which was about men standing up against men hitting women. It was so great to see men stand up and speak about experiences that they've had through domestic violence but as kids and how it's affected them now. My younger daughter marched with me and had tears in her eyes. She said, "This is just great how men will come and stand up and say stuff."

My girls and I have only known one type of man all our life and he's been an abuser and violent. He has been loving and he has been good at times and that's meant we don't have trust in men. For my girls to see that there are men that do go through violence as well and that there are men that have experienced it and that can stand up and say well, you know, we've never followed that, we've never hit a woman or been abusive so you can break the cycle.

Carol, 46, Mandurah

*The woman in this story continues to get help for herself and her daughters. She has been supported by Pat Thomas House outreach service.*

## DISCUSSION TRIGGERS

*Carol's daughter has found that she gets angry all the time and struggles with her anger. How do you think a parent can help their children cope with the effects of family domestic violence?*

*You belong to a local service club and want to do something to help kids who have been affected by family violence. What types of things might be useful?*

*As a teacher you become worried about one of your students at school who has become withdrawn and anxious. You hear that things are not good at home. What is the best way to help?*

## EFFECTS OF DOMESTIC VIOLENCE ON CHILDREN & HELPFUL MESSAGES

**There are some practical ways that a friend or family member can support a child exposed to domestic or family violence, in addition to the support received from the mother or primary carer and professional services.**

### FAMILY DOMESTIC VIOLENCE CAN AFFECT CHILDREN'S;

- Behaviour
- Development
- Relationships
- Emotions
- Learning
- Thinking
- Physical health

### MESSAGES THAT ARE HELPFUL FOR CHILDREN TO HEAR:

It's ok to have mixed feelings about either or both of your parents

I will do everything I can to help you feel safe

It is not your job to fix any problems in the family

Violence is not ok

How you feel is important to me. I can cope with anything you tell me, no matter how bad it is.

It's ok to ask for help

It isn't your fault

It's ok to feel angry or sad. It's ok to cry

## Who can help?

### Emergency

For emergency & life threatening situations, contact emergency services;

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### Urgent

For urgent and 24-hour support contact:

**Crisis Care**  
**1800 199 008**

### Kids helpline (24 hours)

**1800 551 800**

### Department for Child Protection

(for reporting child abuse)  
**1800 708 704**

**Peel Youth Services**  
pys.org.au

### Peel Youth Medical Services

www.facebook.com/PeelYouthMedicalService

## Free toolbox resources

For free resources to share with your community, club or employees, go to;

www.peelsaysnotoviolence.org.au/resources

*All of the stories we share are local stories from local people, shared with the permission of each research participant. Names & images have been changed to protect the individual's identity.*

To read the research report, go to;  
www.peelsaysnotoviolence.org.au