

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? - JO'S STORY

"... he'll pick up anything he can find and throw it at us because that's what he saw his father doing ."

It has affected my children in not very good ways. My son's taken on that violent role that he saw his father doing and now he's violent towards me and my daughter.

At times it can be quite scary because he'll pick up anything he can find and throw it at us because that's what he saw his father doing. I've had a lock put on my door so if my daughter doesn't feel safe she can go into my room lock the door and my son can't get in there because I've got the key that I carry around with me all the time. That's the safety plan we've had to put in place for when he's really bad.

When my husband lived with us, I remember him chasing my son around the house with a stick, threatening to hit him. My son was really scared. I tried to step in so my husband went to whack me. He missed me luckily, because I would have had a very nasty, big bruise. I mean I've had bruises over the years from him but this thing was quite thick and quite hard so it would have really hurt. But I stepped in to stop him because I didn't want him to get my son. We ran into another room and leaned against the doors because I didn't have locks then. I leaned against the door with all my might because I knew that a good way to stop someone getting in was to sit against the door and there was a cupboard there so I would have my feet on the cupboard and my back against the door to stop him coming in. But then of course I heard him going into my daughter's room so I had to come out and face him.

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"... I step in to stop him hurting his little sister."

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HOW DOES VIOLENCE AFFECT CHILDREN? - JO'S STORY

"He's been very badly traumatised by everything that went on."

He had that real anger look on his face, his eyes were all funny. My son gets the same look now and that's why I've been trying to get help for him for a long time because he's only young now and I don't want him carrying that into adulthood. He's been very badly traumatised by everything that went on. I would cop it from his father because I'd stepped in to stop him being hurt, just like now I step in to stop him hurting his little sister. That's how I ended up.

I just feel like if he'd had some more support a couple of years ago we mightn't still be in the situation we're in now. I don't blame him because what's gone on isn't his fault at all. It's unfortunately what his father has done that has caused him to be like this. It's a cycle, I know. And that's the reason why for the last couple of years I've been trying to get my boy some help.

Jo, 46, Mandurah

After two years of unsuccessfully trying various counselling and support services, the woman has received support for her son through Peel Youth Services.

DISCUSSION TRIGGERS

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?

I am pretty sure the kids are not aware of the abuse - they are only 4 & 6 years old and I try to protect them from the emotional abuse I get. Will the kids be unaware at this age?

You are coaching an under 12 soccer team and you see the way the father of one of the kids shouts and puts down his partner and the other kids when they are watching the game. What could you do? How might you go about it?

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

1800 007 339

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