

What Children Need to Hear from the Survivor

If your family has experienced domestic violence, it is important to talk with your children so that they know:

- The violence is not OK.
- The violence is not their fault.
- You are aware that the violence is scary for them.
- You will listen to them.
- They can tell you how they feel; this is important to you.
- You are sorry they had to see or hear it.
- They do not deserve to have this in their family.
- You will keep them safe.
- There is nothing they could have done to prevent or change it.
- You can talk about what to do to keep them safe if it happens again (for example, staying in their room or going to a neighbor's).
- You care about your children and they are important.
- Describe the behavior — such as, “Dad broke the ‘No hitting’ rule”; don’t label Dad as bad.
- You are going to be OK and that you are going to get help. Tell your children they are doing their part by being kids and by not taking responsibility.

FOR MORE INFORMATION

- Washington State Domestic Violence Hotline: (800) 562-6025
- Health-care providers
- School counselors
- Children and Family Services: (800) 562-5624
- Children’s Home Society: (253) 854-0700
- Catholic Community Services: (253) 854-0077
- Consejo Counseling & Referral: (206) 461-4880
- Community Health Access Program, WA Health Foundation: (206) 284-0331
- Children’s Response Center: (425) 688-5130
- Harborview Medical Center, Center for Sexual Assault and Traumatic Stress: (206) 521-1800
- Children’s Resource Line (206) 987-2500 or (866) 987-2500 *toll-free Washington, Alaska, Montana, Idaho*
- www.seattlechildrens.org

Children’s will make this information available in alternate formats upon request. Please call Marketing Communications at (206) 987-5205.

This handout has been reviewed by clinical staff at Children’s Hospital. However, your child’s needs are unique. Before you act or rely upon this information, please talk with your child’s health-care provider.