

Building Blocks

The effects of domestic abuse on children and young people



Look after yourself..



- This subject matter can be difficult and emotive so please take care of yourself.
- * What do you normally do that makes you feel good? Things that you like to do...
- If you need time out- please remove yourself and come back later when you feel ready.

Aims and objectives for session 1

- * The effects of Domestic abuse on children and young people
- * How to help children to recover from Domestic Abuse
- * Activities ideas



Statistics

- In 75%-90% of incidents of Domestic abuse, **children** are in the same or next room when it occurs.
 - At least 750,000 **children** per year witness Domestic Abuse.
 - The link between child physical abuse is high, with estimates ranging between 30% and 60% depending on the study.
 - $\frac{3}{4}$ of children in Lincolnshire who are on the Child Protection Plan are from homes where domestic abuse is occurring.
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- Source: Domestic Violence- the risks to children, Women's Aid Federation of England. PO Box 391 Bristol BS99 7WS
 - www.women'said.org.uk

How does Domestic Abuse affect a child/young person?

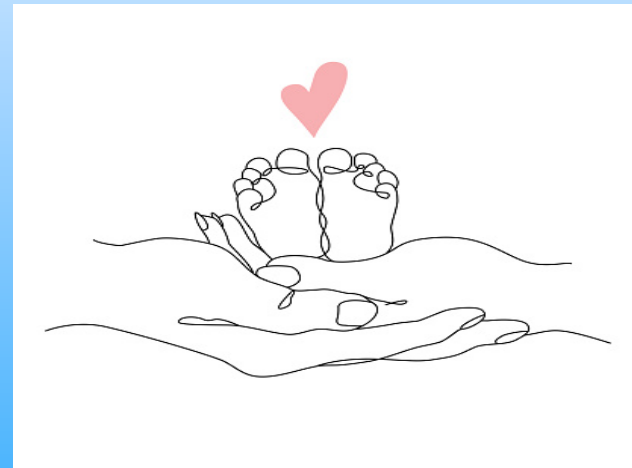
- * Domestic Abuse is one of the most significant TRAUMAS for a child, especially a young child.
- * Children can experience both short and long term **Cognitive behavioural** and **emotional** effects as a result of witnessing Domestic Abuse.
- * Children who live with Domestic Abuse are at an **increased risk of behavioural problems, emotional trauma and mental health difficulties in later life.**
- * Each child will respond differently to trauma. Children's responses to the trauma of witnessing Domestic Abuse may vary according to a multitude of factors including but not limited to: **age, race, gender, state of development and presence of "protective factors"**.

The effects on the unborn child

- * 30% of domestic Abuse starts in pregnancy.
- * The abuse often escalates during pregnancy.
- * Domestic Abuse has been identified as a **prime cause of miscarriage or still birth.**
- * Domestic Abuse is also a major factor leading to **death in or related to pregnancy and childbirth.**
- * Mother may miss out on vital **antenatal care.**
- * Increased risk of having a **Problematic pregnancy.**
- * More likely to be of **low birth weight.**
- * At risk of **premature birth.**
- * Risk of **foetal injury.**

The effects on babies

- * **Poor Attachments**
- * **Risk of injury** during violence
- * **Unsettled and unhappy**
- * Feeding problems
- * Risk of **neglect**
- * Lack of **stimulation**
- * **Failure to thrive**
- * **Development delay**
- * **Quiet**-learn not to cry or fuss



The effects on Children

- * Children who are living with Domestic abuse are likely to feel **angry, guilty, insecure, alone, frightened, powerless and confused**. They may have ambivalent feelings towards both the abuser and the non-abusive parent.
 - Become **anxious and depressed**
 - Have difficulty **sleeping**
 - **Have nightmares or flashbacks**
 - May be timid and **easily startled**
 - May experience **Physical symptoms, such as tummy aches, headaches.**
 - **May wet the bed**
 - May have prolonged and frequent **“temper tantrums”**
 - **May show regressive behaviours**
 - **May have problems at school**

Effects on children...

- * May become **aggressive** in their behaviour
- * May **internalise their emotions** and become **withdrawn**
- * **Lower self worth**
- * Having to take on extra **responsibilities**
- * Risk of injury during **violence**
- * Risk of **neglect**
- * **Development delay**
- * **Difficult Social relationships**
- * May show **violent behaviours** towards **peers, siblings, animals**

Effects on teenagers and young people

- * More likely to suffer with **Mental Health problems**
- * Higher incidents of **self-harm, alcohol, drug misuse and suicide.**
- * **Negative behaviour at school and/ or poor attendance**
- * **High achiever at school**
- * **Risk of injury during violence**
- * **Feelings of anger ,frustration, helplessness and guilt**
- * **May display sexualised behaviour at an early age and higher risk of teenage pregnancy**
- * **May have difficulty in expressing appropriate emotional responses**
- * **Possibility more likely to experience Domestic Abuse or to be abusive in their own relationships**

How can we help Children and young people

- * **When supporting children and young people who have experienced Domestic Abuse the following points are important:**
- * Establish children's wishes and feelings, listen and believe what they say.
- * Allow them to express and explore their feelings
- * If you can, provide creative and imaginative play opportunities
- * Re-assure and help them build a positive coping strategy
- * Play therapy, Counselling, support through School, TAC, Children's Services or referring to other services may be the way forward depending on the child's needs.

You tube video

- * Watch the following video-What about us? (women in crisis)
- perspectives of children of domestic abuse
- * Video link- https://www.youtube.com/watch?v=eWK_xebLgbk
- * After watching the video- what are your thoughts?

You tube video

- * Learned Behaviour- domestic abuse - Fixers UK
- * Video link- <https://www.youtube.com/watch?v=4sb3mOGQDjA>
- * Thoughts about learned behaviour after watching the video?

One minute love connections

- * **To help children to recover from domestic abuse, build self-esteem and offer assurance**
- * As a busy parent, one minute love connections will help to build a positive and healthy relationship, love connections are a time to pause be in the moment and connect from your heart, helping children to build confidence, offer acknowledgement and reassurance, a few examples are:
 - * **The big snuggle** - take a 10 second hug and extend it to a full minute, you will be surprised how good you can make somebody feel, the extra fifty seconds will give them reassurance that they are loved.
 - * **Love phrases**- Look into their eyes and say “I Love you” or “you are wonderful”
 - * **Silly connections**- walking in a funny way, saying something in a silly voice, crazy dancing, secret handshakes, high fives- appealing to “the child” in all of us can enforce bonds and develop a positive and healthy relationship.
 - * **Friendly messages**- when you can’t be there in person - a friendly note, a text message can be a great substitute.

Activities to do together

- * Parents to think about activities their children like to do- What can you do together?
- * Examples: swimming, play in the garden, park, play board games, baking, reading, watch them play their video games, etc.
- * Aim: Parents to do at least one activity with their children once a week or every other week.



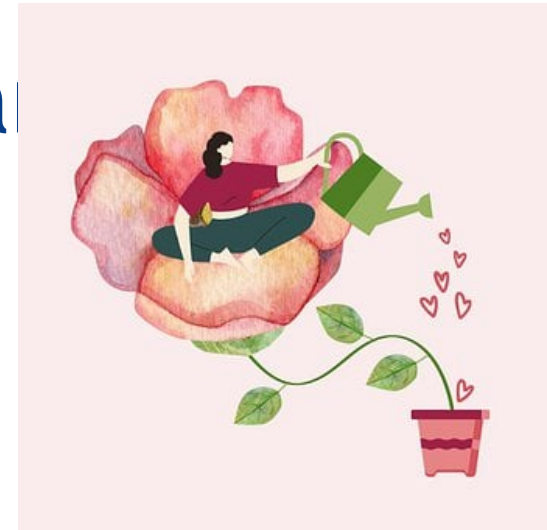
Building Blocks (Session 2)

LINCOLNSHIRE
**DOMESTIC
ABUSE**
SPECIALIST SERVICE



Looking after yourself

* Difficult content - Self care



Aims and objectives

- * Increasing understanding of children's behaviour and setting limits/ boundaries
- * Increasing confidence in talking to children about what they have been through



Communication and Domestic Abuse

- * **The effects domestic abuse has on a family and the ability to communicate with each other:**
- * Did you know that when families separate they go through the process of loss and grief?
- * Feelings may include: depression, anxiety, confusion, anger, sadness, guilt, etc. these feelings may make communication with each other more difficult.



Why is it so hard to set boundaries?

- * Too tired
- * Too busy
- * Hard to keep going
- * Guilt feelings
- * Other things to worry about
- * Peer pressure
- * Was harshly treated as a child
- * Lack of confidence
- * No support
- * Want to be liked
- * Too much hassle
- * Get too angry
- * Confused about what is right



Tips on talking to children

- * **Conversation starters:**
- * What was the best thing about school today?
- * What was the worst thing in school today?
- * Looks like you had a bad day, is there something bothering you?
- * I get the feeling that you are struggling w



Tips on talking to children

* Expressing feelings:

- * That must have been disappointing/annoying/sad, etc.
- * I get the sense that you might be feeling...sad, annoyed, etc. am I right?
- * I might be wrong but I wonder if...?
- * I feel sad when you talk to me like that...



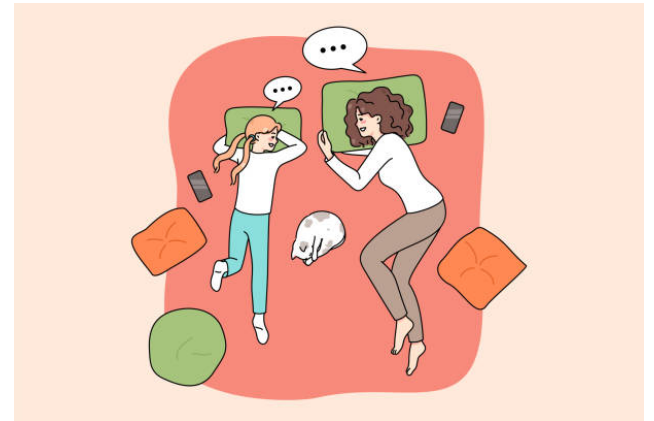
Tips on talking to children

- * **Exploring possibilities:**
- * I wonder what else you could have done?
- * If you did that, what do you think would happen?
- * Let's sit down after tea and talk about it



Best time to talk

* When is a good time to talk in your family?



Further help and support:

Useful websites:

- * **Kooth** - kooth.com
- * **The Hideout**- thehideout.org.uk
- * **NSPCC** -nsppc.org.uk/keepingchildrensafe
- * **Childline**- childline.org.uk
- * **Respect** -respect.uk.net
- * **Young Minds**-
Youngminds.org.uk
- *

Mental health:

- * **CAMHS**- 01522535189
- * **Healthy Minds**- 08002346342
- * **Supporting Minds**- 01522
274151
- * **Lindum Listening Ears**- 01522
804126