



What do I tell the children?

Family violence deeply affects children. The following are sample statements you may use to explain the situation to your children.

ABOUT THE VIOLENCE

- “What is happening is not your fault.”
- “People are not for hitting.”
- “I love you.”
- “Hitting is one way of being mean. Hurting someone’s feelings with name calling, or threats is mean, too.”
- “When adults hit each other, it is not OK, and they need help to stop.”
- “I love Daddy (or Mommy), but I won’t let him (or her) keep hurting me and scaring you.”
- “When adults get mad at each other, there are safer ways to deal with the angry feelings than hitting.”
- “I don’t want you to feel it is OK to hit when you are angry or feeling badly.”
- “I feel afraid when I get hit and I don’t want to always be afraid.”
- “Kids, grownups and animals need kindness and respect.”
- “In order to get help to stop the hitting, we need the police, our family, counselors, our friends, and the court. Sometimes this means the person who hits has to go away.”

THE POLICE AT OUR HOME

- “We called the police because we were afraid I would get hurt if the hitting didn’t stop.”
- “People who hit don’t stop by themselves. Sometimes the police need to stop them.”
- “The police came to our house to help us. We needed their help and Daddy (or Mommy) needed their help to stop hurting me and scaring you.”

TEACH YOUR CHILDREN TO CALL 911

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.

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