

Children Learn What They Live

By Dorothy Law Nolte

*If children live with criticism,
They learn to condemn.*

*If children live with hostility,
They learn to fight.*

*If children live with ridicule,
They learn to be shy.*

*If children live with shame,
They learn to feel guilty.*

*If children live with encouragement,
They learn confidence.*

*If children live with tolerance,
They learn to be patient.*

*If children live with praise,
They learn to appreciate.*

*If children live with acceptance,
They learn to love.*

*If children live with approval,
They learn to like themselves.*

*If children live with honesty,
They learn truthfulness.*

If children live with security,

They learn to have faith in *them-*
selves and others.

*If children live with friendliness,
They learn the world is a nice place in which to
live.*

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SAFETY PLAN WITH YOUR CHILD

Identify a list of trusted adults who can help:

- Neighbors
- Friends
- Family members
- Teachers
- Coaches



Familiarize children with basic information:

- Make sure children know important phone numbers including their own phone number.
- Help children memorize their home address.

Discuss techniques to stay safe:

- Go to their bedroom.
- Teach your children an escape route out of the house and where to go for safety (neighbor, etc.).
- Develop a signal (closing the blinds or flashing the porch light) or a code word for “help” or to let someone know “I’m scared.”
- Make your child’s school or daycare provider aware if your Protection from Abuse order includes temporary custody.
- Dial 911 if help is needed RIGHT NOW.

**INSTRUCT YOUR CHILD TO NEVER GET IN
THE MIDDLE OF A FIGHT EVEN IF THEY WANT
TO HELP!**

DVSSP is a member program of PCADV

Children and Domestic Violence

DVSSP

Domestic Violence Services
of Southwestern PA

EDUCATING COMMUNITIES • EMPOWERING SURVIVORS
ELIMINATING RELATIONSHIP VIOLENCE

24/7 Hotline:

Washington County 724-223-9190

Greene County 724-852-2463

Fayette County 724-439-9500

or

800-791-4000

peacefromdv.org



NO MORE
TOGETHER WE CAN END DOMESTIC VIOLENCE & SEXUAL ASSAULT

HOW DOMESTIC VIOLENCE AFFECTS YOUR CHILD

YOUR CHILD MAY EXPERIENCE SOME OR ALL OF THESE ISSUES

Behavioral Issues

Infants

Decreased Responsiveness
Fussiness
Trouble Sleeping and Eating

Toddlers

Aggression
Yelling, Irritability
Frequent Bed-Wetting
Repetitive Play with Disturbing Themes

School Age Children

Acting Out
Bullying Others
Disobedience and Frequent Outbursts

Adolescents

Dating Violence
Use of Drugs and Alcohol
Running Away
Self Harm or Attempting Suicide
Frequent Absence from School/Activities
Early Sexual Activity

Social Issues

(All Ages)

Isolating Themselves from Others
Few Quality Peer Relationships
Trouble Interacting with Others

Cognitive Issues

Infants

Inability to Understand

Toddlers

Difficulty Trusting Others
Lower Verbal Skills
Self Blame
Avoids Conversations about Issue
Difficulty Concentration

School Age Children

Distracted
Lack of Interest in Hobbies
Academic Problems
Pro-violent Attitude

Adolescents

Short Attention Span
Defensiveness
Difficulty Trusting Others

Emotional Issues

(All Ages)

Emotionally Withdrawn or Detached
Fear and Anxiety, PTSD
Feeling Unsafe
Trouble Eating
Frequent Health Complaints

Each year, an estimated 3.3 million children witness domestic violence.

HOW DOES YOUR CHILD SCORE ON THE BEHAVIORS TEST?

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	Is your child frequently late to school or truant from school?
<input type="checkbox"/>	<input type="checkbox"/>	Does your child display violent behavior at school towards other children or at home among siblings?
<input type="checkbox"/>	<input type="checkbox"/>	Is your child having difficulty sleeping or concentrating?
<input type="checkbox"/>	<input type="checkbox"/>	Does your child run away from home or school frequently?
<input type="checkbox"/>	<input type="checkbox"/>	Has your child become addicted to food or have any eating disorders?
<input type="checkbox"/>	<input type="checkbox"/>	Has your child ever experimented with illegal substances?
<input type="checkbox"/>	<input type="checkbox"/>	Does your child look at pornography in magazines or on the Internet?
<input type="checkbox"/>	<input type="checkbox"/>	Is your child having difficulty in school or bringing home failing grades?

If you answered **YES** to any of these questions, your child could be acting out because of the violence witnessed in the home.

Please refer to the "SAFETY PLAN WITH YOUR CHILD" section on the back of the brochure.



"The tragic reality of children growing up in domestic violence is that they end up with mental health problems at a rate higher than children that are actually direct victims of physical abuse."

Dr. Bruce Perry, M.D., Ph.D.
Senior Fellow of The Child Trauma Academy