The Effect of Domestic Violence on Children in the Home

It hurts them too! Even if your children are not being abused, observing violence in your home leaves lasting effects on their development.

Tips for Working with Kids from a Violent Home

Set clear limits. Let them know the rules.

Be honest. Make sure they know that you want to help and let them know what you can and cannot do to help them.

Help Reduce Stress. Try to keep your interactions as stress-free as possible.

Encourage active play. Break the boundaries of isolation to spend time with peers.

Promote healthy self expression. Teach the child to write, draw and listen to music to mirror their feelings.

Enforce a model of self control. Teach strategies like counting to 10 when angry and taking timeouts.

Build up the child’s self esteem whenever possible. Have them make accomplishable goals, write encouraging notes, talk about their positive qualities.

Locate and suggest counseling. School administration or professional counselors may be good resources.

Promote non-violence and teach conflict resolution skills. Work on how to resolve issues without anger or violence.

Teach personal safety. Show them how to call 911 if the situation is bad. Identify people they can trust if they need to go somewhere.

WHERE TO TURN FOR HELP

Police

In an emergency, dial 911
Metropolitan Police Department:
1st District: (202) 299-2037
1DSubstation: (202) 698-0068
2nd District: (202) 715-7300
3rd District: (202) 673-6815
4th District: (202) 715-1506
4DSubstation: (202) 576-8222
5th District: (202) 698-0150
6th District: (202) 698-0880
6DSubstation: (202) 698-2088
7th District: (202) 698-1500

National
National Domestic Violence Hotline
(800) 799-SAFE (7233)

Local

Domestic Violence Intake Center
NW: (202) 879-0152 SE: (202) 561-3000

24-hour shelters, Hotlines and Counseling:
House of Ruth: (202) 667-7001 x 217
My Sister’s Place: (202) 529-5991

Financial Assistance
Crime Victims Compensation Program:
(202) 879-4216

Legal Assistance
American University: (202) 274-4140
AYUDA: (202) 387-0434
Bread for the City: (202) 265-2400
SAFE: (202) 879-7857

A guide to getting educated and getting help.
An estimated three to ten million children witness domestic violence in their homes.

Fifty percent of men who abuse their female partners also abuse their children.

Over three million suspected abuse and neglect cases are reported to public child welfare agencies.

In Washington, DC, 61% of children in grades one and two, and 72% of children in grades five and six have witnessed violence.

Boys who grow up in non-violent homes have a one in 400 chance of becoming a violent adult; boys who grow up in a violent home have a one in two chance of becoming a violent adult.

Children from homes where their mothers are beaten suffer from severe eating and sleeping disturbances, have ulcers, rashes, headaches, depression and extreme anxiety.

Eighty percent of teen runaways and homeless youth have come from violent homes.

Girls from abusive homes are six times more likely to be sexually assaulted and much more likely to become pregnant in adolescence.

A boy from a home where his mother is abused is 74% more likely to commit a violent act.

Children who witness domestic violence are four times as likely to be arrested.

*Source: My Sister’s Place, Inc. (http://www.mysistersplacedc.org)