WORKBOOK
Children Exposed to Domestic Violence
What does the word tactic mean to you?

What do you believe children learn from these tactics?
WORKSHEET

Having knowledge of the power and control is important so that you are able to educate survivors, the community and also to create services and programs that address the barriers of leaving an abusive relationship.

The next step is to implement the knowledge

ACTION STEP
Children & Youth
Principles
working with children and youth

• The children are aware of the violence.
• The children's interpretation of what they have witnessed is just as important to what they experienced.
• The parent and the children are the experts on the child.
• The mother/father (survivor) is a mirror of the children; both the child and the survivor parent are important.

What are some guiding principles that you embrace.
Stop doing . . .

Start doing . . .

Continue doing . . .

"My son keeps getting kicked out of daycares for being too aggressive."

"My husband says I just wasn't cut out to be a mother."

"Since my boyfriend left, we all have started to grow closer."

"I beat my child because he said if I didn't he would. I was protecting my child."

"He expects the children to take care of his feelings, instead of the other way around."

"My baby was still sleeping even though he had beaten me and I was screaming."

"He's vicious to me sometimes, but our children think he's great."

"My mother is so stupid, I will never put up with that. I can't believe she went back."
The Survivor Parent

Viewing from the lens of the survivor, what do you believe are support systems that the parent may need to help their child heal.

What might you and your organization need to stop, start and continue doing to equip survivors and their children.

THINK AND WRITE
### Children and Youth Healing

**Recommended check list for working with children and youth who witness domestic violence.**

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<thead>
<tr>
<th>Safety.</th>
<th>Coping mechanisms for addressing the violence they have witnessed.</th>
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<tbody>
<tr>
<td>A close relationship with their mother/father.</td>
<td>Opportunity to engage in a support group.</td>
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<tr>
<td>Healthy relationship with siblings.</td>
<td>Developing self-awareness and separating themselves from the abuse they have witnessed.</td>
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<tr>
<td>Education about domestic violence.</td>
<td>Developing a growth vs fixed mindset.</td>
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<tr>
<td>Education about healthy relationships.</td>
<td>Access to positive role models.</td>
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RESOURCES

01  www.hcdvcc.org

02  www.tcfv.org

03  Childhood Domestic Violence Association

04  Feelings and Sensations Chart

05  Futures Without Violence
"No significant learning occurs without a relationship."

Ruby Payne
Thank You

www.hcdvcc.org