

CHILDREN AND SAFETY

Even if your child/ren are not present during the abuse, they have probably heard or been effected by it in some way.
It is important they know how to keep themselves safe
and that it is not their fault.

I can use some or all of the following strategies to keep make my children safer:

I will use...

as a code word to my children for them to remove themselves from the room when I sense an attack is imminent

I will reassure my children...

that it is not their fault and that it is not their job to protect me.
I shall tell them that the best action they can take is to remove themselves from any danger.

I will teach them...

how to phone the police/ ambulance for help.

I will teach them how to call...

for help and make sure they learn the phone number off-by-heart.

I will inform...

about the abuse at home, so my children have someone to talk to about it.
I will give my children permission to talk about it to these people.

If appropriate...

I will inform the school about the abuse
in order for my children to get additional support with their school work.

If I have left the perpetrator...

I will make an agreement with

and

that the perpetrator is no longer allowed to pick them up.