

# THINK ABOUT SAFETY

It is important that families and children make plans for their safety.

## CHILD SAFETY PLAN

1. When I get scared I can think about \_\_\_\_\_ to make me feel better.
2. When I get scared I can go to \_\_\_\_\_.
3. If there is a fight in my house, I will not try to stop it. I will go to \_\_\_\_\_ to be safe.
4. In an emergency I can dial 911 for help and tell them:  
My name is \_\_\_\_\_

My address is \_\_\_\_\_

I need help.

Someone is being hurt in my house.

Send the police.

## HOW TO FIND HELP FOR YOU AND YOUR CHILDREN:

Maryland Network Against Domestic Violence:

1-800-MD-HELPS  
**(1-800-634-3577)**

Monday - Friday  
9:00 am - 5:00 pm

**www.mnadv.org**

24-Hour National Hotline:  
1-866-799-SAFE (7233)

My closest agency is:



**Maryland Network**  
**Against Domestic Violence**  
WORKING TOGETHER FOR A SAFER FUTURE

# FIGHTING IN THE HOME: IS YOUR CHILD BEING AFFECTED?



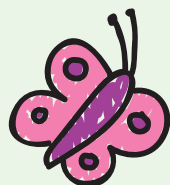
## DOES YOUR PARTNER...

- Make you feel bad about yourself or put you down?
- Threaten to harm you, your children, or your pets?
- Try to control you?
- Push or hit you, choke you, or pressure you to have sex?

**Everyone deserves to feel safe.**

## CHILDREN NOTICE...

- When adults are sad and afraid
- When there is tension between adults
- What is going on, even when they are not in the room



## CHILDREN ARE AFFECTED

### WHAT YOU MIGHT SEE:

- Trouble sleeping
- Anger
- Sadness or moodiness
- Problems in school
- Keeping to themselves
- Not feeling well



### WHAT IS HARDER TO SEE:

- Feeling worried
- Guilt or shame
- Blaming themselves
- Difficulty concentrating
- Low self-esteem

### WHAT MIGHT SURPRISE YOU:

- Trying to please others
- Trying to be perfect
- Acting "normal"

## VIOLENCE IN THE HOME IS HARD TO DISCUSS

### BENEFITS OF TALKING TO YOUR CHILDREN:

Talking can be the first step towards healing. It can help your children feel:

- Safer
- Cared for
- Understood
- More open to talk about their feelings

