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## WHEN CHILDREN SEE DOMESTIC VIOLENCE

When parents have aggressive or violent arguments, they often believe their children are not aware of these arguments. However, children hear and see more than we think they do. Living in a home with aggression and violence affects children's **emotional, behavioral, social,** and **physical health.**

<p style="text-align: center;"><b>EMOTIONAL</b></p> <ul style="list-style-type: none"><li>• Sadness about family loss</li><li>• Shame, guilt, and self-blame</li><li>• Confusion about feelings toward parents</li><li>• Fear</li><li>• Loneliness</li><li>• Anger</li><li>• Depression</li><li>• Feeling helplessness and powerless</li><li>• Embarrassment</li><li>• Anxiety</li></ul>	<p style="text-align: center;"><b>BEHAVIORAL</b></p> <ul style="list-style-type: none"><li>• Acting out or withdrawing</li><li>• Aggression</li><li>• Refusing to go to school</li><li>• Taking on a parenting role</li><li>• Lying to avoid confrontation</li><li>• Seeking a lot of attention</li><li>• Bedwetting and nightmares</li><li>• Out of control behavior</li><li>• Difficulty concentrating at school</li></ul>
<p style="text-align: center;"><b>SOCIAL</b></p> <ul style="list-style-type: none"><li>• Isolating from friends and family</li><li>• Stormy relationships</li><li>• Difficulty in trusting people, especially adults</li><li>• Staying away/avoiding being at home</li><li>• Engaging in bullying behavior</li><li>• Experiencing bullying</li></ul>	<p style="text-align: center;"><b>PHYSICAL</b></p> <ul style="list-style-type: none"><li>• Self-harm</li><li>• Getting sick often</li><li>• Tired, lack of energy</li><li>• Frequent headaches</li><li>• Frequent stomachaches</li></ul>

What can parents do to support their children?

Get support to help you end the violence in your relationship. Talk to your children. Let them know their feelings are normal. Tell them it is not their fault. Answer their questions as directly as possible. Let them know it is never okay to hurt anyone else. Involve them in positive school and community activities. Consider counseling for your child.

**If you are interested in more information, please contact**

**The Safing Center at 781-687-3998**

***National Domestic Violence 24-hour Hotline 1-800-799-SAFE (7233) or 1-800-787-3224 (TTY)***