



In The Midst of Violence

The Effects of Violence & Young Children

Family violence has been an ever growing problem in our society.



Research has found that those children who witness violence can experience the same effects as those children who are the victims of violence.

Family Violence

Witnessing abuse...

Some children are exposed to violence in their homes...

By hearing it.

By seeing it.

By witnessing its after-effects

Or

By becoming a part of it by trying to

protect a family member.



How are children effected?

Children who are continually exposed to domestic violence may...

Have temper tantrums and act out

Have difficulty concentrating on schoolwork

Become anxious and worry, especially that they are to blame

Show signs of depressed and low self-esteem

Eating,

Sleeping and


Toileting problems


Some children may feel that there is no way to resolve the situation and give up.


Eventually, they may become less sensitive to the feelings and problems of others.


What's a family to do?

You can help your child by assisting them in...


 Developing a personal safety plan.


 Identifying and discussing feelings.


 Recognizing that the problem belongs to the abuser.


 Understanding that they are not the cause and cannot solve the problem.




 Focusing on choices within their family situation.

 Learning alternatives to violence.

 Understanding that they are normal children...it is the violence that is not normal.

 Knowing that it is an adult problem.

 Realizing they are not alone in this experience.

**Know when
to seek help!**



For more information contact:



The Center for Parent Involvement (FCPI) was funded by the U.S. Department of Education; Goals 2000, Educate America Act from 1994-1999. Guided by an advisory board of parents and professionals, the FCPI's goal was to tap the power of parents.

The FCPI gathered information on parent needs, coordinated the information, and created a series of resources organized by theme, including fact sheets for parents and professionals, "Beyond the Basics" resources, and resource identification lists. Many of the resources have been translated into Spanish language versions, and every effort has been made to preserve the meaning and flavor of the original English documents. This series of materials provides a wealth of current information for both parents and providers; the complete set of resources can be obtained in PDF format on the Department of Child and Family Studies Website at www.fmhi.usf.edu/cfs/dares/fcpi. The staff of the FCPI are hopeful that their work will continue to help children get ready to learn for many years to come.

The series' themes include:

- Family Empowerment
- Parent Involvement
- Parenting Support
- School Readiness
- Violence in the Lives of Children
- Transition to Kindergarten

The Center was one component of a project led by Hillsborough County Center of Excellence in collaboration with the Department of Child & Family Studies at USF's de la Parte Institute and the Florida Children's Forum. Other project partners include HIPPIY (Home Instruction Program for Preschool Youngsters), Hillsborough County Head Start and Hillsborough County Even Start. For more information about these projects, call 813.974.4612.

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