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

A project of The Florida Partnership for Parent Involvement
Center of Excellence ♦ Louis de la Parte Florida Mental Health Institute ♦ Florida Children's Forum
Home Instruction Program for Preschool Youngsters ♦ Hillsborough County head start ♦ Hillsborough County Even Start
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!

A project of The Florida Partnership for Parent Involvement
Center of Excellence & Louis de la Parte Florida Mental Health Institute & Florida Children's Forum
Home Instruction Program for Preschool Youngsters & Hillsborough County head start & Hillsborough County Even Start
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/fypi. 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 HIPPY (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.

Violence & Young Children, Parent Tip Sheets, #10: In The Midst of Violence

© 1999, Tampa, Florida

This is a publication of the Florida Center for Parent Involvement which was funded by the U.S. Department of Education. The opinions contained in this publication are those of the grantee and do not necessarily reflect those of the U.S. Department of Education. All or portions of this work may be reproduced providing the Florida Center for Parent Involvement, Louis de la Parte Florida Mental Health Institute, University of South Florida is properly credited on all reproductions.