

### What is family violence?

**Family Violence:** is when one person in the family PURPOSELY hurts another person in the family.

#### Physical Abuse: Hurting someone else's body

- Hitting or pushing
- Kicking or scratching
- Biting

### Emotional Abuse: Hurting someone else's feelings

- Name calling or saying put downs
- Insults
- Threats

#### Property Abuse: Purposely ruining someone else's personal belongings

- Burning
- Stealing
- Breaking or destroying
- Hurting pets

### Sexual Abuse:

• Unwanted or touching that makes someone feel uncomfortable

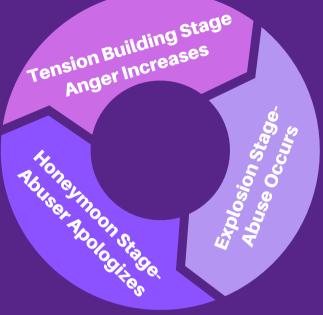
# Steps to good problem solving!

STEP 1: Identify the problem(s) that need to be solved
STEP 2: Make a list of potential solutions to the problem
STEP 3: Consider the good and bad points of each choice
STEP 4: Choose the best solution
STEP 5: Did it work? Yes/No?
If no, go back to STEP 1.

## What does it mean to give CONSENT?

- To give permission
- To say "yes" or "no"
- To allow someone to do something

## **Cycle of Violence**



### Safety Planning Do's and Don'ts

- DO find a safe place
- DO call for help
- DO talk to an adult you trust
- DON'T get trapped in a small space or closet
- DON'T try to stop the abuse from hurting the victim
- DON'T go in the kitchen
- DON'T blame yourself



## Effects of Family Violence

If you have family violence in your home, it is possible you may be experiencing some of these effects:

- Headaches
- Trouble sleeping
- Trouble eating
- Bad grades at school
- Stomach aches
- Upset and angry a lot of the time





**SOUTH SUBURBAN FAMILY SHELTER, INC.** *Comprehensive Services to Victims of Domestic Violence* 

Celebrating 40 Years

## **CONTACT US**

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24 Hour English/Spanish Domestic Violence Hotline: **708.335.3028** 



South Suburban Family Shelter

Family Violence

Community Education program promotes empowerment through education and engagement.