



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

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



South Suburban Family Shelter

CONTACT US

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Family Violence

Community Education
program promotes
empowerment through
education and
engagement.