THINK ABOUT SAFETY

It is important that families and children make plans for their safety.

CHILD SAFETY PLAN

1. When I get scared I can think about _____________________________ to make me feel better.
2. When I get scared I can go to ____________________________.
3. If there is a fight in my house, I will not try to stop it. I will go to _____________________________ to be safe.
4. In an emergency I can dial 911 for help and tell them:
   My name is ________________________________
   My address is ________________________________
   ________________________________
   I need help.
   Someone is being hurt in my house.
   Send the police.

HOW TO FIND HELP FOR YOU AND YOUR CHILDREN:

Maryland Network Against Domestic Violence:
1-800-MD-HELPS
(1-800-634-3577)
Monday - Friday
9:00 am - 5:00 pm
www.mnadv.org

24-Hour National Hotline:
1-866-799-SAFE (7233)

My closest agency is:
**DOES YOUR PARTNER...**
- Make you feel bad about yourself or put you down?
- Threaten to harm you, your children, or your pets?
- Try to control you?
- Push or hit you, choke you, or pressure you to have sex?

*Everyone deserves to feel safe.*

**CHILDREN ARE AFFECTED**

**WHAT YOU MIGHT SEE:**
- Trouble sleeping
- Anger
- Sadness or moodiness
- Problems in school
- Keeping to themselves
- Not feeling well

**WHAT IS HARDER TO SEE:**
- Feeling worried
- Guilt or shame
- Blaming themselves
- Difficulty concentrating
- Low self-esteem

**WHAT MIGHT SURPRISE YOU:**
- Trying to please others
- Trying to be perfect
- Acting “normal”

**VIOLENCE IN THE HOME IS HARD TO DISCUSS**

**BENEFITS OF TALKING TO YOUR CHILDREN:**
Talking can be the first step towards healing. It can help your children feel:
- Safer
- Cared for
- Understood
- More open to talk about their feelings

**CHILDREN NOTICE...**
- When adults are sad and afraid
- When there is tension between adults
- What is going on, even when they are not in the room