If there is fighting in your home, remember…

- It might make you feel scared, mad or confused. All of your feelings are okay.
- It is not okay for a grown-up to hurt another grown-up, you, or anyone else.
- It is okay to love the grown-ups in your family, even if one is hurting the other.

What else can I do?

Talk about your worries to someone you trust

- Like a teacher or counselor
- Or your family and friends
- Or call the Vermont Domestic Violence hotline to talk 1-800-228-7395 (you don’t have to give your name)

This is hard…
What does it mean?
What can I do?

For more information:
Vermont Network Against Domestic and Sexual Violence
PO Box 405, Montpelier, VT 05601
(802) 223-1302
www.vtnetwork.org

Designed by Sandy Hart
Printing for this project was made possible through a gift from the Verizon Foundation
Fighting in homes is sometimes called *abuse*. This is different than *disagreeing*. It is ok to disagree as long as it is not *abusive*.

What kinds of *abuse* are there?

- **Verbal**— using unfriendly words, name-calling, yelling
- **Emotional**— making people feel bad about themselves or about the things that they do
- **Physical**— hurting someone’s body (hitting, pushing, shoving)
- **Sexual**— (unwanted touching) touching any part of a person’s body in a way that makes him or her feel uncomfortable

How can I try to stay safe if fighting happens in my home?

Remember the fighting is **NEVER** your fault.

*Talk to a safe trusted adult to make a plan*

Your plan might include:

- Stay away from the fighting. Go into another room or outside to keep yourself safe.
- Go to the nearest phone in a different room and call someone you trust.
- If you don’t have a phone, go to a neighbor’s house and let them know that you need help.
- **Call 911** (if the situation becomes unsafe).

...one grown-up in the family makes the other grown-up feel unsafe by hitting, kicking, yelling, shoving or throwing things.

When this happens, kids usually feel unsafe.

Sometimes, kids get hurt too.

If this is happening in your home, it is not your fault!!