If there is fighting in your home, remember...

ṣ It might make you feel scared, mad or confused. All of your feelings are okay.

ṣ It is not okay for a grown-up to hurt another grown-up, you, or anyone else.

ṣ 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
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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).