



# Family Violence and Children

At one time seen as a private “family matter,” family violence is now a crime which is punishable by time in prison. Whether or not children are directly victims of the violence, they are emotionally harmed. These children often will learn to use violence in their own lives, continuing the cycle of family violence as adults. Fortunately, violent family members can get help to change.

## DOES YOUR FAMILY HAVE VIOLENCE PROBLEMS?

- Do family members have trouble handling stress and anger appropriately?
- Do family members feel fearful, powerless and trapped?
- Is the violent family member a “different” person under the influence of drugs or alcohol?
- Was the abusive/violent member of your family a victim of violence as a child?
- Is the violence happening more frequently or is it a predictable pattern?

## WHAT ARE THE EFFECTS OF FAMILY VIOLENCE ON CHILDREN?

- Blames self for violence
- Increased stress and anxiety
- Depression and suicidal thoughts
- Suicide
- Excessive physical complaints and sickness
- Low self-esteem
- Learning problems and school difficulties
- Problems making and keeping friends
- High risk of involvement in physical violence
- Lack of concentration
- High risk of alcohol or drug use

Over  
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## WHAT CAN YOU DO IF SOMEONE IN YOUR FAMILY IS VIOLENT?

The violence will never stop or get better unless you speak out. The family must get professional help.

## WHO CAN YOU TURN TO FOR HELP?

Domestic Violence Crisis Line

**1-888-END-ABUSE**

Wichita State University Center for Community Support and Research

**1-800-445-0116**

National Resource on Domestic Violence

**1-800-537-2238**

For more online tip cards, visit [kcsl.org](http://kcsl.org) under the "Resources" tab.



Kansas Children's Service League

Parenting questions? Call the Parent Helpline.

1-800-CHILDREN or email/text [1800children@kcsl.org](mailto:1800children@kcsl.org)



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