

If you're with the partner who hurt you...

- Don't expect me to speak up for you - I'm as scared as you are.
- Figure out ways for me to be safe.
- When you're walking on eggshells, try to have caring people outside of the home for me to turn to.
- Let me know that I'm not the cause of you being hurt, and it's not my fault that I can't stop it.
- My feelings aren't always the same as yours. I may be sad or angry when you're not. I may be loving to your partner when you're mad.
- Remember - we're both going to be hurt until YOU choose to leave.
- The abuser can be helped through specific counseling dealing with anger control.

If these ideas don't work...

GET HELP!

- For local help, call Family Support Center's 24-hour Help Line at (509) 684-6139.
- If I'm in school, my teacher or counselor may be able to tell me where to turn for help.
- If I'm being hurt, call Child Protective Services (CPS) 1-800-557-9671 or after hours 1-800-562-5624.
- Look under Community Services Numbers in the front of your phone book under "Counseling / Mental Health" for your community mental



When You Get Hurt, I Get Hurt Too!

Domestic Violence affects children, too.



Family Support Center
956 S. Main, Suite C
Colville, WA 99114
24-Hour Help Line:
(509) 684-6139

a program of Rural Resources Community Action

"This is what it's like for me when you get hurt."

- When you walk on eggshells, so do I.
- When you get hit, I hurt - even if I didn't see or hear the fight.
- I can't feel safe when you're with someone who hurts you, but only you can choose to leave.
- Just as you have mixed feelings about the partner who hurt you, so do I. I can feel mad, sad, scared or loving at different times than you.
- I worry that it is my fault when you get hurt. I think I should know how to stop it.
- If the rules change when you walk on eggshells, I learn not to trust the rules.
- If you tell me you won't get hurt again, and do, then I feel betrayed, and then it's hard for me to trust you.
- I might behave better when I'm around the partner who hurts you - I'm living in terror.

If you leave the abusive situation and you are on your own....

- Remember, I show how I feel through behavior. When I feel bad, I'm likely to act bad.
- Let me talk about what happened and how I feel.
- When I miss the person who hurt you, it doesn't mean I don't love you. Try not to feel mad or hurt.
- I may be mad at you for leaving - try to understand.
- Help me find okay ways to show my feelings - like putting them into words.
- Let me know you love me...often.
- Use lots of love and affection towards me.
- Don't try to get me to behave out of fear - I've had enough of that! Build on the good things happening, not on bad feelings and punishment.
- Have fun with me.

- Try to have just a few important rules and stick to them.
- Try to have a routine, like for meals and bedtimes.
- Tell me each day what my day is going to be like - even if it's the same as the one before. You'll need to do this until I can trust again.
- Let me know that the partner who hurt you did something wrong.
- Let me know how you plan to keep us safe. Tell me everyday.
- Take good care of yourself - give yourself treats, keep in touch with friends, do interesting things and stay safe.

