

# Domestic Violence and Children

*Saving Lives...  
Building Hope...  
Ending Violence...*

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Children are often victims of domestic abuse, either through witnessing acts of violence against other family members or suffering abuse themselves. **Biological and physical signs** that a child may be experiencing violence at home include headaches, upset stomach, ear aches, rashes, poor hygiene, frequent illness, recurring injuries, fast breathing and heart rate, bed wetting, nail biting, hyper activity, and trembling. Some of the **emotional and psychological signs** of abuse are depression, low self-esteem, phobias, compulsivity, use of alcohol or drugs, self-mutilation, insomnia, extreme sensitivity, repression or denial, and minimization or rationalization. Oftentimes, children will be aggressive, refuse to comply with requests, act out, and/or rebel. Some children become passive, shy and do not make friends. They may show an intense interest in violence and weapons, even reconstructing scenes of violence.

Girls raised in an abusive home learn that male violence is “normal” and that violence is just a part of relationships. Boys raised in the same home learn that women do not deserve respect and have confusion or insecurity about being a male. Stop the cycle of violence. If you know of a child that needs help, call **1-800-96-ABUSE**.

