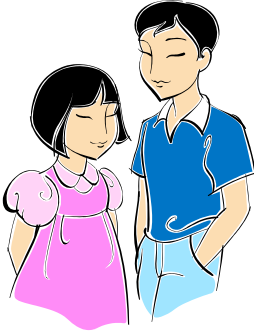


## If there is fighting in your home, remember...

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

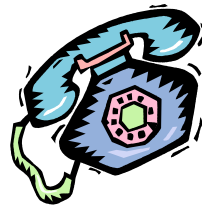


Like a teacher or counselor

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)



For more information:

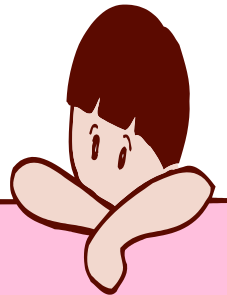
Vermont Network  
Against Domestic and  
Sexual Violence  
PO Box 405,  
Montpelier, VT 05601  
(802) 223-1302  
[www.vtnetwork.org](http://www.vtnetwork.org)

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from the Verizon Foundation

# If there is fighting in your home...

you might be scared or confused

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





## Fighting in the home happens when...

...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.

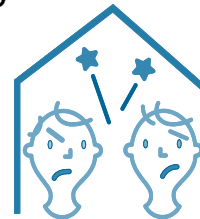
**If this is happening in your home, it is not your fault!!**

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).

