



EFFECTS OF VIOLENCE ON CHILDREN

Whether in the home or in the community, exposure to violence can have lifelong consequences on a child's development.

Whether he or she is a victim of or a witness to violence, a child may learn to fear or distrust adults.

Some children may become fearful and withdrawn. Others, especially boys who live in homes with domestic abuse, may adopt the violent behavior.

Research shows that children face a greater risk for aggressive behavior when they are victims of violence, are repeatedly exposed to violence or see their mothers get abused.

If violence is affecting your son or daughter, consider taking these steps:

- **Talk about your child's feelings and wishes.**
- **Limit exposure to violent computer games, films and TV shows.**
- **Reduce your son or daughter's stress levels. Provide extra emotional support.**
- **Develop a safety plan with your child if you are a victim of domestic violence.**
- **Arrange for counseling.**

Children can have a strong reaction to violent events. Encourage them to talk about their thoughts and feelings and let them know they are loved.

