

# EFFECTS OF DOMESTIC ABUSE AND VIOLENCE ON CHILDREN AND YOUNG PEOPLE

With COVID-19 and the lockdown restrictions, at Victim First we know, for some families, home might not be a safe place.

It is important to recognise the signs and symptoms a child or young person may be displaying if they have witnessed domestic abuse (DA) and violence (DV) in the home.

**Signs that a child has witnessed DA/DV can include:**



## What don't they see?

Children and young people may mirror behaviour displayed in the home and express aggression, anti-social behaviour and bullying behaviour



## What don't they hear?

As DA/DV can heighten tension in the home, children and young people may have; mental health difficulties, experience nightmares, insomnia, constant stomach aches, ulcers, regular sickness and appear withdrawn



## What don't they say?

Children and young people may mirror behaviour, examples include; use of swear words, sexualised language

**Children and Young People may feel guilty, angry, alone, frightened, powerless and scared**

As a professional and practitioner, it is our responsibility to keep our children and young people safe in this challenging time.

If a child or young person talks to you, listen to them and prompt appropriately, let them know it isn't their fault and that they have done the right thing by telling you, explain what you are going to do to keep them safe, and report as soon as it is possible.

**Victim of crime? We put you first**  
Free & Confidential Support  
**0800 953 95 95**  
[www.victimfirst.org](http://www.victimfirst.org)