

Children and Domestic Violence

The effects of domestic violence on children are long lasting. Even if children are not directly abused, witnessing family violence can be emotionally damaging.

Children who witness domestic violence may:

- Become more aggressive as adults and continue the abuse within their own families.
- Become more passive and susceptible to abuse in their personal relationships.
- Become timid, shy and emotionally withdrawn
- Grow up believing that abuse is normal
- Develop mental and emotional problems that could last forever

Some signs that children are living in an abusive home are:

- Problems at school
- Difficulty focusing
- Use of violence to solve conflicts
- Depression or low self-esteem
- Trouble sleeping