

Childline

Childline is open 24 hours a day, 7 days a week, 365 days a year. In other words, all of the time.

Childline is FREE.

Sometimes the phones get very busy, but there is always someone there to listen, so please keep trying.



Childline doesn't trace calls or use caller id. This means they don't know who you are or where you're calling from unless you tell them. It's always your choice how much you tell us.

You have a right to be safe. Childline is a safe place where you know you can be listened to and believed. If something is on your mind, but you're



not sure whether it is a problem, you should call anyway. They are there to listen whenever you feel worried or concerned about anything because talking to someone in private can help to clear things up in your own mind.

Things to remember

- ◆ **Family violence is never your fault.**
- ◆ **Learn how to stay safe - get help by telling someone about the problem.**

If the person hurting you, or someone in your home is a family member, you may feel safer if you tell someone outside your family - like your teacher or Childline.

Please, stay safe!

If you are living with any of type of abuse in your home, please talk about it. Talk to someone; a friend's mother or father, a counsellor, your teacher, your doctor the police or any adult you trust. Or phone Childline. Whichever is easiest, but please talk to someone. And please do it as soon as you can...

Where to get help.

Childline:

Freephone 1800 666 666

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Kilrush Gardaí - 065 908 0550

- The West Clare Women's Forum is concerned by the lack of awareness about the levels of domestic abuse being endured in West Clare.
- West Clare Women's Forum
c/o EIRÍ
Community Centre,
Circular Road, Kilkee, Co. Clare



The West Clare Women's Forum believes that all people should have equal opportunity to maximise their potential.

West Clare
Women's
Forum

DOMESTIC ABUSE - TIPS FOR CHILDREN IN WEST CLARE.



The West Clare Women's Forum believes in the right to challenge inequality in our society.

If you live in a home where there is a lot of violence, it can be very upsetting and frightening. Violence in the home is always wrong and it's never your fault. These tips might help you learn more about how to stay safe, what to do, types of violence and how to get help if you are being hurt.

Violence at home can make you feel bad

The violence at home may be directed at your mother and you may see this happening. The violence may also be towards you. This is called child abuse. It can make you feel really sad and awful. Often children think they have done something to cause the violence in their family. This is not true, but sometimes you might:

- ◆ Blame yourself for the violence
- ◆ Feel frightened, sad, ashamed, confused or unhappy
- ◆ Feel sick, have stomach pains or headaches
- ◆ Stop eating or not feel like eating
- ◆ Cry a lot
- ◆ Sleep badly or have nightmares or wet the bed
- ◆ Find school difficult
- ◆ Lose interest in your school work or your friends
- ◆ Take drugs or alcohol to cope
- ◆ Feel like running away
- ◆ Feel angry and want to hurt yourself or somebody else or to smash something
- ◆ Have trouble talking - for example, you might stutter
- ◆ Worry about your mother's safety.

Types of violence

Family violence can mean lots of different things - it's not just being hit. There are different kinds of violence that can happen in the home. The violence

may be directed at your mother, at your father, at the children only, or at the children and a parent. Some examples of violence that may affect you are:

- ◆ **Physical violence** - someone hurting you by hitting, slapping, shoving, pushing, biting, kicking or burning you. Someone throwing or breaking things in your home. Seeing your mother or father or brother or sister hurt or threatened in any of these ways. Someone hurting your pets.
- ◆ **Verbal violence** - someone hurting you by yelling mean and nasty things at you, calling you rude names, or shouting or talking to you in a scary or threatening way. Hearing someone speak to your mother or father like this
- ◆ **Sexual violence** - someone hurting you by touching private parts of your body when you do not want them to, touching you in a sexual way or forcing you to have sex.
- ◆ **Neglect** - someone hurting you by not giving you care, food, clean things, safety, clothing and love.

If you think you are being abused or see your mother or father being abused...

There are important things you should remember if you think that you, your mother/father or anyone in your family is being abused. These include:

- ◆ Someone may try to make you feel ashamed or guilty about what is happening. You are not to blame for something they have done wrong. It is not your fault and it's not a special secret. Don't believe them if they say something bad will happen to you if you tell; there are people who can help you.

The West Clare Women's Forum is Supported by:

East Clare Women's Forum



HSE Regional Planning Committee

- ◆ It is an unsafe secret to keep; it's okay to tell someone and it will help you or your mother to be safe.
- ◆ Nothing is so awful that it can't be talked about. Help is available.

Tell someone about family violence and abuse at home

You can report family violence at home and get help in many ways:

- ◆ Find someone who you trust to tell (perhaps a neighbour, a teacher or a friend's mother).
- ◆ Tell a trusted adult who can keep you safe and help stop the abuse at home.
- ◆ Take your time and try to explain how you or your mother or father has been hurt. It may be very difficult or scary for you to tell and it may be hard for you to find the right words to explain. Just do the best you can to explain.
- ◆ Try using the phone, writing things down, drawing a picture or sending an email - lots of people find talking face-to-face very difficult, not just kids. Remember Childline is there 1800 666 666.

Keep on telling different people - if your problem is not being fixed, keep telling people until you feel safe.

Remember that your body belongs to you - no one should touch any part of your body in a way that makes you feel scared or confused or hurt. This includes your private parts. It is okay to tell someone to stop if they are touching you in a way that hurts or makes you uncomfortable.

Know the difference between safe and unsafe touching - some touching is friendly and helpful such as hugging, holding hands with a friend, play wrestling with your brother or giving your sister a shoulder massage.