

Introduction

About this resource

This resource can help you understand the impact of family violence on your children. It provides practical tips to help you support your children to heal and recover from their experiences.

This resource is for parents/carers who have been targeted by someone choosing to use family violence. It is also for professionals working to support victim survivors and their children.

This resource aims to be inclusive of all parents experiencing family violence.

The language used throughout this document ('you') refers to any parent or carer of children who have experienced family violence. 'Person using violence' refers to the child's other parent or carer.

The phrase 'your child' means a child in your care. The information here will also be helpful for other primary carers – step-parents, grandparents, extended family, friends or foster carers.

We also acknowledge that family violence is a gendered issue. Women are nearly three times more likely than men to experience violence from an intimate partner, and this violence is most often perpetrated by men¹. As a result, the language used will at times reflect this.

The resource makes the assumption that parents and carers who have experienced family violence have contacted a support service and are receiving help from a case manager or equivalent.



¹Source: Australian Bureau of Statistics – bit.ly/abs-personal-safety