CHILDREN'S DOMESTIC ABUSE WHEEL

HOW VIOLENCE AFFECTS CHILDREN

ISOLATION
• Inability to develop social skills • feeling alone and different • can't have friends over because of the need to hide the violence • keeping harmful "secrets" • not trusting of adults

EMOTIONAL ABUSE
• Doubting reality • fear of doing wrong • inconsistent limits and expectations by caregiver • fear of expressing feelings • inability to learn at school • low self-esteem

PHYSICAL & MENTAL EFFECTS
•Children may feel guilt & shame, think it's their fault • may regress to early stages of development • demanding & withdrawn • crave/need • cranky, crabby kids

SEXUAL ABUSE
• Shame about body • feeling threatened & fearful of their sexuality • learning inappropriate sexual talk behaviour • children having access to pornography magazines and movies

USING CHILDREN
• being put in the middle of fights • children may take on roles, responsibilities of parents and give up being children • children seen and not heard • children being used to solve conflicts, asking them to take sides

THREATS
• Learn to manipulate because of their own safety issues due to effects of violence in family • expressing anger in a way that is violent, abusive, or not expressing anger at all because of their own fear

SEXUAL STEREOTYPING
•Copy abuser's dominant and abusive behaviour • copying victimised passive and submissive behaviour • unable to express feelings or who they are

INTIMIDATION
• Putting children in fear by: using looks, loud actions, loud gestures, loud voice, smashing things, destroying property • fear of physical safety

Adapted from:
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