



## THE FAMILY TREE

### **If You Are Experiencing Violence in Your Home, You Can:**

- **Stay away.** Remove yourself from the area in your home where the fighting is taking place. You may be hurt if you try to stop the fighting. Go to a neighbor's or a friend's house for safety.
- **Call for help.** You may need to call an ambulance or the police or have a neighbor call for you.
- **Not blame yourself.** The violence in your home is not your fault. No one deserves to be beaten. Violence happens when one person tries to gain power and control over others in the family, not because of other's actions or behaviors.
- **Find ways to feel good about yourself.** Spend time with friends and become involved in school activities. You have a right to grow to be all you can be and to believe in yourself.
- **Reach out to others.** Friends can help you. A guidance counselor or teacher may be able to listen to you and your feelings. Find a person you feel safe with and talk to that person.
- **Avoid physical fights.** Fighting at school or with brothers and sisters may make the problem worse. Learn ways to express your feelings without being violent.
- **Watch your behavior.** You do not have to repeat the cycle of violence. You have the power to break it. Hitting and screaming is a choice. Choose not to be violent. You can stop yourself from punching, kicking, and insulting others by admitting that it is wrong. I
- If you find yourself wanting to be violent, get help.

**Get support.** Call The Family Stressline at **1-800-243-7337** is available to you 24 hours a day. Someone will listen to your concerns and give you information about how you and your family can get help.