STEP ONE: Ask Yourself…

Is my relationship healthy?
1) Do I feel respected, cared for, and nurtured by my partner?
2) Does my partner support my parenting?
3) Does my partner openly communicate with me when there are problems?

Is my relationship unhealthy?
1) Does my partner shame or humiliate me in front of the kids or in private?
2) Has my partner threatened me or the children?
3) Has my partner threatened to call the “authorities” to keep control of me and the children?
4) Has my partner ever used or threatened to use a weapon against me?
5) Has my partner forced me to have sex when I didn’t want to?

STEP TWO: Are My Children Affected?

Children who witness one parent hurting another:
1) Are more likely to have learning and behavior problems.
2) Are at greater risk for child abuse.
3) Experience chronic health problems.

STEP THREE: Help Your Children

1) Let them know that one parent hurting the other is not their fault and keep an open door for when children want to talk.
2) Stay connected to your children and listen to them. Your relationship with them is the most important thing to keep them on track.
3) Consult your care providers such as teachers, doctors, school counselors if your children’s behavior concerns you and ask for a referral to programs that help victims of domestic violence.

24 hour Hotlines: English 1-415-924-6616  Spanish 1-415-924-3456
734 A Street, San Rafael, CA 94901
www.c4dp.org
Is Your Relationship Affecting Your Children?

Parent Assessment

These hotlines are free, confidential, and you can talk to someone without giving your name:

1) Center for Domestic Peace 24-hour:
   English Hotline: 1-415-924-6616
   Spanish Hotline 1-415-924-3456
2) National Domestic Violence Hotline: 1-800-799-SAFE
3) Community Violence Solutions Hotline: 1-800-670-7273
4) Rape, Abuse, Incest, National Network: 1-800-656-HOPE
5) Suicide Prevention Hotline: 1-800-273-8255

STEP FOUR: Get Immediate Help

STEP FIVE: Consider Therapy for You and Your Children

“In This Together” Family Group Therapy Program for children 0-18 and their survivor parent. Offered in English and Spanish, cost is on a sliding scale and no one is turned away.
Call 1-415-526-2553

STEP SIX: Safety Planning

1) Teach your kids to get help if you or they are in danger by talking to teachers, neighbors, relatives, calling 911, etc. and create a safety plan with your children: “Don’t ever try and stop the fighting. Go to your room or neighbor’s house, like we planned.”
2) Prepare an emergency kit in case you have to leave suddenly with: money, checkbook, keys, medications, change of clothes, and important documents.

Information based upon the following outreach and education cards created by Futures Without Violence: “Is Your Relationship Affecting Your Health?” “Loving Parents, Loving Kids: Creating Futures Without Violence” and “Healthy Moms, Happy Kids” FuturesWithoutViolence.org

Is Your Relationship Affecting Your Children?
Parent Assessment