


CHILDREN AND YOUNG PEOPLE'S EXPERIENCES OF FAMILY VIOLENCE

Information for kids

Hi, my name is Mark Morrissey.

I'm the *Commissioner for Children and Young People* (CCYP) in Tasmania.

My job is to protect and promote the rights of all children and young people in Tasmania and make sure that adults help children and young people to be safe, happy, and healthy.



**CHILDREN AND
YOUNG PEOPLE ARE
OFTEN FORGOTTEN
WHEN FAMILY
VIOLENCE HAPPENS**



WHAT IS FAMILY VIOLENCE?

Family violence is where an adult threatens, bullies or hurts another adult in the family, usually their husband, wife or partner.

If children and young people see, hear or live with adults who fight and hurt each other, it can have a big effect on them.

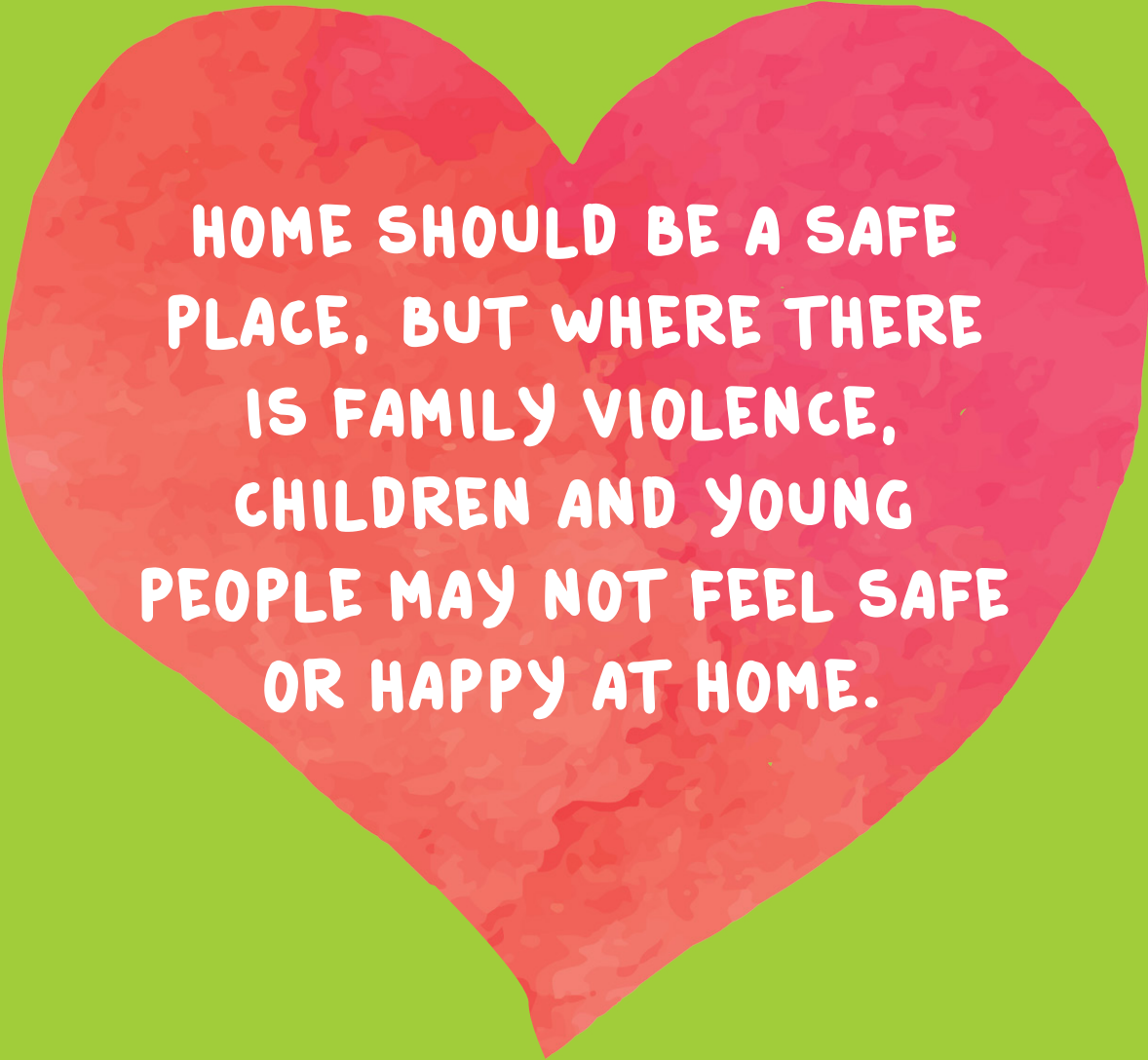
Things might be tough, but remember
that family violence is against
the law and

**IT'S NEVER
YOUR FAULT.**

You have the right

**TO BE SAFE
FROM VIOLENCE
AND ABUSE**

no matter where you are.



**HOME SHOULD BE A SAFE
PLACE, BUT WHERE THERE
IS FAMILY VIOLENCE,
CHILDREN AND YOUNG
PEOPLE MAY NOT FEEL SAFE
OR HAPPY AT HOME.**

You might be living in a home with family violence or know someone who is - this information could be useful for you.

Children and young people
who live with
family violence can feel:



CONFUSED

SAD

ANXIOUS

GUILTY

LONELY

ANGRY

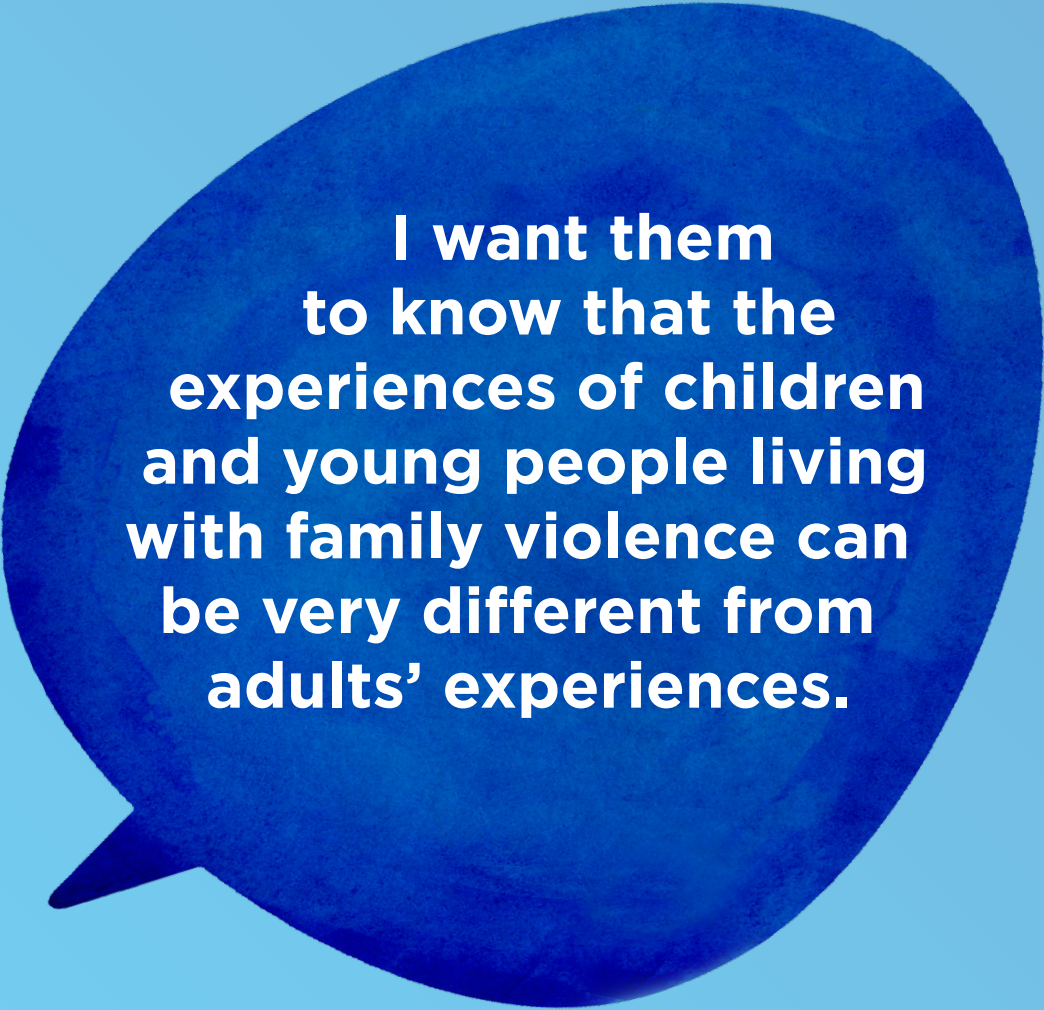
RESPONSIBLE

FAMILY VIOLENCE CAN INCLUDE:

- **PHYSICAL VIOLENCE:** hitting, punching, kicking or throwing things.
- **THREATENING:** threatening to hurt someone in your family or others.
- **SEXUAL VIOLENCE:** making another person do something sexual when they don't want to.
- **CONTROLLING SOMEONE'S LIFE OR FINANCES:** refusing to give money, controlling money, stopping someone from going to work or spending time with family or friends



In 2016, I wrote a report on how family violence can affect children and young people. I have given my report to the Tasmanian Government.



**I want them
to know that the
experiences of children
and young people living
with family violence can
be very different from
adults' experiences.**

In my report, I told the Government
that the two greatest needs of
children and young people living with
family violence are

TO BE SAFE

and

**TO HAVE
SOMEONE
TO TALK TO.**

I will keep working with the
Tasmanian Government to ensure all
children and young people are safe
and protected.

WHAT DID I DO TO WRITE THIS REPORT?

To write this report, I:

- Talked to young people around Tasmania about family violence in their communities.
- Looked at reports and research about how family violence affects children and young people.
- Looked at what is done in other countries and other places in Australia to support children and young people who are affected by family violence.

- Asked services in Tasmania to tell me about how children and young people affected by family violence are supported by them.
- Looked at how services in Tasmania, including places that everyone goes such as doctors, hospitals, and schools, can best support children and young people affected by family violence.

Kids should be supported to recognise family violence, seek help, and heal. We know that healing can come from hearing and telling stories.

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THERE ARE LOTS OF PEOPLE WHO
ARE AFRAID TO TALK ABOUT
FAMILY VIOLENCE.

IT HAPPENS TO A LOT OF
PEOPLE, BUT THEY DON'T TALK
ABOUT THEIR EXPERIENCES.
THEN THEY GROW UP AND
THE CYCLE CONTINUES,
OR THEY FEEL POWERLESS.

**MANY OF THE GIRLS (FROM
PROJECT O) HADN'T SPOKEN
ABOUT THEIR EXPERIENCES
BEFORE THIS PROJECT.**

**IT HELPED GIVE US
THE VOICE WE DIDN'T
KNOW WE NEEDED.**

”

Young Women from Project O in Wynyard



WHAT WERE THE MOST IMPORTANT THINGS I FOUND OUT?

- All children and young people have the right to be safe and to live free from violence, no matter where they are.
- Adults sometimes overlook or forget that children and young people are affected by family violence.
- Every child is unique, and so are their experiences. Services and supports should fit the child's needs.
- Children and young people want to be asked about their experiences and have their views heard. Children and young people will cope better if they are listened to and taken seriously, are actively involved in finding solutions, can give feedback on how services can improve, and are given the right support at the right time.

THE MOST IMPORTANT THINGS I FOUND OUT (CONTINUED :)

- Parents and services, like the Courts, need to understand the effect of family violence on children and young people.
- Everybody needs to work together to stop family violence and have the same understanding of how it affects children and young people. Everyone needs to know what the risks are, how to share information, how to help and support children and young people, and how to keep them safe.
- Adults who work with families, parents and children may need more training and support on how to best support children and young people affected by family violence.

WHAT IF YOU ARE AFFECTED BY FAMILY VIOLENCE OR ARE WORRIED ABOUT A FAMILY MEMBER OR FRIEND?

There are lots of ways that children and young people can get help for things that are worrying them, including for family violence.

You can talk to a parent, other family, friends and teachers you trust.

If you want to talk to someone on the phone,
you could call:

- Kids Helpline on 1800 55 1800
- 1800RESPECT (1800 737 732)
- Australian Childhood Foundation on 1300 381 581

If you want to talk to someone online, you
can chat online with a counsellor at
kidshelpline.com.au or 1800respect.org.au

**YOU DON'T HAVE TO GIVE YOUR
NAME IF YOU DON'T WANT TO**



You can also talk to **headspace**:

Face-to-face at:

- 49 Liverpool Street, **Hobart**
- Corner of Brisbane and Wellington Streets,
Launceston
- 64 Stewart Street, **Devonport**

Online: eheadspace.org.au/

Phone: 1800 650 890

**IF SOMEONE IS AT
RISK OR IN DANGER,
CALL 000**





WHAT WILL I DO NOW?

Every year I make a report like this,
and I will keep making suggestions to
the Tasmanian Government to help
them make life better for children and
young people.

I will keep finding ways to help
children and young people learn about
their rights.





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