

Other services:

National Domestic Violence helpline
0808 2000 247 (24hrs)

The Hide Out

an interactive website for children
and young people to understand more
about domestic abuse

www.thehideout.org.uk

Respect

Respect work with domestic violence
perpetrators, male victims and
young people

www.respect.uk.net

If you are in immediate
danger call 999

Police non emergency 101



Pandora
Project

domestic
abuse hurts
kids too

www.pandoraproject.org.uk

Registered Charity No 1159470



OFFICE OF THE POLICE & CRIME
COMMISSIONER FOR NORFOLK

www.pandoraproject.org.uk

Pandora Project

Pandora Project offer support to children and young people, CYP, aged 5-18 years affected by domestic abuse, living in West Norfolk and Swaffham.

In abusive households, the majority of children witness the abuse that is occurring and in 90% of cases they are in the same or the next room.

All children witnessing domestic abuse are being emotionally harmed and children can experience long term behavioural and emotional effects as a result of witnessing domestic abuse.

Our dedicated CYP service helps children and young people to understand that the abuse is not their fault. Through our specialised support the child or young person will have a better understanding of their situation, which can lead to improved confidence, less self blame, improved school engagement and happier children. Safety planning can be discussed if appropriate.

All children and young people have a right to stay safe and knowing that they have someone they can talk to who understands them can be a lifeline.

If you would like to contact us for more information about our support and the referral process, please email us at the address below.

info@pandoraproject.org.uk

The effects of witnessing abuse

These are some of the effects children and young people experience through witnessing domestic abuse:

- ◆ Anxiety or depression
- ◆ Difficulty sleeping
- ◆ Nightmares or flashbacks
- ◆ Complaining of physical symptoms
- ◆ Wetting the bed
- ◆ Self harm
- ◆ Young behaviour
- ◆ Problems at school or truanting
- ◆ Poor concentration
- ◆ Aggression
- ◆ Withdrawal from people
- ◆ A lowered sense of self-worth
- ◆ Drugs or alcohol abuse

How to help your children

How you can help your children

Talk to your children and try to be honest about the situation without frightening them.

Listen to them, acknowledge any worries or concerns they may have.

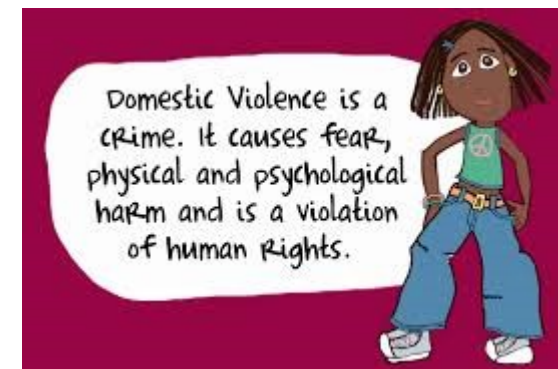
Children will often feel responsible for the abuse, so reassure them that the abuse is

not their fault

and they are not responsible for other people's behaviour.

Most importantly, seek help and break the cycle of abuse.

Everyone has the right to live safely and free from fear.



[PandoraProjectWestNorfolk](https://www.facebook.com/PandoraProjectWestNorfolk)



[@PandoraProjectN](https://twitter.com/PandoraProjectN)