



What can you do to keep yourself and your sisters & brothers safe when family violence occurs?

Stay out of their way

It is good to stay out of your parents' way when they are quarrelling violently. This way you will not get hurt. It is also a good idea to gather your brothers and sisters and stay in a room until it is all over.

Talk to your Mother or Father about your feelings and your fears

Let your parents know that you are sad and confused about their behaviour. This will help them understand what you are going through.

Talk to someone you trust about what is happening at home

Don't keep family violence a secret. Talk to a friend of the family or your grandparents, or uncles or aunties. They may help you understand your family situation better.

If you feel scared that someone will get hurt, tell someone you trust about it.

Who can you go to for help?

There are people who will help you. If there is a violent situation at home and you are worried, scared and uncomfortable, you can tell your grandparents, an uncle, an auntie, a close family friend, your teacher, a school counselor or even your neighbour.

They will discuss the problem with you and help you handle the situation. If the problem gets worse, they can seek help for you.

You can also contact:

- **Talian Kasih:** 15999 / 019-261 5999 (WhatsApp)
- **Women's Centre for Change:** 04-228 0342 / 011-3108 4001
- **Pusat Perkhidmatan Wanita (PPW)** 04-398 8340 / 016-439 0698
- **Helpline 4 u:** www.help4u.org.my
- **P S The Children:** 016-721 3065

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Feeling Safe at Home



 **WCC**
Women's Centre for Change

Women's Centre for Change (WCC)

241 Jalan Burma, 10350 Penang.

Tel: 04-228 0342 Hotline: 011-3108 4001

Email: wcc@wccpenang.org

URL: www.wccpenang.org

It is quite common that fathers and mothers quarrel or have arguments. Usually, all you have to do is stay out of their way, and things should cool down while your Father and your Mother get back to normal as before.

Sometimes the quarrelling gets very bad and becomes violent. This is wrong. This situation is called **Family Violence**. It happens when one person abuses another in the family.

What do you mean by abuse?

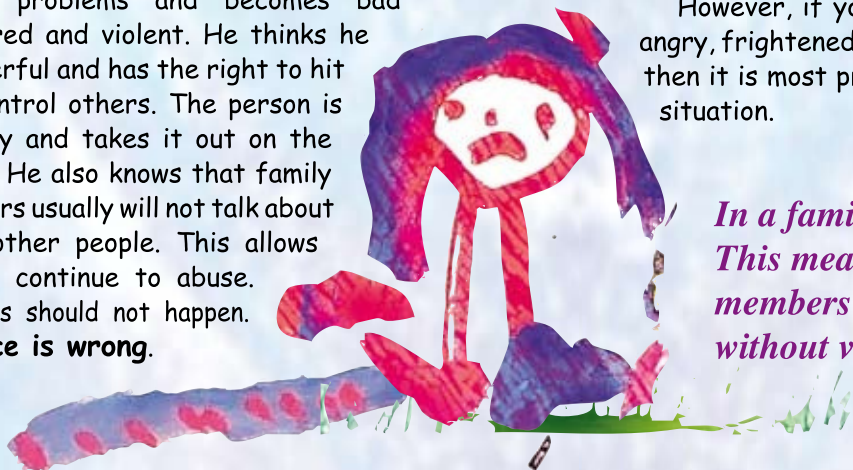
Normally abuse is physical when one person hits, kicks, punches or hurts the other person in any way.

It is also abuse if a person uses threats to create fear in another person. For example, if Father uses bad words and shouts at Mother that he is going to hurt her, causing her to be afraid.

It is also abuse when someone tries to control another person's movement, for example, if Father stops Mother from going out.

Why does abuse happen?

Very often it is because one of the parents is having problems and becomes bad tempered and violent. He thinks he is powerful and has the right to hit and control others. The person is unhappy and takes it out on the family. He also knows that family members usually will not talk about it to other people. This allows him to continue to abuse. But this should not happen. **Violence is wrong.**



How can you know if the quarrel is an abusive one?

All of us have inner feelings which tell us when something is not right. When you watch your parents quarrelling, it is good to consider what you are feeling and to listen to your inner feelings (intuition).

Some of the feelings that you may have when parents quarrel are:

- Worry** because you think bad things will happen and you or your parents can get hurt.
- Angry** at the way your parents are behaving.
- Sad** at what is happening in your family.
- Scared** because when you see them fighting, you can feel your heart beating faster and you are afraid someone will get hurt.
- Hate** what is happening to you.

If your inner feeling tells you that the situation is upsetting but you feel alright, then it probably is OK and not an abusive quarrel.

But if your feelings are upsetting and frightening because there is a lot of pushing and hitting, then it is most probably an abusive situation.

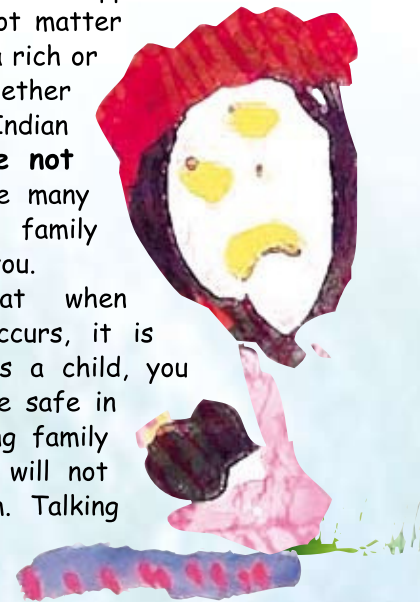
However, if your feelings tell you that you are angry, frightened, sad and also hating the situation, then it is most probably an abusive and dangerous situation.

In a family, there must be love and respect for each other. This means that when there are quarrels in the family, members should be able to settle the quarrel without violence.

It is not your fault

Family Violence can happen to anyone. It does not matter if you come from a rich or poor family or whether you are Chinese, Indian or Malay. **You are not alone.** There are many children facing family violence, just like you.

Remember that when family violence occurs, it is not your fault. As a child, you have a right to be safe in your home. Keeping family violence a secret will not solve the problem. Talking about it can help.



Why is Family Violence wrong?

Violence of any kind is wrong. When a person gets upset and angry he cannot hit another person just to solve the problem. He has to learn to communicate and discuss his problems with his family members instead of using violence.

There should always be love and respect between family members. This means that when there are quarrels they will look for ways to settle the quarrels without violence.

