

Healing the Invisible Wounds: Children's Exposure to Violence

●
Young Children (0-6)

What To Look For and How to Help:

●
School-aged (7-11)

●
Adolescents (12-18)

Signs

- Cries more than usual
- Becomes less responsive
- Cries when you leave
- Eats more or doesn't want to eat
- Sleeps all the time or has trouble sleeping
- Has frequent temper tantrums
- Behaves like a younger child
- Asks many questions about the event
- Startles easily

What to do

- Schedule time alone with you
- Soothe by singing and rocking
- Keep a regular routine
- Use storybooks to talk about feelings
- Shield from violent TV or books
- Don't leave them with people they don't know well
- Explain what will happen ahead of time



Safe Start Center
Web: www.safestartcenter.org
E-mail: info@safestartcenter.org
Telephone: 1-800-865-0965

Additional resources for parents about children's exposure to violence:

Hot Lines

Resources on Children's Exposure to Violence

Information and Resources

Books for Children



National Crime Victim Helpline

1-800-FYI-CALL (394-2255)

Interpreters in 170 languages

Information about what to do if you are the victim of a violent crime and referrals to local services.

National Domestic Violence Hotline

1-800-799-SAFE (7233)

TTY: 1-800-787-3224

Interpreters in 170 languages

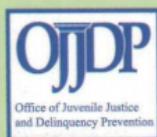
Crisis intervention, safety planning, information and referrals for survivors and anyone calling on their behalf.

Childhelp National Child Abuse Hotline

1-800-4-A-CHILD (422-4453)

Interpreters in 170 languages

Information, referrals to emergency and social services, and support for children and adults.



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