

The Impact of Domestic Abuse on Children

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Quite often a victim will stay with their abuser because they feel that it is necessary for the sake of any children.

Even in situations where the child is not targeted directly with abuse and is 'only' witnessing abuse, it can lead to very serious psychological trauma with possible long-term effects, affecting not only the child's well-being during or shortly after the abuse, but affecting the child's ability to build and maintain healthy relationships in his/her adult life.

Children who live with Domestic abuse can be affected in many ways.

They may experience any of the following problems:

- **Emotional Problems:** crying, anxiety and sadness, confusion, anger, depression, suicidal behaviour, nightmares, fears and phobias. In younger

children and babies eating and sleeping disorders are common. Children can also suffer from Post-Traumatic Stress Disorder.

- **Behavioural Problems:** aggression, becoming troublesome at home or at school, withdrawing into or isolating themselves, regressive behaviour (such as baby-talk, wanting bottles or dummies, etc), lower academic achievements.
- **Physical Problems:** bed-wetting, nervous ticks, headaches or stomach aches, nausea or vomiting, eating disorders, insomnia.

Older children will often hold themselves responsible for the abuse, or feel guilty as they are unable to assist, especially where violence has been an issue.

Children living in an abusive environment may also start to condone violence or the threat of violence to resolve conflict in relationships.

If you would like this information in large print, Braille or another language please contact 01702 546366 Ext 3517



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