

Licensed Domestic Violence Shelters

In Utah

Blanding - San Juan Co. - Gentle Ironhawk Shelter
1-866-206-0379

Brigham City - Box Elder Co. - Your Community in Unity
1-877-723-5600

Cedar City - Iron Co. - Canyon Creek Women's Crisis Center
Center 435-865-7443

Kaysville - Davis Co. - Safe Harbor
801-444-9161

Logan - Cache Co. - CAPSA
435-753-2500

Moab - Grand Co. - Seekhaven
435-259-2229

Ogden - Weber Co. - Your Community Connection
801-392-7273

Park City - Summit Co. - Peace House
435-647-9161

Price - Carbon Co. - Colleen Quigley Women's Center
435-637-6589

Provo - Utah Co. - Center for Women and Children in
Crisis 801-377-5500

Richfield - Sevier Co. - New Horizons
800-343-6302

Salt Lake City - Salt Lake Co. - YWCA of SLC
801-537-8600

St. George - Washington Co. - DOVE Center
435-628-0458

Tooele - Tooele Co. - Pathways
800-833-5515

Vernal - Uintah Co. - Women's Crisis Shelter
435-781-2264

West Jordan - Salt Lake Co. - South Valley Sanctuary
801-255-1095

For children's
treatment programs and
other domestic violence
services in the state of
Utah, call:

1-800-897-LINK (5465)



UTAH DOMESTIC VIOLENCE COUNCIL

205 North 400 West
Salt Lake City, UT 84103

Phone: (801) 521-5544
Fax: (801) 521-5548
www.UDVC.org

UTAH DOMESTIC VIOLENCE COUNCIL

Children in Domestic Violence



**Statewide Domestic Violence
Info Line: 1-800-897 LINK (5465)
Nationwide Domestic Violence
Hotline: 1-800-799 SAFE (7233)**

Did You Know That...

Studies have found that 80 to 90 percent of children living in homes with domestic violence are aware of the violence. Often, parents tend to underreport the extent to which children are aware of the violence, mistakenly reporting that the children were asleep or otherwise preoccupied when the violence occurred.



Children's Defense Fund, Fact Sheet: Domestic Violence and its impact on children

Girls whose fathers batter their mothers are 6.5 times more likely to be sexually assaulted by their fathers than are girls from non-violent homes.

Bowler, L.H., Arbitel, M. and McFerron, J.R. (1988). "On the Relationship Between Wife Beating and Child Abuse" In K. Yilo and M. Bograd (eds.), *Perspectives on Wife Abuse* Newbury Park, CA: Sage.

Children witnessing the violence inflicted on their mothers evidence behavioral, somatic, or emotional problems similar to those experienced by physically abused children.

Jaffe, P.G., D.A. Wolfe, & S.K. Wilson, (1990). *Children of Battered Women: Issues in Child Development and Intervention Planning*. Newbury Park, CA: Sage.

A Comparison of delinquents and nondelinquent youth found that a history of family violence or abuse was the most significant difference between the two groups.

Miller, G. (1989). "Violence By and Against America's Children." *Journal of Juvenile Justice*, 17 (12), p.6.

Boys who have witnessed domestic violence are three times more likely to hit their wives than those who have not.

Stark, E. and Flitcraft, A. (1985). "Women-Battering, Child Abuse and Social Heredity: What is the Relationship?" In N. Johnson (ed.), *Marital Violence*. London: Routledge and Kegan Paul.

One in five women in Utah relate that their children witness or hear *verbal abuse*, while one in fourteen report their children witness or hear *physical abuse*.

Domestic Violence Incidence and Prevalence Study conducted for Governor's Commission on Women and Families Dan Jones & Associates, Inc., April-May 1997

It is estimated that 10 million children witness domestic violence each year.

Children's Defense Fund, Fact Sheet: Domestic Violence and its impact on children

About 4 of 10 female victims of intimate partner violence lived in households with children under age 12.

U.S. Department of Justice, Bureau of Justice Statistics Special Report "Intimate Partner Violence, May 2000

Child abuse and domestic violence co-occur in an estimated 30 to 60 percent of the families where there is some form of family violence.

Children's Defense Fund "State of America's Children, 2004

Children Who Witness Violence Are Harmed...

Children are harmed by domestic violence even if they never see it and are never physically abused themselves.

Even hearing yelling, name-calling, slapping and hitting sounds is abuse and it has a profound effect on children.

- They cannot get enough positive attention from a parent who lives in fear.
- They cannot relax and feel secure because they know something is wrong.
- They may feel guilty because they cannot protect the abused parent.
- They learn that violence is an acceptable way to resolve conflicts.
- They learn that to love someone is to accept abuse from them.
- They can easily become victimized themselves, either by an abuser or a harassed, frustrated victim.
- They can develop behavioral problems, eating disorders and sleep disorders.
- They may slip back into more childish behaviors, such as thumb-sucking, nail-biting, and bed-wetting.
- They often have problems with depression, anxiety, fear and guilt that may carry into their adult life.
- They may have mixed feelings in that they still love the abuser.
- Their grades and ability to concentrate in school may be affected greatly.
- They may have difficulty establishing healthy relationships; possibly at greater risk to become involved in dating violence.



What You Can Do...

If you have a spouse or partner who is violent, it is important to have a safety plan for yourself and your children. As part of the *child's safety plan*, the following should be discussed:

- Instruct children to never get involved during an argument between adults.
- Agree on a safe place to go if a serious fight occurs in a child's home; such as a friend or a neighbor's house.
- Teach children to call for help. Have them practice picking up the phone to call.
- Make sure children know their own address and phone number.
- Reassure children that they are not responsible for the abuse.
- Provide activities to enhance thinking processes; e.g., "if I do this, then that will happen".
- Assist children in articulating and achieving goals.
- Listen to children. Do not talk too much or explain away the violence.
- Provide safe opportunities for children to talk; e.g., bedtime, on walks, in the car.
- Teach problem solving skills including multiple solutions for a given problem and non-abusive responses to conflict situations.
- Reinforce the importance of telling the truth when talking to police officers, teachers and other trusted figures.
- Teach decision making and communication skills.
- Remember when you are safe, your children are safe.

