

STOP THE TEARS



CENTER **FOR** SEXUAL ASSAULT & DOMESTIC VIOLENCE **SURVIVORS**

402-564-2155

1-800-658-4482

24 hour hotline

**2908 15th Street • Box 42
Columbus, Ne 68602-0042**

How Can We Stop the Tears?

1. Don't Ignore the Children's Suffering.

Call the CENTER FOR SURVIVORS to receive a free packet of information on child abuse and domestic violence.

2. Get Help.

Do not suffer in silence. Reach out for help. It is only a phone call away.

3. Get Involved.

Find out more about violence within families and help children who may be at risk.

**STOP
THE TEARS**

&



**START
THE SMILES**

**You Can Make a Difference
in the Lives of Children.**



When adults within a family fight, the children are hurt, too. Most children are aware of the fighting, even though the parents are not fighting in front of them.

How are the Children Hurt by This Violence?

1. They are at Risk for Physical Abuse.

Many abusers eventually hit their children if they are hitting their spouse. The more severe the abuse of the spouse, the worse the child abuse.

2. They Learn Lessons About Violence.

They have seen that hurting others is the best way to get what a person wants. Their behavior may become more aggressive as they try to solve problems.

3. They are at Risk for Emotional Abuse.

Children are fearful about their safety and the safety of their family when they live with violence. This anxiety and fear may upset their normal development. It may lead to increased anger, depression, loneliness and vulnerability.

