

SOMEONE IS HURTING MY MOM



MY SAFETY PLAN

WHEN I AM SCARED

Sometimes things happen in the home that can make children feel frightened or upset. For example, you may see or hear someone in your family hitting, kicking, pushing or hurting someone else in your family. They may yell and make threats. They may throw things and destroy property or hurt your pet. They may even take out a weapon and say that they are going to hurt someone. Knowing who to call and how to get help is the best way for you to help someone in your family who is being hurt.

YOU NEED TO KNOW

1. You are not to blame for the abuse.
2. Even if you hear your parents say your name during a fight, you are not responsible for how adults act.
3. You must not put yourself in danger
4. Abuse is very dangerous, and it is against the law.
5. If you have a safe place, go there when the abuse is happening
6. You are not responsible for your mother's safety – she would not want you to be hurt while you tried to help. Get help by going someplace safe.
7. If you can get to a phone in your own house, a neighbour's house, or a pay phone, you can call for help.

A SAFE PLACE

- * Get out of the room where the abuse is happening.
- * Pick a safe room or place in the house. Try to find a place with a lock on the door and a phone.
- * Find a neighbour or family friend where you can go to if you need to get out of the house.

WHEN YOU GET TO SAFETY, CALL FOR HELP

- * Once you are in a safe place in your own home, a neighbour's home or at a friend's house, get help
- * Learn how to contact police or band constables and their emergency numbers, or call 911
- * Know your street address and your full name to give to police
- * Practice what you will say if you have to call 911

REMEMBER:

- * You should not feel responsible for the abuse. It is not your fault!
- * You should get to safety. It is not your job to stop the abuser or to get involved in the fight.
- * There are people who you can talk to. They help you deal with the pain of seeing your mother or others being abused.

IF YOU HAVE TO CALL 911

Dial: 9 1 1.

They will say: POLICE, FIRE, AMBULANCE

You answer: Police

Then say:

My name is _____.

I am _____ years old.

I need help. Send the police.

Someone is hurting a member of my family.

The address here is

_____.

The phone number here is:

_____.

Leave the phone off the hook when you finish talking. The police will call the number back if you hang up.



MY OWN SAFETY PLAN

Fill in your information with a trusted adult.
Keep it with you to read when you need it.

When I get scared I can go to:

When I am feeling sad or afraid I can talk to:

The best ways to get out of my house are:

In an emergency I should:

My Important Phone Numbers:

★ My phone number:

★ The police/band constable:

★ A neighbour, friend or relative's number:



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