

Call 911 For Help

Safety At Home

- **Call 911** for police help, if you are afraid that you or someone will be hurt.
- Tell the police **where** you are and give the address.
- Tell the police **who** is being hurt, and who is involved.
- Practice **how to get out of your home safely**. Which doors, windows or stairs would be best?
- Which neighbors can you go to for help?

Safety At School

- If you are afraid of being hurt, tell:
 - A teacher
 - School police
 - Parent
 - School nurse
 - Adult you trust
 - **Call 911**
- **Remember: You have the right to be safe!**

Safety On The Street

- If you are afraid of being hurt:
 - Go to the nearest store and ask them to **call 911**.
 - Stay out of the fight
 - Ask for help
 - Find an adult who will help

If You Cannot or Do Not Want To Call 911:

- Tell
 - A teacher
 - A minister, rabbi, or priest
 - A parent
 - Relative
 - Nurse or doctor
 - A trusted adult
- Call the Arkansas Child Abuse Hotline at 1-800-482-5964
- Call the National Child Abuse Hotline at 1-800-422-4453



Arkansas Coalition Against Domestic Violence

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SAFETY FOR KIDS

*Violence is NOT a
Natural State*



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www.domesticpeace.com

Are you afraid at home? At school? On the street? You have the right to be safe!

Domestic Violence Is:

When grownups in your family hit, kick, push or throw things at someone else in your family.

It might make you feel scared, confused or mad.

It can make you feel like crying or yelling.

It might make you feel embarrassed or guilty, but **it's not your fault**.

When The Fighting Starts

Stay away from the fight!

- Stay out of the room where the fighting is.
- Stay out of the rooms where you might get trapped, like a closet or a bathroom.
- Stay out of the kitchen and garage, where it's easy to get hurt during a fight.

Get Help!

- Go to a safe place, like a neighbor's or friend's house.
- If you need help right now, try to call 911 from a room away from the fighting.

Things To Think About

- Which doors, windows or stairs are the safest way to get out of your house during a fight?
- Which grownups could you talk to about getting help?

Remember: It's not your fault!

It's okay to love both of your parents, even if one parent is hurting the other.

But it's not okay for that parent to hurt you, your other parent or anyone else.

People who can help



friends & neighbors



teachers



police officers



doctors



clergy



lawyers & judges



relatives, aunts, uncles & grandparents