

About Victim Support

Victim Support is an independent charity that provides specialist practical help and emotional support to victims of all crime and major incidents across England and Wales.

We provide support and information 24 hours a day, seven days a week, whether or not the incident has been reported to the police. Anyone seeking help can contact our free 24/7 Supportline on 0808 16 89 111 or via victimsupport.org.uk.

For Cumbria C&YP Team:
0300 303 0157
CYPcumbria@victimsupport.org.uk

References:

- 1: Moroz, A. (2021). Restoring trust; children witnessing domestic abuse: learning for support services. [Restoring Trust external-report.pdf \(victimsupport.org.uk\)](#)
- 2: The Outcome Star. (2021). Triangle Consulting Social Enterprise Limited. [Outcomes Star™ transforms lives and services | Triangle](#)
3. Inside cover image: © Getty Images

Supporting Children & Young People

Practical activities and ideas for parents and carers of children and young people affected by domestic abuse



Impact of Domestic Abuse

Experiencing domestic abuse affects everyone differently. It may impact a child or young person's (C&YP) emotional and psychological wellbeing and could cause behavioural changes that may affect their relationships and their performance at school. It may also impact their sense of safety and cause a lack of trust.¹

Using the My Star™ Approach

When a Victim Support (VS) Domestic Abuse practitioner works with C&YP we may use the My Star™ approach. Each point of the 8-point star helps us think about those aspects of life that C&YP feel are important to them. These include *physical health, where they live, being safe, relationships, feelings and behaviour, friendships, confidence & self-esteem, education & learning*.²



Resources & Links

We understand what a challenging time this can be for parents and C&YP. Here at Victim Support we have developed an online support tool for those impacted by crime called My Support Space. You can register for free here: [My Support Space](#)

Here are some other resources that you may find helpful too:

Physical Health When we encourage and support children and young people to get into a regular routine, they are more likely to stick to it, improving their health over time. It could be cooking a healthy meal, going for a walk or getting better sleep. Resources that might help include:

[joe wicks kids workout - Bing video](#)
[Healthy sleep tips for children - NHS \(www.nhs.uk\)](#)
[Sleep - Support for Parents from Action For Children](#)
These podcasts may also be helpful for teenagers: [Health Uncovered with Cel Spellman on Apple Podcasts](#)

Where you live When C&YP experience difficult circumstances in their home it can be unsettling. These strategies can help them feel at safe at home again: [7 Ways to Make a Child Feel at Home - Safe Families for Children \(safe-families.org\)](#)

Being Safe Feeling safe is vital for wellbeing and we can explore and support C&YP to feel safer by talking about it...
[Talking about difficult topics | NSPCC](#)
[Helping Children Cope with Traumatic Events - HelpGuide.org](#)

Relationships Having healthy relationships, with appropriate boundaries helps us to be and feel happy.

[Setting boundaries for teenagers | Relate](#)
<https://parents.actionforchildren.org.uk/wp-content/uploads/2021/09/100-Acts-of-Kindness.pdf>

Feelings & Behaviour Sometimes C&YP may need support dealing with difficult feelings; these resources may help:

[Supporting A Child With Anxiety | Tips & Advice | YoungMinds](#)
[The Color Monster, A Story About Emotions by Anna Llenas | Children's Books | Storytime with Elena - YouTube](#)
[https://www.childline.org.uk/toolbox/calm-zone/Anxiety thermometer \(justonenorfolk.nhs.uk\)The STOPP Technique - YouTube](https://www.childline.org.uk/toolbox/calm-zone/Anxiety%20thermometer%20(justonenorfolk.nhs.uk)The%20STOPP%20Technique%20-YouTubeworry-box.pdf%20(justonenorfolk.nhs.uk))
[worry-box.pdf \(justonenorfolk.nhs.uk\)](#)

Friends Relationships with friends can change too and it might help to explore this by encouraging them think about what can be good qualities we would like in a friend:

[What makes a good friend? \(kidscape.org.uk\)](#)
This link from the BBC on handling peer pressure might also be useful: [Top tips for handling peer pressure... - CBBC - BBC](#)

Confidence & Self-esteem C&YP need to feel valued if they are to believe in themselves. Starting a diary or a journal can be a good way to help C&YP notice when they do something well.

[Activity: using a diary to boost self-esteem - Support for Parents from Action For Children](#)

Education & Learning Enjoying school and feeling engaged in learning supports improving outcomes for C&YP and we can help by suggesting ideas like:

[How to Enjoy School: 14 Steps \(with Pictures\) - wikiHow](#)
[What to Do if You Don't Like School \(for Kids\) - Nemours Kidshealth](#)