

## **Darrell M. Harding** **Attorney at Law, PLC**

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With more than twenty years of experience we know that not every case is the same and provide each case with the personalized individual attention it deserves. Our firm is committed to providing our clients with skillful and professional representation. We provide our clients personalized attention and service. Our firm understands that family issues involving divorce and/or children can be emotionally and physically stressful. We are here to help guide you through the legal system and will take you through the process one step at a time.



**Darrell M. Harding** graduated with honors with a Bachelor of Science in Psychology from Brigham Young University in 1984. He also graduated at the top of his class with his Juris Doctor Degree from J. Reuben Clark Law School, Brigham Young University, in 1988. He served as Legal and Political Chairman over the Civil Law Division from 1987-1988, Negotiator Forum Vice President in 1988 and served on the Law Review. For over 23 years he has focused exclusively on family law to best serve individuals like you.

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## **CHILDREN & DOMESTIC VIOLENCE**

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## **DID YOU KNOW:**

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**Children learn from the example  
you set at home.**

**Read on to better  
analyze your case.**



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## Did you know?

Children see, hear, remember and worry about much more than grown-ups think they do. You may believe that they are asleep or watching TV, but they know when you're fighting.

Children are more likely to be abused in a home where someone else is being abused. Children can learn and act out violence from the example they see at home.

## Children know domestic violence is happening when...

Someone in their home or close to them is...

- Yelling/Screaming
- Name-calling/Put-downs
- Slapping/Pushing/Kicking
- Hurting family pets
- Breaking things/Punching walls
- Scaring/Threatening with words or weapons

## Listen to children...

If children tell you there's fighting at home or if you're worried about children, please help!

- Don't be afraid to ask what's going on at home.
- Tell children you're a safe person they can talk to.
- Thank children for having the courage to tell you.
- Remind children the violence is not their fault.

## What it's like for children...

We **SEE** it... "She couldn't breathe. I thought he was going to kill my mom."

We **HEAR** it... "I hide under my bed because the noise scares me."

We **GET** it... "I wish they wouldn't lie about what's happening, like I don't know."

We **HOLD** it... "I worry about it all the time and feel like it's my fault."

## How many children are exposed to domestic violence?

In the United States, approximately 7 to 14 million children are exposed to domestic violence each year. In Virginia, based on national data and our population, an estimated 300,000 children are exposed to domestic violence every year.

## How children may respond...

Children respond differently to violence, but these are some of the ways they might react:

### In our bodies:

We have trouble sleeping  
We have nightmares  
We can't concentrate  
We have stomach aches, headaches  
We get hurt sometimes by getting in the middle

### In our actions:

We get frustrated  
We get into fights  
We get bad grades  
We get into trouble  
We wet the bed

### In our emotions:

We are angry  
We are confused  
We feel different  
We are sad and lonely  
We feel like hurting ourselves  
We feel guilty  
We feel afraid for you and for ourselves

## Keep children safe

Talk to children about stranger danger and fire safety... children need you to talk to them about how to stay safe when violence is happening in their homes.

Here are ideas for discussion with children:

- Talk to children about how to be safe.
- Explain where children can go to be safe, like a safe place in their house or neighborhood.
- Teach children how to call 911 and how to talk to adults they trust when they need help.
- Help children understand that it is not their job to stop the fight.

## For More Information

The Child Advocacy Task Force:  
804.377.0335 [www.vsdvalliance.org](http://www.vsdvalliance.org).

Family Violence & Sexual Assault Virginia Hotline:  
1.800.838.8238

National Domestic Violence Hotline:  
1.800.799.SAFE (7233) or 1.800.787.3224

What facts help or hurt your case?

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