

Children

Are you afraid of a family member?

Does any of the following happen at home?

Hurt Shame Stuck
Quiet Bullying Tired Sad
Guilt Not-normal Scared
Abusive Nightmares
Ashamed Embarrassed Protect
My-fault Responsible Confused
Spitting Not-believed Invisible
No-school Responsibility Grabbing
Excuses Furniture-smashed Hitting
Fighting Sleep-disturbance Trouble
Shouting Money-control Agitated
Swearing Injured-pet Screaming
Jealous Bed-wetting Burning
Pushing No-choices Crying
Alone Next-time Tense
Angry Blamed Lie
Jumpy

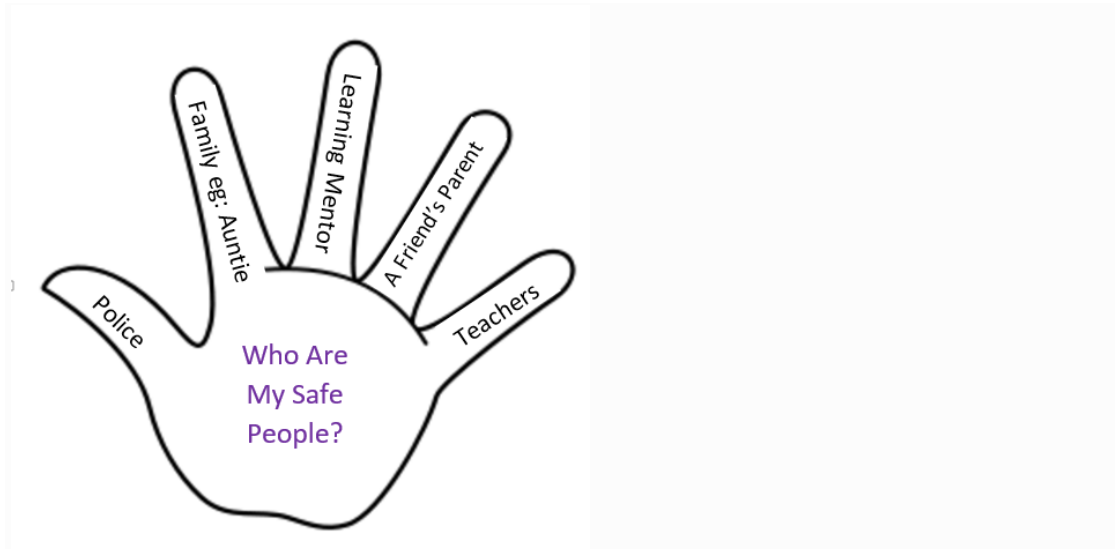
How The Lookout can help: -

- The Lookout helps children who are upset because things are happening at home which makes them feel scared or anxious, because one parent hurts the other.
- We can also help children who have experienced this previously, even if it has now stopped.
- We can see you on your own, at school or at another place where you feel safe.
- We can see you with other children, including your brothers and sisters.
- We have fun activities and youth club sessions where you can meet other children and have fun.
- You can have your own support worker who will listen to you and who you can talk to about your feelings.

It is not your fault!

If you're scared or worried about something that's happening at home you can talk to us on [01282 619192](tel:01282619192) , then press 1 for The Lookout.

You can also talk to one of your safe people!



Safe People are the people you know who don't hurt you, and who you feel you can trust.

Questions you might have

Will you tell anyone?

We won't tell parents or teachers anything you tell us unless we are very worried about your safety. If we feel that we do need to tell someone, we will always tell you about it first.

Will we have to leave?

Every family is different and sometimes to keep everyone safe, families need to move away from the person who is hurting them. This might mean moving house, or going to stay somewhere safe for a while. The Lookout can support you with this and your support worker will listen to your worries.

Get in touch with us

- Email the-lookout@p-a-c.org.uk
- Calling us on [01282 619192](tel:01282619192) option 1
- Sending us a text on [07543 646 959](tel:07543646959)
- Visiting our Facebook page