

## **PARENT**

### **Are you a parent?**

We provide support for children and young people living in who have experienced or witnessed domestic abuse

We understand that as a parent you want to protect your child from harm, and that children are often affected by domestic abuse happening within the home, even if they are not being physically harmed. Children will often see or hear the arguments, they might see or hear the violence, and they will know if you or your partner are scared or upset. This can have a lasting impact on a child even after the abuse has ended. For example, it might affect your child's success and behaviour at school, their ability to form friendships and relationships, and their self-confidence and self-worth.

The Lookout can support children and young people who:

- Are aged 5 – 18 years
- Live in Pendle.
- Have been exposed to abuse within their family
- Have experienced abuse in their own relationship (whether this is still happening or has now stopped)
- Are at risk of experiencing family and/or relationship violence

We also have an adult support service, [PDVI](#) which can help you if you are experiencing domestic abuse.

The Lookout uses various therapeutic tools to support children and young people through their individual healing processes. All support is age appropriate and is tailored to the individual needs of each young person.

### **How can The Lookout help with my child?**

Children and Young People respond to their experiences in different ways. Some show signs through their behaviour while others don't show signs and learn to hide their emotions. Even if you have several children who have experienced the same experiences of abuse they will still be affected in different ways.

### **At The Lookout children and young people can access:**

- Individual sessions with a support worker
- Group and peer support
- The Lookout Junior and Senior Youth Clubs
- Drawing and talking therapy
- Advocacy and court support
- Yoga Gym
- Fun activities
- Play sessions

### **The Lookout can help children and young people:**

- Understand what domestic abuse is
- Identify abusive and non – abusive behaviour
- Develop a safety a plan
- Manage what’s going on at home or in their relationship
- Respond to their feelings safely
- Seek help
- Talk about it
- Identify people they can trust
- Respond to domestic abuse incidents
- Report domestic abuse incidents and be supported through the criminal justice system
- Ensure their voice is heard when decisions are made.
- Prepare to leave an abusive relationship/ escape family violence with their non – abusive parent safely
- Find emergency accommodation
- Be supported whilst living in a Refuge
- Recover
- Understand the differences between healthy and unhealthy relationships
- Understand the impact domestic abuse has on children (for young people who are parents)

As well as targeted emotional support, The Lookout can provide practical support to help young people increase their resilience against future harm. Support workers can make

referrals to Refuges or other places of safety throughout the country. We can provide equipment for personal safety and provide security lock packages.

**Get in touch with us by:**

emailing [thelookout@p-a-c.org.uk](mailto:thelookout@p-a-c.org.uk)

calling us on [01282 619192](tel:01282619192) or sending us a text on [07543646959](tel:07543646959).

Visit our Facebook page [The Lookout Pendle](#)

You can ask for help, advice or just more information.