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## Why Violence Happens

The number one thing to remember when your parents fight is that it is not your fault. No matter how quiet, clean, smart, or good you are the fighting won't stop.

One of your parents has trouble controlling their temper. He or she may yell, scream, or hit you or other members of your family. This person needs to get help. They need to learn that they have no right to use violence or threats against you and your family.

If one of your parents decides to leave home it is not your fault, it is to keep you and your family safe.



## Keeping Yourself Safe

- Don't get in the middle of a fight between your parents, you could get hurt
- If you want to help ask your parent how
- Create a code word with your parent – if they say that word you call 911.
- Stay out of the kitchen and garage. There are dangerous objects in those rooms.
- If you hide, make sure there are two ways to get out of your hiding place. Avoid upstairs, closets, and the bathroom.
- Agree on a safe place to go with your parent, like a neighbors house or a tree down the block, where they can find you after the danger has passed.

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## Calling 911

When you call 911 for help they are going to ask you a few questions so before an emergency happens you should know:

- Your full name
- Your address—including city, state, and zip code
- Your phone number with area code

When You call 911 tell the person on the phone:

- Your name and address
- What is happening
- And don't hang up until the person on the phone tells you

**ATVP services are free and provided to clients without discrimination on the basis of race, color, religion, political beliefs, sex, disability, age, national origin, sexual orientation, or marital status.**

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Who Can I Talk to?

When you are scared there will always be people willing to help you, you just have to know where to look.

Some people you might talk to are:

- Family members: like your aunts, uncles, or grandparents
  - Teachers
  - Coaches
  - Ministers or other people in your church
  - Your best friend's parents
  - Neighbors you trust
  - Or call the National Domestic Violence Hotline at 1-800-799-7233
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**ATVP**  
**Celebrating 25 Years**  
**of Survivors' Strength in 2005**

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**Web Address**  
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**24-Hour Hotline**  
Collect Crisis Calls Accepted

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**For Kids:**  
**When Adults**  
**Fight**



Help for victims and survivors of domestic violence and sexual assault

24 hour Crisis Hotline  
**(509) 332-HELP**  
Or  
**(208) 883-HELP**