

**“I thought
it was just
happening
to me”**

**“I used to think it was
my fault that they were
always shouting and I
wanted them to stop”**

we can help just call
 **03000 20 25 25**

Local rate call

or email us on
children@myharbour.org.uk
or text 'Harbour', with your message to: 60777
www.myharbour.org.uk

registered charity number: 1086897

This leaflet is available in other languages and
formats, call 03000 20 25 25 to request this.

CL/13



**“I need
to talk to
someone
about how
I feel”**

Some parents or adults in families can hurt, hit or bully other adults or children. This can make the children feel scared. Harbour helps these children to feel safer and understand that what is happening is not their fault.



“I didn't understand why he could be so nice sometimes then get so angry with my mam the next day”

What will happen?

We will speak to you to find out how you feel and what help you want. Then we will do fun activities with you to help you to feel better and safer. We will spend time with you on your own or in a group with other children. Sometimes we might see you with your mum.

What if I am worried?

It is important you stay safe if there is a fight at home. If you are scared you must tell a grown up that you trust about what is happening.

“I used to feel scared all the time”