

welcome



Hey, welcome to the refuge.  
This pack is designed to give you space to discuss what happened to you and to think about how you feel.

We designed it so you can look through it by yourself (all in one go or a little at a time) but it's best to go through it with your mum, someone else you can trust or with your support worker, if you have one, as it might bring up some feelings you are finding it difficult to cope with.



To start... why don't you write down your story and how you are feeling - you could also draw it if you prefer!!

Include anything you are having problems with or concerns about - even if it's not related to what happened at home.

**Remember:** This is your pack and you don't have to share it with anyone unless you want to!

Continue to the next page...

**What is a refuge?** A refuge is a safe place for you to come and stay with your mum for a while and where there are people to support you and your family.

Your story continued...

Did you know...?

You...



Have a right to be safe.

Are not responsible for the violence.

Can talk through what you've been through.

Are not going to end up being a victim or being violent -  
you have a choice.

Have the right to express your own ideas and feelings.

Have the right to be respected.

Have the right to be given information about what's  
happened to you and what's going on.

If you agree sign here





To keep everybody safe at the refuge, it is important to have rules like the ones below.



Find out if your refuge has any other rules and add them to the list.



### Refuge Rules:

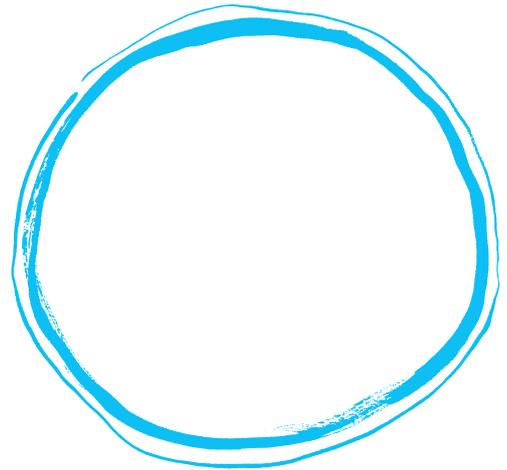
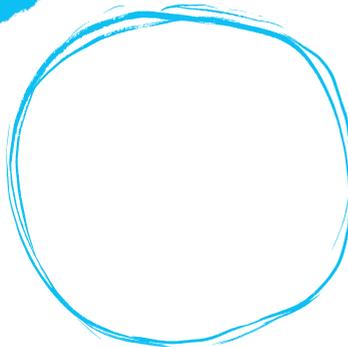
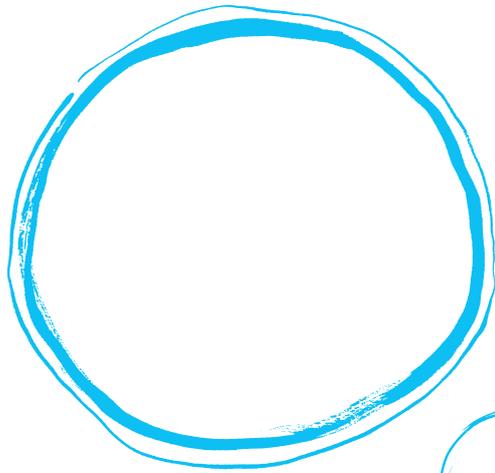
- Young people should not open the door.
- Young people should not answer the phone.
- Young people should not tell anyone their address.



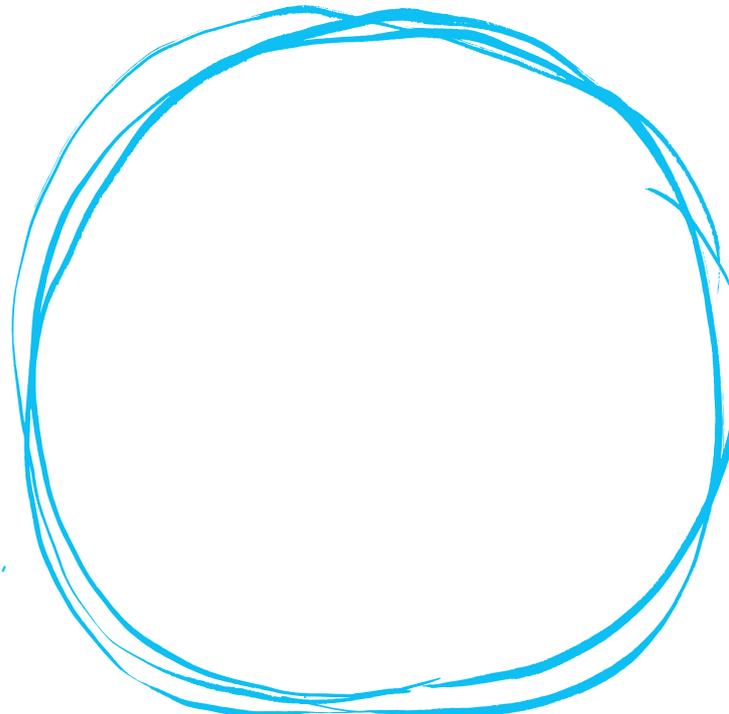
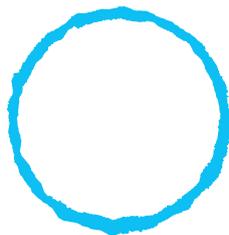
We are all affected by people and things - what are the biggest influences on you?

Draw or write in the circles.

Put the biggest influences in the biggest circle :)



Me



Adapted from:  
'Who am I? Who decides?',  
from Womankind's  
'Challenging Violence,  
Changing Lives' Toolkit

Hey!  
It's ok to...



Not like someone  
who is violent

Still love someone  
who is violent

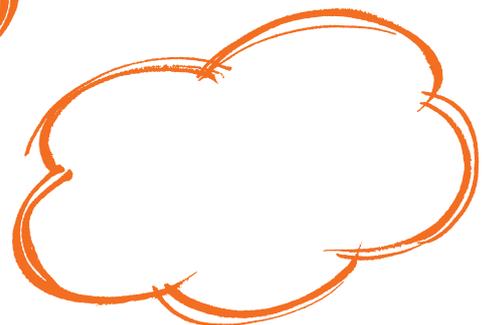
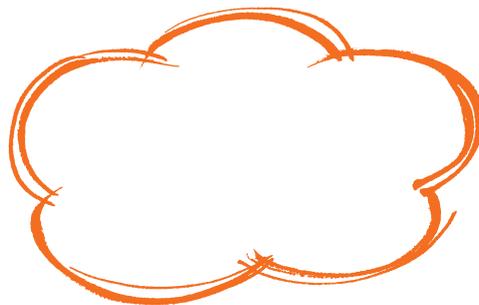
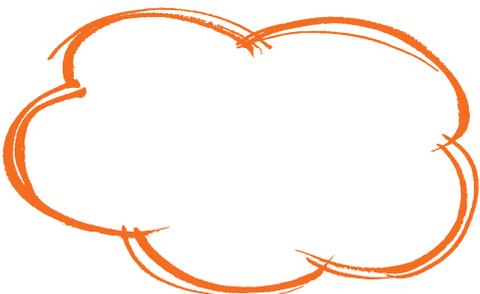
Say exactly  
how you feel

Talk to someone  
or say nothing

Feel angry,  
cry or anything  
you like!

Have a good time  
even if mum is  
unhappy sometimes

Why don't you add in your own and put a 😊 on the others above if you agree!



Young people are affected by domestic violence  
 TRUE

Young people are often to blame  
 FALSE

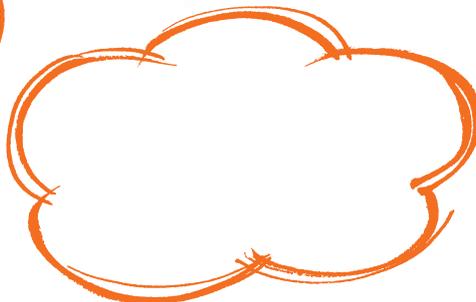
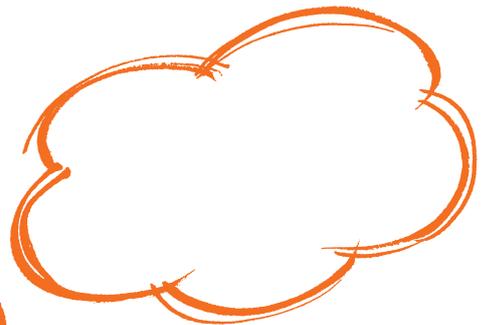
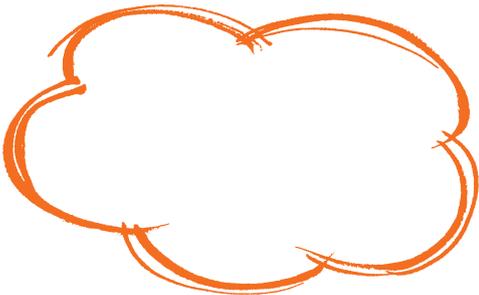
Domestic violence only happens to poor people  
 FALSE

Young people aren't usually aware of domestic violence  
 FALSE

Domestic violence in a family should not be kept private  
 TRUE



**True or false?**  
Here are some facts and myths about domestic violence - can you think of any others? Say whether they are true or false.



Domestic violence doesn't affect young people when they've left the violence  
 FALSE

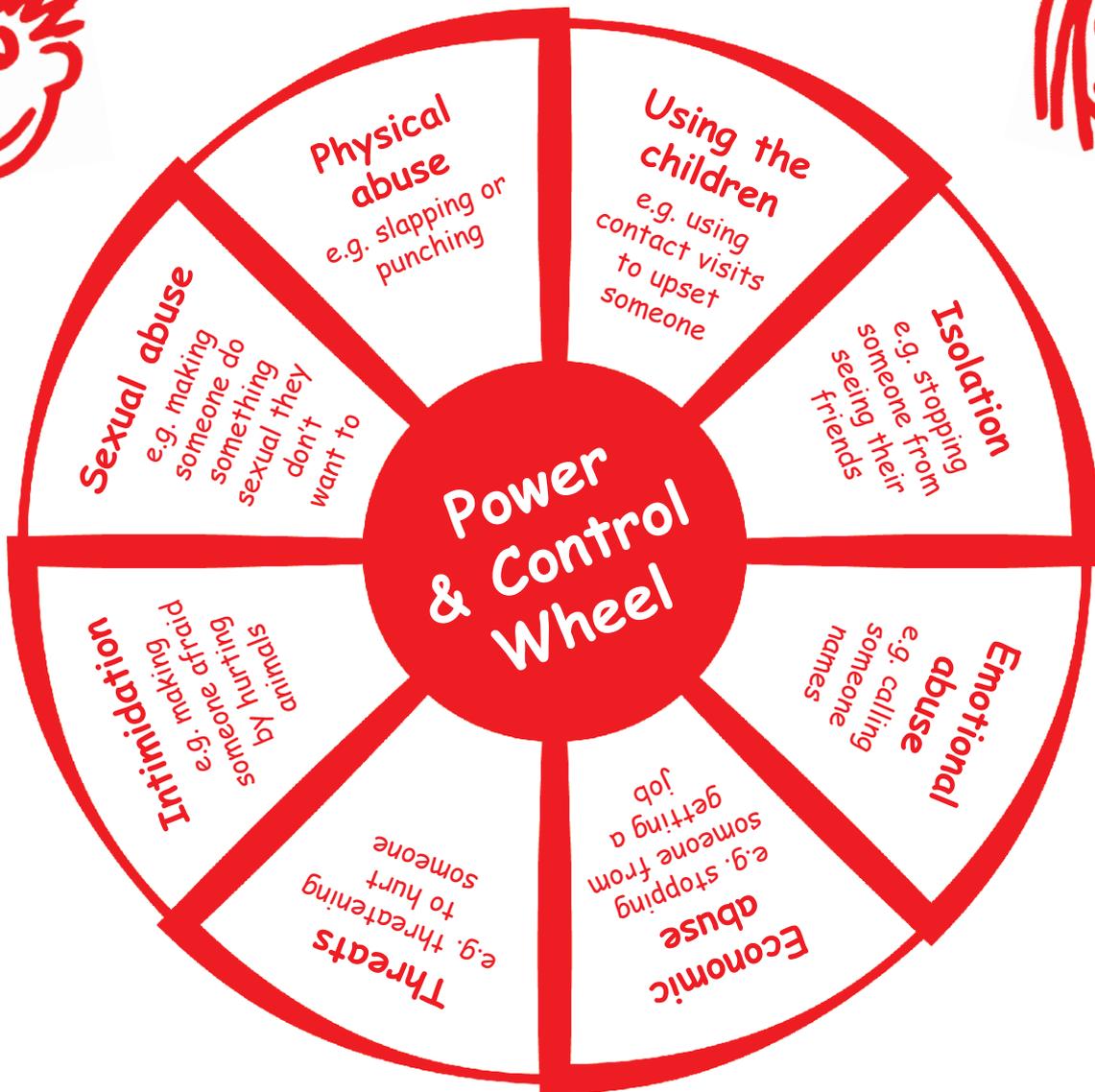
Boys can control their girlfriends  
 FALSE

Girls who don't do what their boyfriends want deserve to be hit  
 FALSE

# What is domestic violence?

It's a repeated pattern of behaviour. It often includes several different types of abusive behaviour. People use domestic violence to control other people.

This is the power and control wheel - it shows how different behaviours can be used to control someone and make them do what they want.



Think about how each part of the wheel can be used to control someone - how do you think these can be used?

Which type of abuse do you think is the worst?

Is it easier, do you think, to tell someone about some types of abuse than others?

The opposite  
of power and control in a  
relationship is respect and equality.  
What types of behaviour show this?  
We've added in the first one for you!



The respect and equality wheel shows how  
different behaviours help people  
to have equal, respectful and  
healthy relationships.

**Note:** These 2 pages might upset you - remember you can talk to someone about it!  
You can talk to refuge workers or go to [www.thehideout.org.uk](http://www.thehideout.org.uk).



This wordsearch contains some of the positive and negative elements of a relationship - try to find all the words and say which words are elements you would see in a healthy relationship!

Some of these will depend on the relationship - not all of them are negative. For example - being angry is ok but taking anger out on someone else is not good.



E	T	E	S	L	A	H	E	A	L	T	T	T	H	E
G	S	N	T	U	O	Y	R	E	L	C	N	A	T	M
I	O	I	E	A	P	V	O	N	S	E	E	H	I	P
S	P	O	C	R	I	P	I	I	S	P	L	O	N	A
C	E	W	D	I	E	L	O	N	H	S	O	E	R	T
A	Y	E	Y	O	T	F	I	R	G	E	I	U	E	H
R	F	H	E	E	L	I	F	M	T	R	V	R	S	I
E	E	S	T	P	E	C	R	I	U	E	T	E	I	S
D	D	A	N	L	D	Y	O	C	D	H	D	S	M	E
G	N	I	D	N	A	T	S	R	E	D	N	U	O	E
G	N	I	R	A	C	E	A	T	U	T	R	O	R	R
N	E	T	S	I	L	N	H	R	S	U	S	L	P	F
T	T	H	E	O	G	T	H	U	A	E	R	A	M	P
E	R	S	O	R	N	G	U	H	F	E	M	E	O	F
I	N	V	Y	G	E	I	U	O	E	U	Y	J	C	V

- ANGRY
- CARING
- COMPROMISE
- CRITICISE
- DIFFERENT
- EMPATHISE
- FREE
- GOOD
- HEALTHY
- HUMILIATE
- HURT
- JEALOUS
- LISTEN
- LOVING
- RESPECT
- SAFE
- SCARED
- SUPPORTED
- UNDERSTANDING
- VIOLENT

There is also a sentence hidden in the wordsearch that says what a healthy relationship is - can you find it? The letters left over after you have found the words in the wordsearch spell out the sentence (reading from left to right and top to bottom).

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Hey, congratulations  
you've reached the end!  
Why not write down how  
you felt at the start  
and how you  
feel now?

Why not write  
down any support  
you need and where  
you'd go to get it!!



At the start I was:

Now I feel:

I need help with:

Where I'd go:

This is a space to put down your thoughts or feelings you have to share with refuge staff or other people

A large, empty rounded rectangle defined by a dashed blue line, intended for writing thoughts or feelings.

# Children's Welcome Pack

ISBN 0 907 817 513

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© Published by Women's Aid Federation of England, 2011.  
Registered Charity No: 1054154

**0808 2000 247**

Freephone 24 Hour National Domestic Violence Helpline,  
run in partnership between Women's Aid and Refuge.

**women's aid**

until women & children are safe

[www.womensaid.org.uk](http://www.womensaid.org.uk)

Registered Charity No: 1054154. Limited Company No: 3171880.  
Registered Office: Kings House, Orchard Street, Bristol, BS1 5EH.  
VAT Registration No: 850 5437 31.