



welcome

Hi! Welcome to the refuge. We have lots of things for you to fill in and keep as a memory of your stay.

We drew these pictures of ourselves - why don't you draw a picture of yourself.

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.

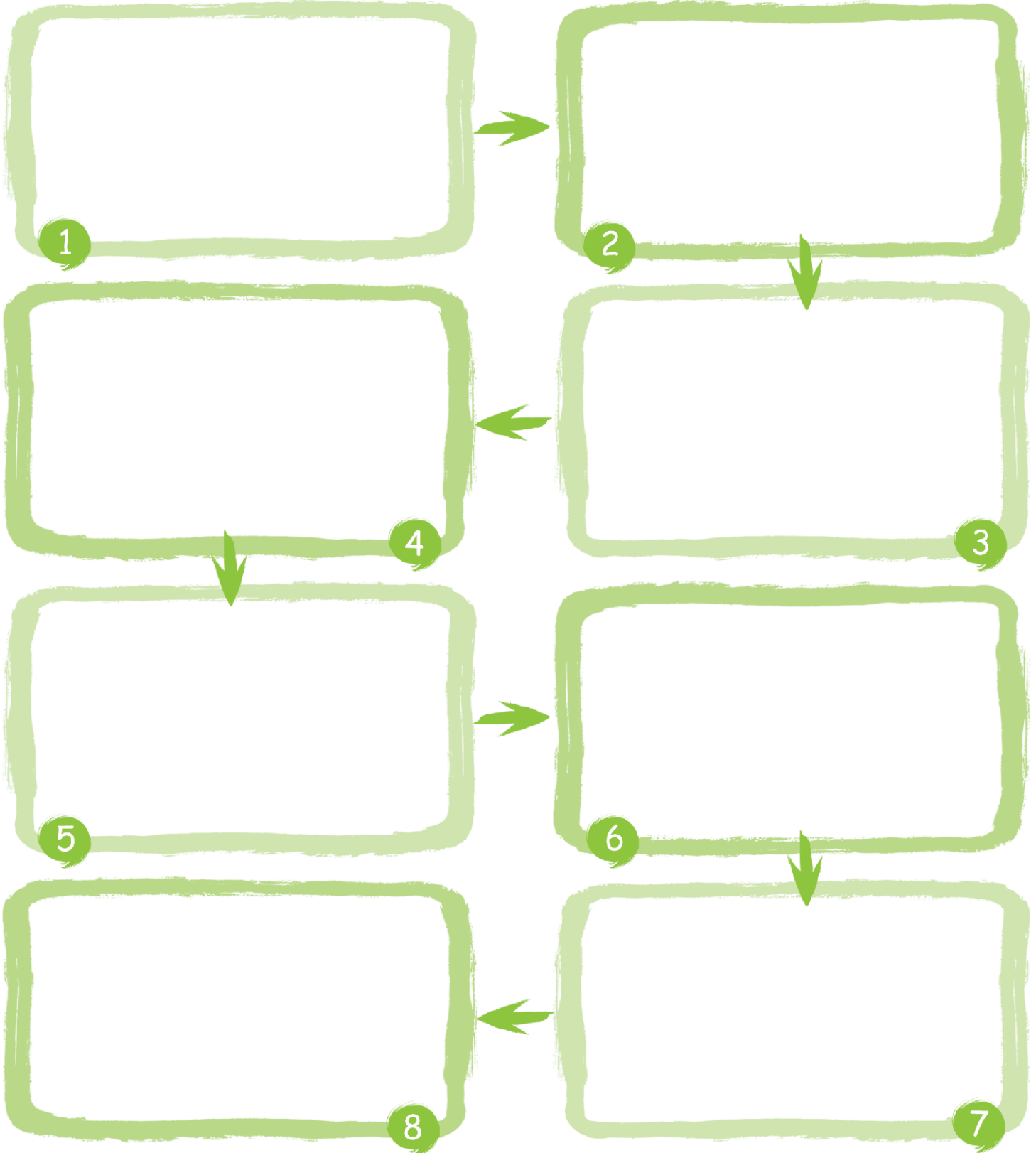


Me



Draw or write the important things that you remember.

The story of my life...



This is not the end - just the beginning! There are lots of good and happy times in the future!



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

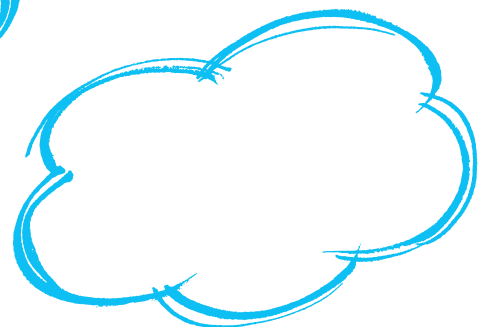
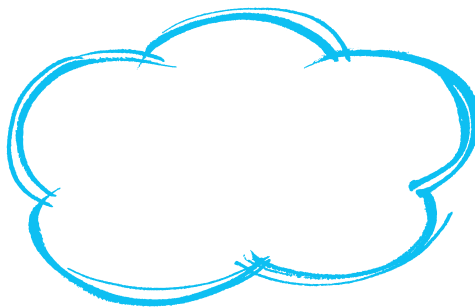
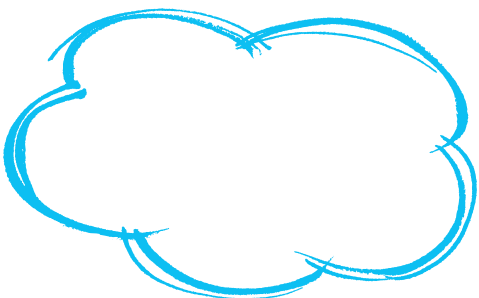
Say exactly
how you feel

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!



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:

- Children and young people should not open the door.
- Children and young people should not answer the phone.
- Children and young people should not tell anyone their address.

Young people are affected by domestic violence
 TRUE

Young people are often to blame
 FALSE

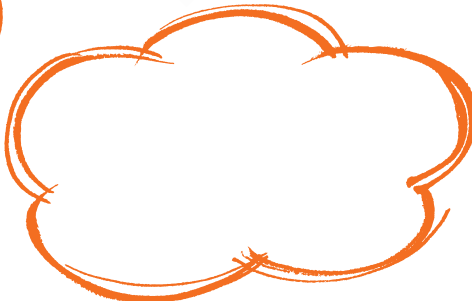
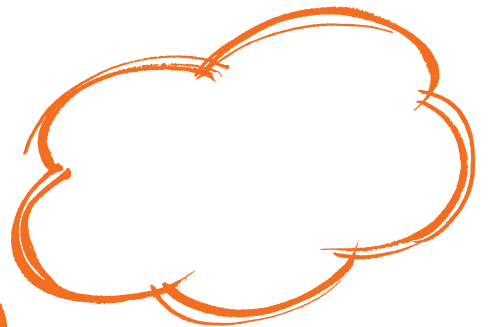
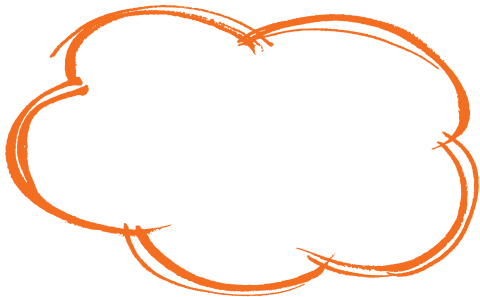
Domestic violence only happens to poor people
 FALSE

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

This wordsearch contains some of the emotions you might be feeling.

How many can you find?
How do they make you feel? Why?



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

ANGRY

JEALOUS

SAFE

CONFIDENT

JOYFUL

SCARED

DIFFERENT

LONELY

SUPPORTED

HAPPY

RELIEVED

TIRED

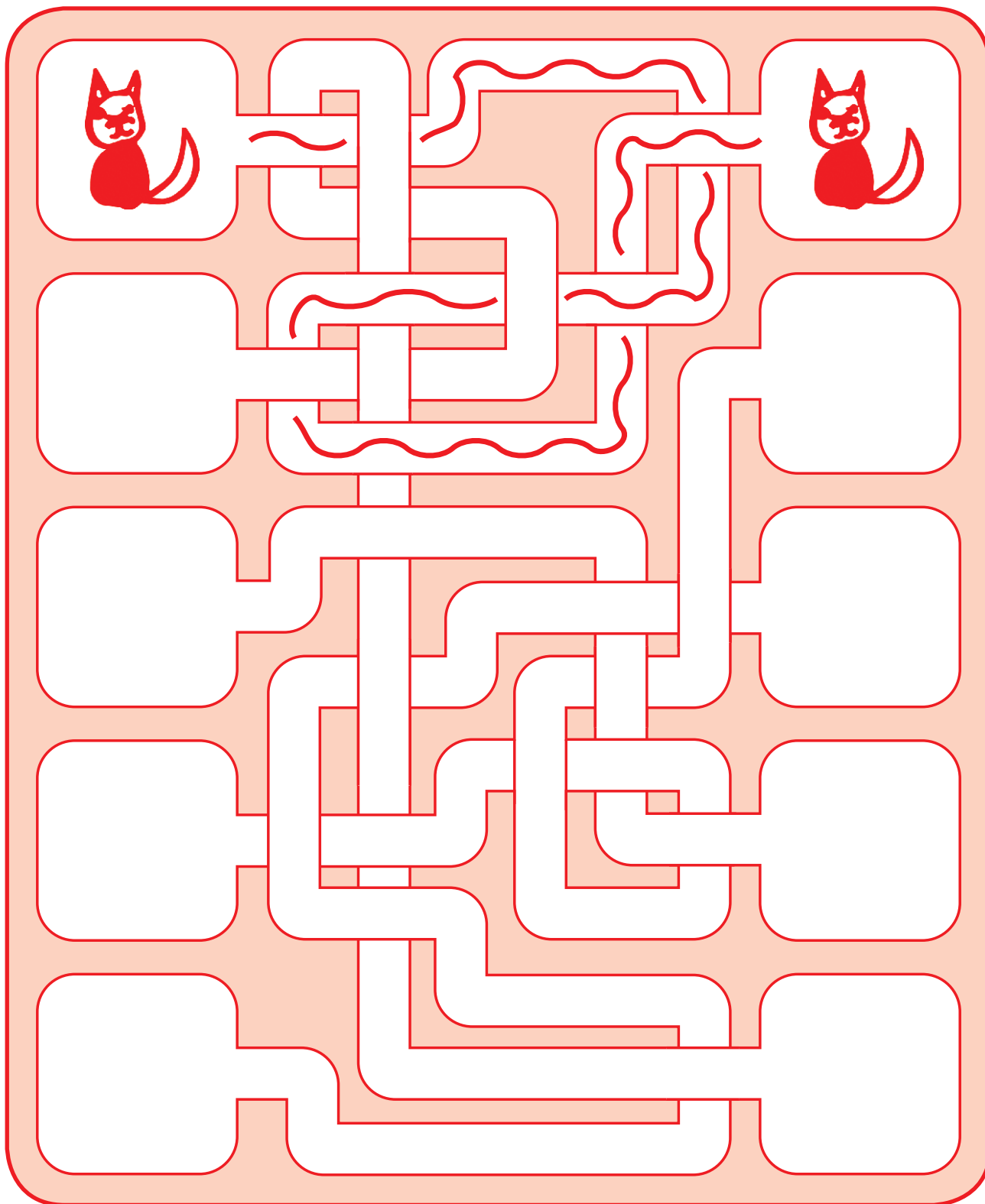
HURT

RESPECTED

WORRIED



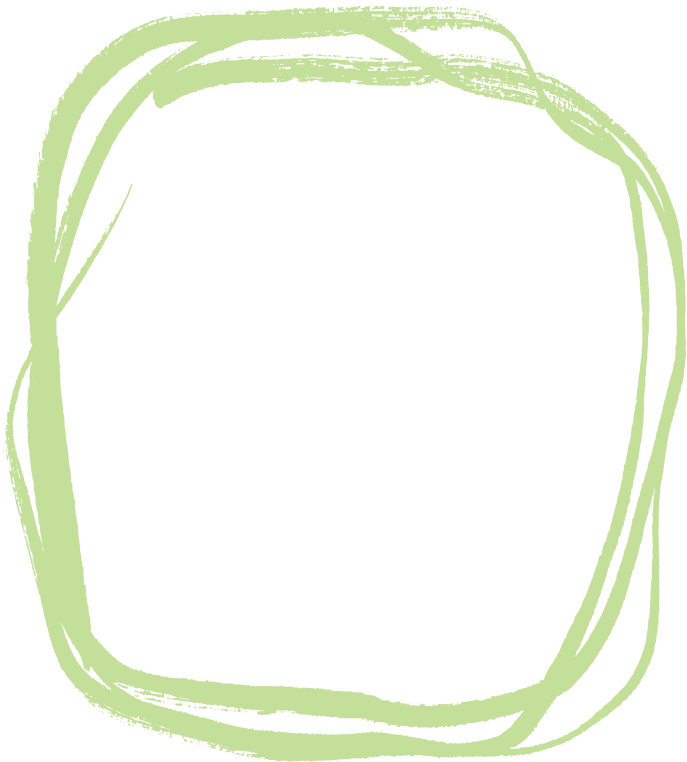
Connect the pipes together and draw what you miss in both boxes.





When I grow up I want to be a doctor... Tell me about you!

I want to be...



My house will look like this...



3 things you would like to do...

- 1.
-
- 2.
-
- 3.
-

This is fun! I want to be a racing driver and a footballer!!



There are lots of places round here to have fun. See if you can find out where they are!
Ask a grown-up to help you draw a map so you and mum know where they are.
Here are some ideas to help you start...

Park, sweet shop and
of course school!!



My home



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:

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until women & children are safe

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