

## It's not your fault...

It's not your fault that these things are happening to you. You are not bad. What's happening to you is bad and it's against the law.

Sometimes people drink alcohol or use drugs before they hurt someone. Being drunk or high is never an excuse for hurting someone.

Sometimes the people in the family who have been hurt drink alcohol or use drugs because they think it helps them forget the pain. They think it will make them feel better. But it doesn't. Drinking and using drugs can never solve problems. But they can make problems worse.

It's not okay for an adult to give you alcohol or drugs. They might tell you it's okay, but it's not. Tell an adult you trust if someone wants you to drink alcohol or take drugs.

Are you scared by someone's drinking or drug use or violence in your house? The best thing to do is tell someone. Tell someone if there is violence at your house. Keep telling people until you find someone to help.

Family violence is not okay. Drinking alcohol or using drugs is not an excuse to hurt someone. Drinking alcohol or using drugs won't make the violence or the hurt go away. Talking to someone will.

In the space below, write the name of the person you would talk to if you needed to.

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## If You're a Kid and There's Drinking, Drugs and Violence at Home...

Do You Need  
Somebody  
To Talk To?



# Do You Know What Family Violence Is?

Family violence means that somebody, like your dad or mom, brother, sister, uncle or aunt, hurts someone else in the family. Sometimes parents hurt kids. Sometimes one parent hurts the other. Sometimes one kid hurts their sister or brother.

## These are some kinds of family violence:

- hitting, punching, kicking, slapping, pushing, choking;
- scaring you, telling you they're going to hurt you if you're bad, saying things about you over and over again that make you feel bad;
- forcing you to kiss or touch their private parts, touching your private parts, making you do adult sexual things.

If any of these things are happening to you, tell somebody about it. The person who is hurting you might tell you that it's a secret, but it's not.

Here is a PHONE NUMBER of other people you can talk to. You might feel embarrassed or ashamed to talk about the stuff that's happening at your house. But telling somebody who cares will help you feel better. It's okay to be scared. These people are on your side.

**You can call these numbers  
any time night or day for  
FREE**

Call  
**1-800-387-5437**

Child Abuse Hotline

You can also call the police in your area.



## Tell an adult that you feel safe with.

Someone like:

- a parent;
- your friend's mom or dad;
- your teacher;
- a police officer;
- a priest, minister, rabbi;
- a doctor.



Being drunk or high is NEVER an excuse for hurting someone.