People who can help

Call 911
if you need help RIGHT NOW

Call 1-800-799-SAFE (7233)
or 1-800-787-3224 (TTY)
if you need someone to talk to
DOMESTIC VIOLENCE IS

When grownups in your family hit, kick, push or throw things at someone else in your family.

It might make you feel scared, confused or mad.

It can make you feel like crying or yelling.

It might make you feel embarrassed or guilty, but it's not your fault.

WHEN THE FIGHTING STARTS

Stay away from the fight!

• Stay out of the room where the fighting is.

• Stay out of small rooms where you might get trapped, like a closet or a bathroom.

• Stay out of the kitchen and garage, where it’s easy to get hurt during a fight.

Get help!

• Go to a safe place, like a neighbor’s or friend’s house.

• If you need help RIGHT NOW, try to call 911 from a room away from the fighting.

THINGS TO THINK ABOUT

• Which doors, windows or stairs are the safest way to get out of your house during a fight?

• Which grownups could you talk to about getting help?

Remember:

It's not your fault!

It’s okay to love both of your parents, even if one parent is hurting the other.

But it’s not okay for that parent to hurt you, your other parent or anyone else.