

Word Puzzle

Something that swims in a river.

A _____

I can make a Kid _____
with my mom if I need it.

What is the name of a yummy
summer treat?

Ice _____

A slow reptile with a hard shell.

A _____

What a bunny does. _____

What do you do if no one listens
to you when someone does some-
thing bad to you?

Keep _____

What you do with a book.

*What is the hidden word in the
bold lines?*

Answer to the word puzzle: feather

Phone Numbers



Police/Local Emergency: **911**

Teacher:

Clergy/Youth Leader:

Other Family Members:

Local Domestic Violence/
Sexual Assault Program:

Hotlines:

- 1-800-799-SAFE (7233) -
National Domestic Violence Hotline
- 1-877-215-0167 (en español) -
Línea de Crisis en Nebraska
- 1-800-652-1999 -
Nebraska Child Abuse Reporting

IT'S NOT ALWAYS HAPPY AT MY HOUSE



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Unsafe Actions

Sometimes adults use actions that cause another adult to be unsafe, like pushing and hitting. There may be a lot of yelling, too, and sometimes things get thrown.

It can be scary and confusing when this happens. Sometimes kids don't know what to do. There are things you can do and people who can help you get safe and stay safe.

It's important to remember that no matter what happens between adults, it's not your fault and it's not your job to fix it. The best thing you can do is to stay safe.

Things I Can Do

If something happens at home, I know to:

- Not get in the middle
- Go to a safe place
- Stay away from the kitchen and garage, where it's easy to get hurt

- Avoid small rooms where I might get trapped, like closets and bathrooms
- Tell someone I trust
- Keep telling until someone listens & believes me

If I am scared I can get to a safe place, like:

- My Room
- Outside
- Neighbor's House
- Friend's House

If I am being hurt, I can tell someone. People I can tell are:

- Parents & Grandparents
- Teachers & People at School
- Church Youth Leader
- Police

I can make a KID CODE.

My mom and I can pick a special word that is our **KID CODE**. Since it's a safe secret, Mom and I won't tell anyone until we need to use it. I won't go anywhere with anyone who doesn't know our **KID CODE**.



I can call for help.

I can call **911** or other emergency numbers if I think we need help **RIGHT NOW** or if I am scared that someone might get hurt.

Things to Remember

- It's okay to love both of my parents, even if one parent is hurting the other.
- My mom loves me & is doing what she can.
- It's okay to talk about my feelings and ask for help.
- It's okay to get angry, but it's not okay to hit.
- Some secrets need to be shared, especially if it's about something scary.
- If I share the secret, they may need to tell others to help keep me safe.
- If someone at home is hurting another person:
The abuse is not my fault!
No one deserves to be hurt.