



Children Who Experienced DV may:

- *Want to talk about it*
- *Want to share their feelings and thoughts*
- *Not want to talk about it*
- *Be afraid to talk about it*
- *Have many questions*
- *Misunderstand what happened or why*
- *Blame themselves, the survivor, or the system*
- *Feel ashamed*
- *Fear being taken away*
- *Fear getting the perpetrator in trouble*
- *Fear increased danger or violence*

These are all legitimate feelings, fears, and concerns. It is important to let children know that any and all feelings are appropriate, and it is ok for them to talk about it.

Talking about feelings may foster resilience and help children make sense of what's happening in their lives.