



PARENTS

**CAN BE
VICTIMS
TOO**

PARENT ABUSE IS WHEN
TEENAGE OR ADULT CHILDREN
USE VIOLENCE AGAINST
THEIR PARENTS.

**IT CAN HAPPEN IN
ANY FAMILY.**



Both males and females can abuse their parents.
More mothers are hurt or threatened by their children, but fathers can be too.

Parent abuse affects siblings and other family members.



Parents say the abuse is humiliating, shameful and frightening. Parents often blame themselves or fear others will blame them for their children's violence.

Many parents feel too afraid or embarrassed to tell.

**BUT VIOLENCE TOWARDS PARENTS
IS FAMILY VIOLENCE AND
IT'S NOT OK.**


PARENT ABUSE - WHAT IS IT?

It is normal for families to have disagreements and one off incidents, but some parents find themselves being hurt or scared by their own children.




ABUSE CAN INCLUDE:

- physical violence – hitting, pushing, choking
- verbal abuse – name calling, put downs, shouting
- mind games
- threats to harm themselves or others
- unrealistic demands
- damaging property
- stealing money
- incurring debts the parents must pay
- sexual assaults.

An illustration showing two women in profile, facing each other. The woman on the left is speaking, and the woman on the right is listening. Two speech bubbles are positioned between them, containing text. The background is a solid light brown color.

**I couldn't believe
it when he hit me**

**This is getting worse,
you need to get help**

The image features two dark grey silhouettes of people's heads and shoulders in profile, facing each other. A white speech bubble with rounded corners is positioned between them, containing red text. The background is a solid light grey color. The overall composition is simple and focuses on the dialogue.

**I needed the money so I took it.
What are you gonna do about it?**

IF YOU ARE BEING ABUSED WHAT CAN YOU DO?

- make it clear you will not tolerate violence of any kind
- declare your home a violence free place
- lead by example
- have consequences for any abuse of a person or property
- explain clearly what will happen if abuse happens again
- always follow through on consequences
- keep a record of incidents to see if there is a pattern
- get help
- call the Police on 111 if you think someone may be hurt.

**PEOPLE EXPERIENCING
DOMESTIC VIOLENCE CAN
FEEL ISOLATED AND ASHAMED.**

IT IS OK TO ASK FOR HELP IF

- you are being hurt by someone in your family
- you are worried about relationships in your family
- you or other family members are frightened, this is serious
- you don't like your own behaviour
- you are worried about someone else.



HELP IS AVAILABLE

There are organisations in every community who can help. This could be family violence prevention or parent support services.

Find out what's available in your community by phoning **0800 456 450**.

Doctors, early childhood centres, schools and health services can refer you to helping organisations.

IT IS

OK

TO ASK
FOR
HELP

| 0800 456 450

| www.areyouok.org.nz

**FAMILY
VIOLENCE**

IT'S NOT OK