

Help for children



For a safe future

In the Netherlands, more than 100,000 children witness domestic violence every year. Violence in the home has a great impact on children. It can have major consequences, and those consequences do not just disappear on their own.

That is why it is important that children receive support. Blijf Groep helps children to process what they have experienced. That way they can feel safe again and they can experience confidence - in themselves and in their environment.

It is my turn...!

It is my turn...! is a program for children from 7 to 11 years old who have to deal with arguments and domestic violence.

Processing your experiences through playing

The children come together in small groups to talk about topics that are important to them. In addition to talking, the program also includes drama, drawing, playing games, clay, dancing and reading aloud. In this way, we playfully work on processing experiences.

Program for parents and caregivers

Simultaneously with the children's meetings, there are meetings for parents and guardians in another room.

They talk to each other about topics such as:

- the impact of domestic violence on children;
- how you can help children who have experienced violence;
- how you can talk with children about their experiences;
- which guidance and support you can request for your children

What can children benefit from It is my turn...!

It is my turn...! ensures that the domestic violence experienced has as little impact on children's lives as possible.

The program offers children:

- Ways to express their feelings
- Ways to think about violence
- More confidence
- Positive experiences
- Strengthening social support

Can anyone hear me?

Can anyone hear me? is a program for young people between 12 and 15 who have experienced domestic violence. In this group, young people can talk to other young people who have experienced the same thing.

Strong emotions

Teenagers who come from a family where there is often a fight have to do with a jumble of emotions: anger, fear, sadness, loyalty. They often find it difficult to tell others about what is happening at home. Many teenagers are ashamed or afraid of being bullied.

Talking to parents can be difficult. Young people may think that others will not understand them or wait for their story.

Thoughts of young people

- The feeling of having to choose between parents
- Preferably as little as possible at home
- Constantly worrying about their parents
- Difficulty to argue
- Worry and feel bad.

Program for parents and caregivers

At the same time as the children's meetings, there are meetings for parents and guardians in another room.

They talk to each other about topics such as:

- The consequences of domestic violence for young people
- How you can help young people who have experienced violence
- How you can talk to young people about their experiences
- What guidance and support you can ask for young people.

What can teens benefit from Can someone hear me?

Can anyone hear me? helps young people who have experienced domestic violence talk to other young people who have experienced the same thing. They choose what they do and do not share with each other.

The program offers:

- The ability to share your own stories
- Recognition in the stories of other young people
- Practical tips for your own situation
- Guidelines for dealing with situations that young people find difficult.

Children and domestic violence - a few harsh truths

Children are often overlooked in cases of domestic violence between (former) partners. Yet they notice more than you think.

- More than 100,000 children in the Netherlands witness domestic violence every year
- About 30 percent of the children try to intervene
- Violence, or the threat thereof, makes a child feel unsafe in the house. Even if he or she seems to have no problems with it
- Many children hide their problems from their parents. Often because they think their parents have enough worries
- Almost all children think that they themselves are to blame for the arguments in the house.

More information and advice

For more information about the support for children and teenagers, visit www.blijfgroep.nl. Or contact Blijf Groep 088 234 24 50.

Also, visit us on YouTube, Twitter, Facebook and LinkedIn



About Blijf Group

Blijf Groep helps to stop domestic violence. We offer assistance to all involved: victims, children, witnesses and perpetrators. Our aim is to stop the violence and create safety through customized support. Blijf Group offers both help at home as crisis shelters and residential support. We also offer an extensive support through groups for children, teenagers and adults. Blijf Group has branches in North Holland and Flevoland.

www.blijfgroep.nl