

"You can talk to CASWA easily!"

"You are listened to and not judged."

"You can do things that help you think about what happened and not be angry."

Some feedback we have received from children and young people about CASWA:

"Support isn't scary."

"We make things and it makes me happy!"

"I like doing stuff on my feelings...
...and its fun!"



It shouldn't hurt to be a child.



More information about CASWA and the services that we provide, including referral forms and information about our Women's Service can be found on our website, www.caswa.org.uk

Alternatively, call us and speak to a member of our team on 0345 408 0151 (Mon-Fri, 9am-5pm, 24hr answer phone).

Scotland's Domestic Abuse and Forced Marriage Helpline (24hrs):

0800 027 1234



Children and Young People's Service



CASWA

0345 408 0151

Locally-based number.

Mon - Fri, 9am - 5pm

24hr answerphone service

www.caswa.org.uk
info@caswa.org.uk

Support for Children and young people

who have experienced
or are experiencing

domestic abuse.

Charity Number: SC-034356

DOMESTIC ABUSE happens when a person hurts, bullies, controls and takes away the choices of their partner or ex-partner. This does not happen in healthy relationships. Domestic abuse can also happen in your own relationship.

**SHOUTING. HITTING. CONTROLLING.
NASTY WORDS. HURTING. BULLYING.
SCARING. FOLLOWING. FORCING.
CRITICISM. JEALOUSY. MONITORING.**



Domestic abuse affects children and young people too.

You may have seen, heard and/or experienced behaviours like those above. Domestic abuse can make you feel many things. You might feel sad, worried, scared, confused, angry or alone.

It is okay to ask for help and talk about it.

Domestic abuse is not okay and it is not your fault.

If domestic abuse is happening, or has happened, **CA\$WA** can support you.

With thanks to the children and young people who kindly provided artwork for this leaflet

What do we do?

We support children and young people who have experienced, or are experiencing, domestic abuse to:

- ✓ Understand and have healthy relationships,
- ✓ Understand what domestic abuse is and how it affects them and others.
- ✓ Have more involvement in decisions about their lives.
- ✓ Have their diverse needs better met (this can include understanding feelings, dealing with anger and developing self-esteem).



What can you expect from CA\$WA?

We will...
support you,
listen to you,
believe you,
give you choices,
encourage,
understand,
be respectful,
talk about what you want to talk about,
give you time,
meet with you in a safe place.

Support is child & young person-centred and -led. This means that support is about **YOU** and **YOUR NEEDS**. Support is delivered at **YOUR** pace.

...YOU ARE NOT ALONE ... SUPPORT IS AVAILABLE...