

# Effects of Batterers' Behavior on Children/Youth

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**FAMILY SERVICES**  
SUPPORTING TULARE COUNTY

# Who We Are

- Our **vision** is to create *“a community of healthy people in supportive relationships and safe environments.”*
- Family Services is a private, non-profit organization with the **mission** of *“helping children, adults, and families throughout Tulare County heal from violence and thrive in healthy relationships.”*

# Safety is the common thread.

Healing can't happen without first establishing **physical and emotional safety**. Family Services' programs promote safety in homes, in relationships, and for children. This helps create a safer, healthier community where we can all thrive.



# Fast Facts

- Founded in 1983.
- We are a multi-service organization that serves victims of domestic violence (DV), sexual assault (SA), child abuse, homelessness, crisis and **trauma**.
- We provide case management, individual, group, and family therapy, crisis intervention, group classes, emergency assistance and housing.
- We are one of only two DV shelters; operate the only Rape Crisis Center in Tulare County; are the only specialized Children's Counseling Center in our region.
- We currently have **14** office locations and **six** residential facilities.

# Statistics

10 Million

Children in the US are at risk for experiencing domestic violence in their home

50%

Children in DV homes are also experiencing physical or sexual abuse

2019

- 2019 In Tulare County – 1,045 substantiated allegations (2.86 every day) 10,000 calls of suspected child abuse (approximately 150,000 children in the county)

• \*Tularecountycapc.org>childabusefaqs

# Effects of DV

- Externalize problems (behaviors)
- Internalize problems (thoughts and feelings)
- Social Competency problems (how they interact with family members, friends, classmates, teachers, coaches)

# How Children Experience DV

- Witness the violence
  - Hear the violence
  - After effects
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- **Movie:** First Impressions – Exposure to Violence and A Child’s Developing Brain
  - From the CA Attorney General’s Office Crime and Violence Prevention Center

# First Impressions





# Children in Crisis

- **Fetus:** Birth defects, direct injuries, adrenaline overload, miscarriages, low birth weight, born prematurely
- **Infants:** Attachment/bonding issues, poor eating and sleeping habits, increased illnesses, injuries, failure to thrive
- **Toddlers and Preschool Age:** Separation anxiety, begin to accept the blame, somatic complaints, irritable, fearful and regress in developmental milestones, clingy,
- **Elementary School Age:** Gender/behavior identity, externalize violence, victimized, school problems, isolation, fighting with siblings/friends



# Children in Crisis

- **Teens:** Teen violence, running away, substance abuse, delinquent behaviors, parentified, abuse mom or siblings, eating disorders, takes more responsibility for ending the violence (may physically fight or stand up to the perpetrator), disrespect towards parent (especially the victim), bullying, poor peer relationships, withdrawal from social contact, dissociates with video games or other activities

# Children in Crisis

## **Some other behaviors:**

- Changes in eating/sleep disturbances
- Changes in school performance
- Temper Tantrums
- Over sensitive or exaggerated startle responses
- Irregularity of diarrhea, headaches, stomach problems, ulcers
- Fear of the dark

# Trauma

An extremely distressing experience that causes severe emotional shock, fear, hopelessness, or horror and the event overwhelms someone's ability to cope, leaving them powerless

**Examples:** Natural disasters, disease (pandemic), violence, accidents, discrimination, racism, oppression, poverty, loss of job, abuse in relationships, immigration issues (crossing the border)

# Trauma

- The event happened unexpectedly
- The person was not prepared for it
- The person felt powerless to prevent it
- It happened repeatedly
- Someone was intentionally cruel
- It happened in childhood

# PTSD in Children

- A child has been exposed (experienced personally or witnessed) to a traumatic event in which they were confronted with the threat of death or serious injury to self or others
- The event is persistently re-experienced
- Persistent avoidance of stimuli associated with the trauma and numbing of general responsiveness
- Persistent symptoms of increase arousal (hyper-alertness or exaggerated startle response)
- **Symptoms:** flashbacks, upsetting dreams, feeling emotionally numb, irritable, easily startled

# Children's Counseling Center



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**24-Hour Domestic Violence Hotline**  
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**24-Hour Sexual Assault Hotline**  
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[www.fstc.net](http://www.fstc.net)



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