

# LESSONS CHILDREN CAN LEARN FROM VIOLENCE



for  
Women

*Children learn what they live. The experience of living with violence teaches lessons. A mother's reaction to violence is also a learning experience.*

## **Children who live with violence can learn some things that are not true...**

- the victim of violence is the one to blame
- violence and threats get you what you want, win arguments or solve problems
- boys/men should be in control and girls/women should obey
- when people hurt others, they do not get in trouble
- women are weak, helpless, incompetent, stupid, or violent
- anger causes violence or drinking causes violence
- a person can love you and hurt you at the same time
- anger should be suppressed because it could get out of control
- inequality between men and women is okay in relationships

## **Children can learn good lessons from a mother's actions to leave and be safe...**

- hurting other people does have consequences
- being a victim of violence is not your fault
- women do not have to accept violence or abuse as normal or as an expected part of relationships with men
- women are strong, capable and resilient
- "Mommy will keep me safe"
- there are people who will help women and children be safe