

HOW MY CHILD OR TEEN COPES



for
Women

Children and teenagers living with stressful events at home do what they must to cope with the stress. “Coping” is trying to deal with violence and conflict, and their effects, especially how it makes them feel. Some ways to cope are more helpful than others. Some ways to cope make them feel better, but may also be harmful.

*You know your child better than anyone does. Look for the ways he or she copes with stress.
Help him or her replace unhelpful coping strategies with more helpful ones.*

Did you notice any of these coping strategies in your school-age child or teenager when the violence was happening? Do any of these things still worry you now?

- | | | |
|---|-------------------------------------|--|
| never wanted to talk..... | <input type="checkbox"/> I saw this | <input type="checkbox"/> this worries me |
| tried to forget, not think about it | <input type="checkbox"/> I saw this | <input type="checkbox"/> this worries me |
| yelled at me / blamed me / hated me | <input type="checkbox"/> I saw this | <input type="checkbox"/> this worries me |
| used drugs or alcohol | <input type="checkbox"/> I saw this | <input type="checkbox"/> this worries me |
| stayed away from home / ran away | <input type="checkbox"/> I saw this | <input type="checkbox"/> this worries me |
| tried to take care of me | <input type="checkbox"/> I saw this | <input type="checkbox"/> this worries me |
| wouldn't leave me by myself in the house | <input type="checkbox"/> I saw this | <input type="checkbox"/> this worries me |
| let out anger by fighting or breaking things..... | <input type="checkbox"/> I saw this | <input type="checkbox"/> this worries me |
| had sex to look for love..... | <input type="checkbox"/> I saw this | <input type="checkbox"/> this worries me |
| needed to be alone all the time | <input type="checkbox"/> I saw this | <input type="checkbox"/> this worries me |
| found bad friends | <input type="checkbox"/> I saw this | <input type="checkbox"/> this worries me |
| slept way too much or tried to avoid sleep | <input type="checkbox"/> I saw this | <input type="checkbox"/> this worries me |

Other ways of coping that worry me...

Ways of coping I am glad my child uses are...

- | | | |
|---|-------------------------------------|--|
| talking with friends for support | <input type="checkbox"/> I see this | <input type="checkbox"/> I can encourage |
| talking with brothers or sisters | <input type="checkbox"/> I see this | <input type="checkbox"/> I can encourage |
| writing poetry, stories, or a journal | <input type="checkbox"/> I see this | <input type="checkbox"/> I can encourage |
| drawing, being artistic or musical | <input type="checkbox"/> I see this | <input type="checkbox"/> I can encourage |
| sports, exercise, being healthy..... | <input type="checkbox"/> I see this | <input type="checkbox"/> I can encourage |
| going for counselling..... | <input type="checkbox"/> I see this | <input type="checkbox"/> I can encourage |

Other ways of coping I am glad my child uses... or that I can encourage...