

Safety planning for domestic abuse survivors in isolation – with/without abusive perpetrator in the home

Child-to-parent violence (CPV) can be a risk in families living with domestic violence/abuse (DVA).

Questions to ask (focused mostly on adolescent violence towards parent/s) – many questions that we ask adult survivors are relevant to risk assess CPV also:

- Are there patterns to your child's violent behaviours? Are there triggers?
- How do you think isolation is likely to affect your child? For example being at home with younger siblings going to escalate risk to you and your other children?
- Does CPV lead to disagreements with perp about how to deal with your child's behaviour? How is isolation going to impact on the pattern of CPV and, consequently risks of DVA: CPV leading to parental disagreement leading to DVA towards non-abusive parent?

Ideas for safety for parents and younger siblings – again many ideas relevant to DVA can also be adapted for CPV:

- Can you safely leave (depending on age of child) and take younger siblings to park/neighbour during a violent outburst?
- Can you spot the signs of conflict turning into violence? Do you have a plan to be safe in the house – can you and younger children go to another room?
- Do you need another safe mobile if your child takes yours from you?
- Think about monitoring your child's online activity? Are they spending more time online? For those families isolating separately from the perp/abusive parent online child contact may be tactic to continue DVA as the abusive parent manipulates child's behaviour and therefore escalating risk of CPV.
- Look after yourself. Coping with anger and aggression is exhausting and demoralising. Do you have a safe (remote) network to provide you with support? Families/friends who you can call?
- Can you talk to your child about self-management-strategies? When your child is calm can you talk things through and help them to understand triggers and find an outlet for their feelings? For example can you agree that they have a room/space in the house to go to for some space if they are overwhelmed/feeling angry?
- NSPCC Childline is a safe place for children to talk about their feelings – 0808 1111.
- Family Lives (formerly Parentline) has a free helpline for parents - 0808 800 2222.
- 999 – CPV can present a high risk of serious physical harm to parents and siblings. Everyone has the right to feel safe. If behaviour escalates then call the police.

School and social services support for vulnerable children is being planned currently and may then feed into/develop the above, although obviously not all children will be known to schools/Social Services as vulnerable...