

**“I thought  
it was just  
happening  
to me”**

We can help just call  
**☎ 03000 20 25 25**

Same call cost as 01 and 02 numbers and can be called using inclusive/free minutes

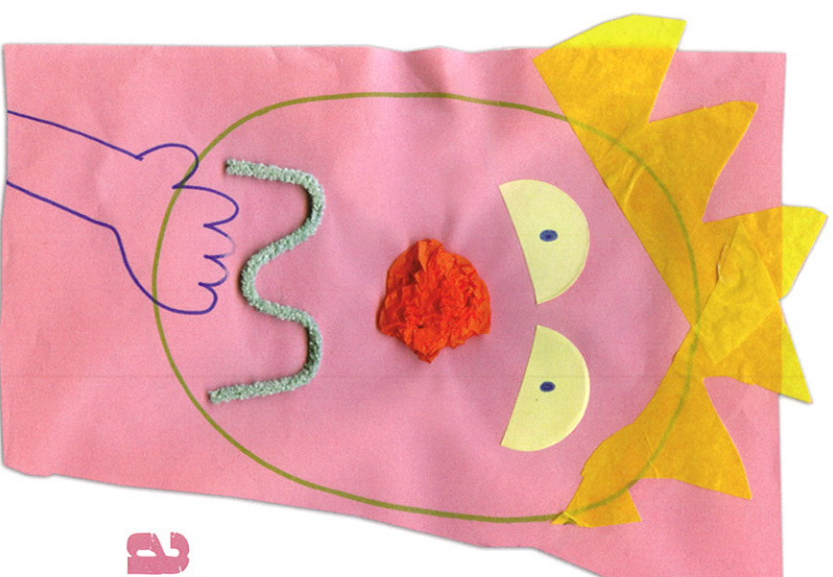
or email us on  
[children@myharbour.org.uk](mailto:children@myharbour.org.uk)  
or text 'Harbour', with your message to: 60777  
[www.myharbour.org.uk](http://www.myharbour.org.uk)

registered charity number: 1086897

This leaflet is available in other languages and  
formats, call 03000 20 25 25 to request this.

CV/13

**“I used to think it was  
my fault that they were  
always shouting and I  
wanted them to stop”**



**“I need  
to talk to  
someone  
about how  
I feel”**

Some parents or adults in families can hurt, hit or bully other adults or children. This can make the children feel scared. Harbour helps these children to feel safer and understand that what is happening is not their fault.

**“I didn’t understand why he could be so nice sometimes then get so angry with my mam the next day”**



### What will happen?

We will speak to you to find out how you feel and what help you want. Then we will do fun activities with you to help you to feel better and safer. We will spend time with you on your own or in a group with other children. Sometimes we might see you with your mum.

### What if I am worried?

It is important you stay safe if there is a fight at home. If you are scared you must tell a grown up that you trust about what is happening.

**“I used to feel scared all the time”**