

Children

Children who experience violence at home need help.

Domestic violence has consequences for children

When children experience domestic violence at home, it has a negative effect on their development. This happens even if children aren't direct targets of the violence. Some children suffer silently, while others show different symptoms. For example: difficulties at school, bed-wetting, headaches, eating or sleeping disorders, problems in dealing with other children or aggressiveness.

These agencies support children

Victim Support's (Opferhilfe) advice centres advise children when they experience domestic violence. More information on Victim Support (Opferhilfe) is available [here](#). The educational advice service of the canton of Bern supports children in their healthy development. Children and young people can find help there, for example with family conflicts.

What can children do?

Children who experience violence at home should talk about it with someone outside the family. For example: teachers, school social workers, parents of friends or neighbours.

Pro Juventute can be called day and night. Their specialists do not tell anyone about the conversation. They listen and help victims find solutions. Calls to Pro Juventute are free of charge. Callers do not have to give their names. Pro Juventute can also be contacted by text message, chat or email.

Additional information (links, addresses, information sheets, brochures)

www.hallo-bern.ch/en/haeusliche-gewalt/kinder