

Yuva young people's service

Yuva works with young people (age 11-25) who have been abusive to their parents/carers in their close relationships. We help young people to look at their abusive behaviour and find safe, non-abusive alternatives.

We also work with the parents/carers of young people who are involved with our service, providing space to talk about the abuse they have experienced and supporting them to take steps to make themselves and their families safer.

If you want to know more about Yuva, get in touch using the number on this leaflet.

If you feel that you or anyone else is in danger of being hurt, call 999

Getting help

Yuva young people's service

020 7928 2322 (office hours)

Working with young people and families in the London boroughs of Islington, Kensington & Chelsea, Westminster and Hammersmith

National Domestic Violence Helpline

0808 2000 247 (freephone 24 Hour)

24 hour, confidential, national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf

Family Lives—Parentline

0808 800 2222

24/7 help to anyone caring for children: parents, grandparents, step-parents, relatives. For families living together as well as apart.



**Helping families
deal with conflict
safely**

Is my child being abusive?

Sometimes children's behaviour can go beyond just 'being difficult'.

They push, hit, kick or physically hurt me or other people in my family

They do or say things to scare me into giving them what they want

They throw things around the house or smash things when they don't get what they want

I am scared of what they might do next

Is it just me?

Between **9-33%** of parents report being abused by their children, from ages 10 to 23

Why do I feel like its just me?

There are lots of reasons why parents/carers don't talk to anyone about the abuse.

I feel like I'll be blamed or seen as a bad parent

I don't want to make the abuse worse

I don't want to get my child into trouble

I feel like nobody can or will help

What can I do?

If you fear for your safety then call the police. We know that this can be incredibly difficult to do but it is important that you and your children are safe.

Help is out there.

Being hurt by your child is hard for any parent/carer. Living with abusive behaviour takes its toll but many parents/carers are so focused on their children's needs that they don't give enough thought to their own. There are people who can help, but it is down to you to take the first step

Help for young people

Young people who have been abusive will often say that they don't need help, or worry that if they ask for help they will be seen as 'mad' or 'bad'. However, the abuse needs to stop, and there are people and services available to help them to deal with their behaviour.