

# Feeling Safe



**A group for children aged 5-11 years who  
have experienced domestic abuse.**

# What is domestic abuse?

Here are a few ideas from children and young people who have been to the group

- Someone hurting someone else in different ways
- Grown-ups fighting
- Watching a parent being attacked or injured
- Lots of shouting
- Children can get hurt too....

## How might this make you feel?

**ANGRY** ★  
**MUDDLED UP** **HELPLESS**  
**FRIGHTENED**  
★ **UNLOVED** **SCARED** ★  
**GUILTY** ★ **UPSET**




# About the Feeling Safe Group

We meet for 10 group sessions. Before the group starts we will meet you and your carer for your own appointment.

Your mum/carers will also meet in the same building at the same time in a group of their own.

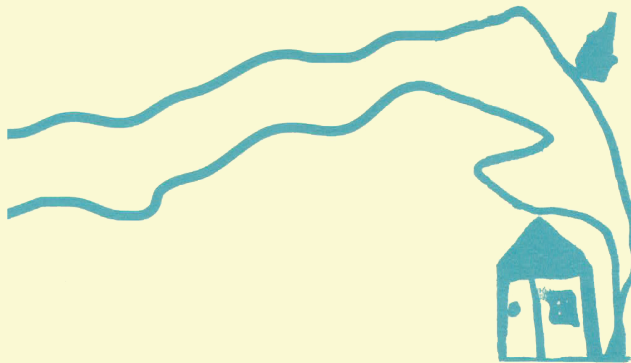
It is a safe place for you to look at your feelings and to share what has happened to you and other children.

Here is a list of the sort of the things we do in the group

- TALK
  - LISTEN
  - DRAW, PAINT AND USE CLAY
  - PLAY GAMES
  - WATCH A VIDEO
  - USE LOTS OF GLITTER AND GLUE
  - MAKE THINGS
  - SOMETIMES WE ARE QUIET
  - SOMETIMES WE ARE NOISY
  - LEARN WAYS OF CARING FOR OUR FEELINGS
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**FEELING SAFE BELIEVES THAT:**  
**YOU ARE NOT TO BLAME**  
**IT SHOULDN'T HAVE HAPPENED**  
**YOU COULD NOT HAVE STOPPED IT**  
**IT'S OK TO TALK ABOUT IT**



For more information contact:  
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