

EVERYDAY ACTIONS CAN MAKE A BIG DIFFERENCE IN YOUR CHILD'S LIFE.



You want the best for your teens. You are trying to keep them safe and healthy while they grow. Still, it's hard being a parent. It's even harder when your family has experienced violence. There are simple, powerful ways to connect with your children to help them feel loved.

You might be a teen's parent, guardian, extended family member, or caregiver. No matter who you are to them, you can be someone who makes a big difference. You can help them thrive.



If you are worried about your children or things seem to be getting harder, try the resources below.

National Domestic Violence Hotline:
1-800-799-SAFE (7233) | TTY 1-800-787-3224
or Text "START" to 88788

A Call For Change helpline: Call 1-877-898-3411
or email Help@ACallForChangeHelpline.org
(Supports people to be safe partners.)

Teen Dating Abuse Resources:
1-866-331-9474 or text LOVEIS to 22522
Live chat online at loveisrespect.org

StrongHearts Native Helpline:
Call or text 1-844-7NATIVE (1-844-762-8483)

Childhelp Hotline: Call or text 1-800-422-4453
Live chat online at childhelphotline.org

Substance Abuse and Mental Health National
Helpline: 1-800-662-HELP (5347)



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EVERYDAY MAGIC

7 Ways Parents &
Caregivers Can Help
Children Affected by
Family Violence

Ages 13–18



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7 EVERYDAY ACTIONS

Family violence affects teenagers in different ways. They may need support from trusted adults to understand their experiences, or they might ask for help from peers. Every culture has practices that support children. What are some ways your family and culture support the teens in your life?

1

Be patient and make them feel safe. Give your teen time to express their feelings about what happened. Ask them what would help them feel more safe and comfortable and brainstorm solutions with them.

2

Support healthy relationships. Help your teen identify friends and partners who make them feel happy and who they can trust. Let them spend time with their friends and get to know them and their parents when possible.

3

Be an advocate for your teen. Teens may withdraw or act out after hard experiences. If your teen agrees, tell teachers, coaches, and other adults in your child's life that they are going through a hard time. Let them know your teen may need extra support right now and discuss what might help them.

4

Show interest in what they are into. Learn (or have them teach you) about the activities they like, and then do them together. Support them to explore activities that help them feel happy and successful. Some families try to connect by doing activities together. This might include playing a video game, playing sports, making art, singing, or praying together.

5

Help them learn how to relax. This will help them manage their impulses during stressful times. Some families practice deep breathing, positive self-talk, journaling, singing, or making art together.

6

Build their self-esteem by sharing what you love about them. Allow and empower your teen to make decisions around their identity and body. Families offer praise or affirmation in different ways. Your family's cultural traditions can be a source of pride and self-confidence.

7

Set clear rules and expectations about your teen's behavior and responsibilities. Think together about safer ways for them to explore independence. Offer immediate support that your teen will actually seek out. Try to be calm and consistent in your responses.



YOUR WELL-BEING IS IMPORTANT, TOO!

Caring for teens is rewarding and demanding. Taking time for yourself is important. Try these tips:

- Identify supportive friends or family who you can be real with, and spend time with them.
- Be open with your child about how you care for yourself. This will teach them to care for their own well-being.
- Try to focus on sleep, eating regularly, and moving your body in ways that feel good to you.
- Have a plan to get help. If you start to have a hard time or things get worse, reach out to a trusted friend, your doctor, or a hotline.
- Focus on your healing, whatever that looks like. Know that if you get stronger after hard times, your kids will find it easier to do the same.



There are simple, powerful ways to connect with your children to help them feel loved.