

Services

Information

Information on services and community resources.

Planning

Children and adolescents who are dealing with or have dealt with domestic or sexual violence can be assessed to determine their individual needs.

From that assessment, Choices staff and the parent work together to develop a plan to meet those needs.

Support

Children's support groups provide information and support for children in families dealing with domestic and sexual violence.

Children are given outlets for their feelings in a safe setting.



Caring for Victims of Domestic & Sexual Abuse

OUR MISSION STATEMENT

“To prevent both domestic and sexual violence through public awareness and education and to serve as a resource and safe haven to those affected.”

216 West Main Street
Luray, Virginia 22835
Phone: 540-743-4414
Fax: 540-843-3251

208 Virginia Avenue
Shenandoah, Virginia
Phone: 540-218-4028
Fax: 540-218-4938

ChoicesofPageCounty.org
hotline@choicesofpagecounty.org

24 Hour Hotlines

540-743-4414

540-218-4028



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Children & Domestic Violence

Information for Families

Choices, Council on Domestic Violence for Page County, Inc.

Free & Confidential

540-743-4414

540-218-4028





What is Domestic Violence?

A pattern of behavior, used to establish power and control over another person through fear and intimidation, often including the threat or use of violence, in an intimate relationship.

Children and Domestic Violence

Choices provides safe shelter to dozens of women and children each year, many of whom stay for weeks. Dozens more children and their parents, not in shelter, are also served.

Children receive counseling and are provided advocacy.

Children participate in making plans for how to stay safe if they should witness or experience violence again.

Some Effects of Domestic Violence on Children

- Self-blame for being unable to prevent the abuse
- Depression, feelings of helplessness and powerlessness
- Anger about the violence and chaos in their lives
- Out of control behavior, unable to set own limits or follow directions
- Poor anger management and problem solving skills
- Isolation from friends and relatives
- Difficulty in trusting, especially adults
- Poor concentration at school
- Often fearful and anxious
- Excessive attention seeking, often using extreme behaviors

Safety Planning

Children are often injured trying to defend their abused parent.

Teach Children to Stay SAFE

S Stay out of the fight.

A Avoid getting trapped in a small room, closet, bathroom or kitchen where sharp objects are found.

F Find a phone and call 9-1-1.

Teach children their address.

E Escape to a safe place like a neighbor's house until help arrives.

Create a "Safe Bag"

Help children create a "safe bag" to take with them in an emergency. Include items that will help them feel safe. These could be a favorite toy, book, outfit, picture, and a non-perishable snack.

