



Walking on eggshells...

Child and adolescent violence in the Family

A South Australian information and advice booklet for parents and carers.

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Project leaders:

Relationships Australia (SA)
Flinders University
Southern Junction Community Services

Reference group members:

Cove Youth: City of Marion
Woodcroft/Morphett Vale Neighbourhood Centre: City of Onkaparinga
Reconnect: City of Port Adelaide/Enfield
Child and Adolescent Mental Health Services
Southern Domestic Violence Service

Resources and advice:

Members of the Regional Alliance Addressing Child and Adolescent Family Violence, South Australia, Inner South Community Health Service, Victoria,
Friend, D, Howard, J and Parker, T, *Adolescent Violence to Parents: A Resources Booklet for Parents and Carers*, Inner South Community Health service, South Melbourne, 2008

Eddie Gallagher for his groundbreaking work in this area.
See <http://www.eddiegallagher.id.au/>

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Authors: Mary McKenna and Rosalie O'Connor, 2012

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Email: mary.mckenna@flinders.edu.au

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Relationships Australia.
SOUTH AUSTRALIA



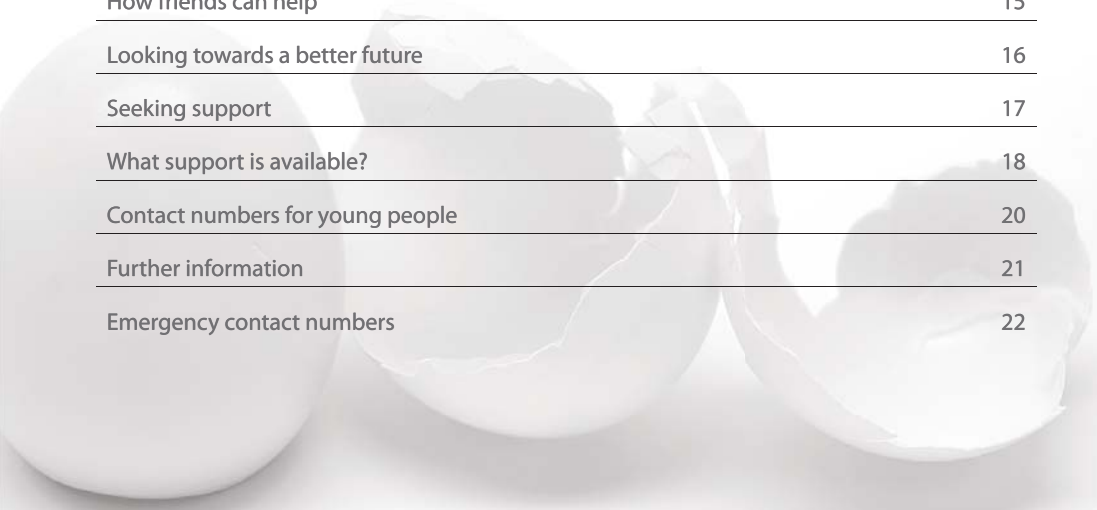
Southern Junction Community Services



Connecting People - Building Community

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Introduction

We are unable to relax ... we are walking on eggshells 24/7

You are not alone!

Child and adolescent violence and abuse in the family is a very serious issue. It is sometimes called *child-to-parent violence*, *child-to-mother violence*, *adolescent violence to parents* or *parent abuse*. Mothers are most likely to be targets of this violence, however all family members can be at risk.


This booklet offers suggestions and resources for parents and carers who are dealing with violent and abusive behaviour from their children and adolescents.

The violence and abuse can be physical, psychological, verbal or financial with young people engaging in a variety of behaviours designed to dominate, threaten or coerce parents, other family members or pets.

While it is generally accepted that there will be occasional conflict between people who live together within a family, including between parents and their children, this conflict becomes abusive when one person uses threats, force or manipulation to gain power over the other. Violence is not the same as anger. Anger is an emotion while violence is about power and control.

Child and adolescent violence in the family has many similarities to domestic violence, but while domestic violence between adults is well recognised in our society, child and adolescent family violence often remains hidden and unacknowledged because of the shame associated with it.

It is important to remember that child and adolescent violence in the family exists across all communities, social classes, cultural background and geographic areas.



You are not alone – this behaviour is happening in many other families too.

It is estimated that between 10 and 15% of young people behave violently and abusively towards other family members. However the real figure may be far higher because of the silence surrounding the problem.



What is it?

Child and adolescent violence in the family is:

Any action in which children or adolescents engage which causes parents/grandparents/caregivers/siblings to feel harmed, frightened or intimidated. This could include: physical, psychological, emotional, verbal and financial abuse.

Physical abuse includes pushing, hitting, punching, slapping, kicking, throwing things, punching holes in the walls and harming pets.

“He hit me and I had a black eye so I couldn’t go to work.”

Psychological/emotional abuse includes intimidating parents; causing parents to feel fearful; maliciously playing mind games, making unrealistic demands on parents, lying; threatening to injure family members; withholding affection; threatening to run away, harm themselves or to commit suicide.

“He lies constantly,...rings me at work...texts me countless times day and night demanding money...”

Verbal abuse is a form of psychological abuse, and includes yelling, arguing, challenging, being critical and belittling family members, name calling and swearing.

“She screams abuse at us and shows no remorse.”

Financial abuse includes stealing money or belongings, demanding goods parents cannot afford, incurring debts that parents must cover and destroying property in the home.

“He ran up a massive phone bill and he expected us to pay. He smashed the glass sliding door when we confronted him with the bill.”

“He’s a lovely and well mannered boy outside the home, but when doors are closed it’s completely different. I’m scared that as he gets older he will hurt someone.”



But...isn't the occasional abusive outburst common in young people?

It can be hard for parents to recognise that the behaviour of their child or adolescent is violent or abusive.

But it is important to *trust your instincts!*

You know when things are not okay. Violence from children and adolescents is not a normal part of growing up.

Most children and adolescents will 'act out' in some way at some time but when this behaviour is controlling, threatening or intimidating it stops being 'normal'.

You may be experiencing child and adolescent violence and abuse if:

- You change your behaviour to avoid confrontation with the young person

- You are fearful for the safety of yourself or other family members

- The young person verbally or physically 'lashes out' at family members causing fear or distress to them

- You feel you are 'walking on eggshells' around the young person trying to 'keep the peace'

- The young person damages or steals the possessions of family members

- The young person threatens you or others, or threatens to hurt themselves or engage in risky behavior. However, always take threats of self harm seriously.

- The young person is critical and dismissive of you and your interests

- The young person blames you or others for their behaviour

- The young person abuses and is cruel to pets

- The young person threatens to run away from home if you don't meet their demands.

What you might be experiencing

*"It's hard for a parent to go to a counsellor and say,
'My 14 year old is doing this to me,'
I felt so ashamed that I couldn't control my son.
I felt hopeless like I wasn't a good parent."*

Families are affected by this behaviour in many ways. As a parent, you may be feeling:

Powerless, fearful, angry, frustrated, sad, depressed, guilty, isolated, anxious, or despair.

You may have lost confidence in your parenting.

You may feel *shame* that this is happening.

*"Shame. I feel more shame that my son did this to me. How can
someone I've given birth to lash out at me with no provocation?
It's more shaming than domestic violence."*

You may feel that you are tiptoeing around your child.

You may feel *hopeless* and *helpless* -- that you are unsupported or that nothing can help.

You may be living in *fear* because of the behaviour and what you think might happen in the future.

Your *health* and *wellbeing* may be affected.

You may not be *sleeping* well.

Stress, depression or *anxiety* may be affecting your physical health.

You may feel exhausted.

"Devastated, emotionally ravaged, hopeless."

This behaviour may be affecting your work. You may have to take time off work because of injuries or because you don't feel that you can leave your child at home. You may have to take time off work because of stress.



You may feel that it is all your fault –
This is not your fault!



Other possible effects

Your child's behaviour may be affecting your relationship with your partner or other family members.

You may feel socially isolated. Your child's behaviour may be affecting your ability to have a social life and maintain contact with friends. You may be frightened to invite friends or other family members to your home.

You may feel that no one believes you that this behaviour is happening.

You may feel that you are not getting useful support from family, friends or agencies.

When the violent and abusive behaviours persist over time, safety for other family members can also be threatened.

Other members of your family may also be experiencing a myriad of feelings.

Your other children may also be feeling scared, helpless, powerless, angry, sad, frustrated...

Child and adolescent violent behaviour in the family is a complex issue, particularly when young people:

- Have experienced family violence themselves
- Have suffered grief, loss or trauma
- Have an illness or disability.

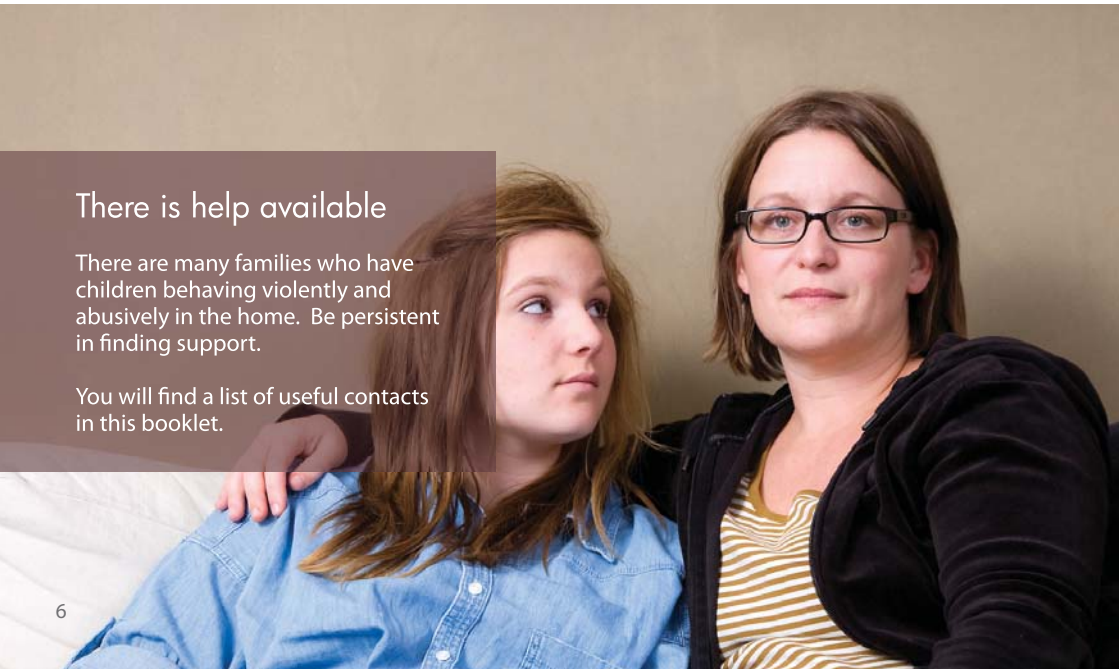
"My other child misses out because our full attention is on this young person."

However, *violence is never acceptable.*

There is help available

There are many families who have children behaving violently and abusively in the home. Be persistent in finding support.

You will find a list of useful contacts in this booklet.



Why is it happening?

“Parents don’t deserve to be blamed.”

This is not your fault

There are likely to be many factors that influence your child to behave violently and abusively.

It is difficult to pin point the exact reasons for the young person’s behaviour.

Some influences could be that the young person:

- Has witnessed or experienced adult family violence or been abused
- Has seen that violent and abusive behaviour can be a successful way to control others and get their own way
- Is being influenced by peers
- Has mental health or drug and alcohol issues
- Has other health, behavioural or learning difficulties
- Has an inflated sense of entitlement and feels that everyone should cater to their needs and wants
- Has a difficult temperament and is easily angered.

There are no simple answers. There are many and varied explanations and in most cases there are a range of different things that may contribute to the behaviour.

There is no excuse for violence and abuse, but understanding some of the issues affecting the young person may help you to respond in a way that is firm and strong, but also supportive. It may be helpful to remember the things you like and love about the young person that are separate from the violence and abuse.

Parenting practices

Some parenting practices may inadvertently support the violent and/or abusive behaviour. These include:

- Compensating for family breakup by trying to give the young person everything
- Sacrificing your interests for those of the young person
- Giving the young person too much freedom
- Fear of conflict preventing you taking action
- Parenting that is authoritarian
- Prioritising the young person’s rights over other family members
- Conflict in parenting styles between parents
- Trying to make the young person happy regardless of the sacrifice to you
- Feeling overly responsible for the emotional well being of family members



Taking action

It can be difficult for parents to take the first step to seek support.

You may feel that there is nothing that can be done and that there is no one that can help.

You may be hesitant to seek help because you are feeling ashamed about the violence or that you will be blamed for the violence.

You may feel that you should be able to deal with the situation yourself.

You may feel that you are responsible for the behaviour.

You may have tried to get support and found that your experience was trivialised, misunderstood, dismissed or minimised.

You may find it hard to acknowledge that your child is violent and you might be excusing or minimising the behaviour because your child is 'going through a difficult time'.

Take a stand!

Acknowledge the problem and don't hide from it

Naming what is happening is a good start to taking action

Talk about the violence with someone you trust, such as a friend, family member or counsellor

Use the contact list in this booklet to identify services

Plan strategies to deal with the problems

Seek out support services for you, the young person and your family

Join a support group

Develop a safety plan for you and your family in case you need it

Be kind to yourself

Remember, you have a right to feel safe.

Be persistent in finding support.

Although child and adolescent family violence is still not widely recognised in the community, there is help available.

On the following pages are some suggestions for taking a stand to change the young person's behaviour: using consequences, reflecting on yourself, having a safety plan and calling the police.

Consequences

All our actions and decisions in life have consequences. In parenting an out-of-control adolescent, introducing consequences for abusive or violent behaviour can sometimes be used successfully to re-gain more confidence, power and control in the relationship.

Consequences are a way for parents to say, 'We are not putting up with this any longer and we are taking steps to get you to stop.'

When parents develop a strategy based on consequences it should be:

- Related to the unacceptable behaviour
- Respectful of the young person and also the parent or others who have been affected
- Reasonable and proportionate to the behaviour.

The consequences, ideally, will result in modification of the young person's behaviour and encourage taking personal responsibility for that behaviour.

If possible try to involve the young person in the setting of consequences.

However, when young people behave violently there is no negotiation.

There is no excuse for violence and abuse...

Setting consequences

Do this when you are feeling strong and supported. Make a plan and think about what you expect from your child:

What behaviour is reasonable and unreasonable in your circumstances? It is useful to write this down as a reminder.

You may decide that it is unreasonable for the young person to steal money from you and to swear at or verbally abuse family members.

Using 'I' statements can be very powerful. Saying, 'I will not tolerate swearing or verbal abuse from any family members. If you use this language I will not drive you to your friends.' or 'If you steal from me I will deduct what you stole from your pocket money', can help you to feel in control of the situation.

The young person may try to negotiate or undermine you and your resolve. Stand firm! Do not allow yourself to be bullied.

Start conservatively. Two or three consequences related to stopping the violent and abusive behaviour is a good start.

Explain to the young person that it is their *behaviour* that you will not tolerate but you still love them.

If possible, maintain a sense of humour.



Sometimes things will get harder first...

- Changing your approach to parenting can be hard. It takes conviction and often practice
- The young person may rebel and intensify the violent and abusive behaviour initially. Things might get worse before they get better
- You must be prepared to follow through with the consequences you use and the young person must believe that you will
- You may need to develop strategies be consistent when applying consequences
- Ignore the behaviours you can live with—choose your battles
- Start with something simple so that you can have a success to begin with.

Reflecting on your responses and beliefs

- Maintain and develop your self-esteem
- Believe that you deserve to be treated with respect
- Reflect on how you respond to the young person
- What are the triggers that cause you to react negatively? Learning to recognise the triggers can help you to change your response
- Develop a calm demeanor. Meditation or other relaxation techniques may help achieve this
- Don't think about your relationship with the young person as a battleground with winners and losers – develop strategies to help build respectful relationships
- Acknowledge the role stress plays in your relationship with the young person. Develop strategies to decrease or diffuse stress where possible
- Celebrate any improvements in the relationship and use any setbacks as a learning experience
- Try to ignore negative outside influences
- Believe in yourself and your parenting ability!



A safety plan

It is important to have a safety plan in case you need to leave home suddenly. You need to be clear in advance about what you will do.

Think about where you could go and who could provide assistance in an emergency

Make sure you have a list of easily accessible phone numbers

Ensure you have access to a telephone

Keep some emergency money aside in case you need it

Have spare keys for your home and car in a safe place

Make sure any other children are able to use a phone and know emergency numbers.

If you consider you or other family members are at risk you can apply for an Intervention Order from police.

Keep a record of dates, times and brief details about any violent behaviour in case you need to take legal action.

Contact support services listed in this book for more information.

As a last resort, in extreme circumstances, you can ask the young person to leave home. There are a number of support services available for young people and contact details for some of these services are listed in the back of this book.

If you decide on this course of action, make sure you have support from others to ensure you and other family members remain safe.

What if I call the police...?

If you are concerned for your safety or the safety of other family members **call the police.**

Many parents hesitate to call the police, even when the situation is critical because:

- They do not want the young person to get a criminal record
- They do not know if the police will take the situation seriously
- They may have had a negative experience with calling the police previously
- They feel guilty.

Calling the police will not necessarily result in a criminal conviction.

Is it a crime?

Child and adolescent family violence IS a crime and the police have a responsibility to take it seriously. Violence towards parents, such as verbal or physical behaviour that aims to control, manipulate, intimidate, hurt and/or threaten, is unacceptable in our community and is recognised by police as a crime. This behaviour can be reported to the police and will be investigated as would any other criminal offence.

Calling the police to come is extremely difficult. However, it is important to keep yourself and your family safe. You may feel like you are betraying your child, that you will damage your relationship with them or that this will put their future at risk. You may also be experiencing feelings of guilt, anger, sadness or fear. Calling the police can help to calm the situation, support you to regain control, and to begin to rebuild a respectful relationship with your child.

What the police can do

The police can help to calm an explosive situation and can protect other family members if needed. The police will provide advice and ask what action you want taken, if any.

A useful web site: www.dontcrosstheline.com.au



"... police gave excellent advice about coping."

"We have received help from the police on many occasions when violence occurred."

More about police involvement

At what age can a young person be charged?

A young person aged between 10 and 18 years of age is considered to be capable of committing a crime and is therefore responsible for their actions. Young people of this age are dealt with through the Juvenile Justice Process.

Young people over 18 years are considered adults and are dealt with through the Magistrates Court.

Children under 10 years of age cannot be charged, but police can still be called for assistance, advice, and to defuse the situation.

Taking it further

If you wish to take further action then the young person will be further interviewed by police at the nearest police station. Depending on the severity of the offence the police can then deal with the young person by an:

Informal caution: an 'on the spot' warning by a police officer (no criminal record).

Formal caution: administered by a senior police officer at a police station with the young person and guardian present (no criminal record).

Family conference: an organised meeting with a Youth Justice Coordinator from the Youth Court, a police officer, the young person and other relevant people in order to determine appropriate consequences (no criminal record).

Youth Court: where a charge is laid in court and the case is heard by a Judge or Magistrate. A criminal record results if the young person is found guilty.

You can find more information about the juvenile justice system at:
www.lawhandbook.sa.gov.au/ch05s02s03.php

To be dealt with by a caution or conference, the young person must admit the offence. If the young person does not admit to the offence, no matter how minor, it will be dealt with in the Youth Court.

If the offence is serious and the young person is arrested and taken into custody, they can apply for bail. If bail is granted they will be released, but it is likely that an adult person will be required to act as surety.

If there are safety concerns for the parents or family members if a young person returns home, alternative accommodation options for the young person will be explored by the police.

The South Coast or Elizabeth Neighbourhood Policing Teams can give you information about support and counselling services available to you.

If the young person has a disability

For charges to be laid the court must be satisfied that the young person has the ability to form the intent to commit the offence. Even if laying charges is not appropriate, the police can still be useful in defusing a crisis situation. Having a disability does not make it 'ok' for young people to behave abusively.

Will the young person get a criminal record?

If the young person is under 18 when the offence was committed and the matter was dealt with by a caution or conference in the Juvenile Justice System then no criminal record would result. A conviction in the Youth Court will result in a criminal record and appear in a criminal history check.

If the young person is charged or breaches an Intervention Order and is convicted in court, then this would appear in a criminal history. This information would be released to an employer if a criminal history check is requested—these can only be carried out with the consent of the young person.

Intervention Orders

The police can issue an interim intervention order on the spot or can apply to the Youth Court for one.

Intervention orders can be issued when someone is at risk of being abused.

The abuse does not need to have happened on any previous occasions.

Various conditions can be attached to this order including the requirement that the young person undertake a program dealing with substance abuse, anger control or mental health issues if this is considered appropriate by the court.

For example, intervention orders often forbid people from making contact with another person.

They can be made specifically for you and your situation. You may, for instance, wish to maintain contact but not allow the young person to come to your home or work address. These orders can also stop someone from returning to the family home and can limit how close that person can come to the protected person.

Orders can also contain terms that protect children affected by the violence and ensure their continuing safety and security. This includes siblings of young people behaving violently and abusively.

Regardless of the future impact on your child, it is important to take action to ensure the safety of you and other family members—you all have a right to feel safe.



It is never easy to talk to police about other family members. Talking through your experiences and concerns with one or more of the services listed in the back of this booklet may be a good start.

How friends and family can help

Support from friends and family is very important for parents experiencing violence from their adolescent. Both emotional and practical support can be very useful.

Practical support can take the form of

- Encouraging the parent to make a safety plan
- Helping the parent to find useful resources and services
- Attending counselling sessions or support groups with them
- Accompanying the parent to a social occasion to ease the pressure
- Preparing a meal or providing a special treat for the parent.

Emotional support can take the form of

- Listening to them and believing what they tell you
- Being empathetic and trying to really understand what the parent is experiencing
- Asking them what you could do that they would find useful
- Expressing your concern for them
- Respecting their privacy
- Encouraging them to care for themselves.

It is equally important to be aware of what is not helpful in these situations if you are trying to offer assistance.

DO NOT

- Tell them what to do
- Blame them or imply it is their fault
- Criticise the way they are managing the situation
- Try to mediate between the parent and young person unless both indicate they would like you to
- Confront the young person

An understanding support person can make a very positive difference in the life of a parent experiencing violence and abuse from an adolescent.





"The support service has been fantastic."

"I see glimpses of light at the end of the tunnel. Before it was just dark and there was nothing there."

"I feel more able to cope with and manage the unacceptable behavior."

"I realise now that there are a lot of other influences in their lives and I know that I am not to blame."

"I have more confidence and realise I'm not the only one in this situation."

"I understand I am not a bad parent."

"I felt supported in my actions and was able to communicate my feelings."

"these groups are very good to give people support... just even to let them know they are not alone in dealing with this."

Looking towards a better future

Child and adolescent violent and abuse targeting parents and other family members is still not widely accepted as an issue in the community. But there is help and support available to you.

Acknowledging the existence of the violence and seeking support to deal with it is a step towards regaining your self esteem and some control over the family situation.

Often the young person will blame you or others for their behaviour and refuse to take responsibility for their actions. They see it as 'your' problem and are likely to refuse counselling or other assistance. Should this happen it will still be helpful to you to go and see someone, as you are the one who wants to change things and you will be given support and strategies to help you deal with the behaviour of the young person.

Children and adolescents need clear and consistent rules and expectations in order to feel safe and secure. Although it may be very hard, holding the young person accountable for their actions is teaching them how to behave appropriately.

Caring for yourself and seeking help can help you to regain your confidence. Changes in your responses may result in changes in the young person's behaviour.

It may be useful to participate in a group program or counselling to explore ways to keep you and your family safe, look after yourself and stop the violent and abusive behaviour.

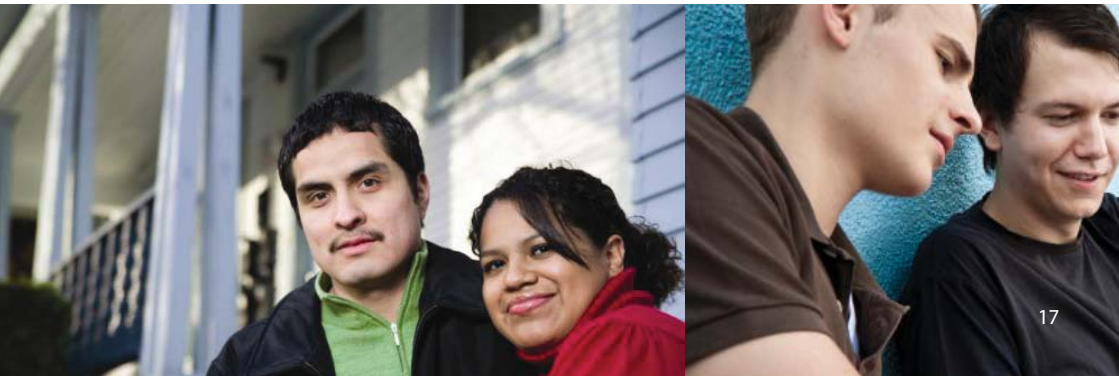
Seeking Support

You may hesitate to seek support because you have tried before and been unsuccessful in the past. Don't give up!

You may feel guilty or ashamed about the behaviour and you may think that you will be blamed by others for the behaviour of the young person if you try to get help to deal with it.

You may feel alone and that no one can help. However, you are not alone and many people before you have been helped to deal with these problems.

There are support groups, programs and individual counselling services listed on the following pages.



What support is available?

Here are some services that offer assistance to people experiencing violence from their children and adolescents. If you have any concerns about what is happening in your family, the following services will treat you with respect, ensure confidentiality and provide sensitive, supportive staff to talk things through with you

Group Programs

Who's in charge?	
Southern Area	(08) 8326 2955
Northern Area	(08) 8255 3622
Western Area	1800 448 999
Toughlove	(08) 8449 2702
Southern Parent Support Group	
Hackham	(08) 8326 2955

Southern Area

South Coast Neighbourhood Policing Team	(08) 8392 9021
Southern Junction Community Services	
Christies Beach	(08)8392 3000
Southern Adelaide Domestic Violence Service	
	(08) 8382 0066
Relationships Australia	
Marion	(08) 8377 5400
Southern Primary Health	
Noarlunga	(08) 8384 9266
Seaford	(08) 8392 4500
Morphettvale	(08) 8325 8100
Southern Women's Health Noarlunga	(08) 8384 9555

Central Area

Centacare Family Relationship Service	
Adelaide	(08) 8210 8200
Anglicare	
Hindmarsh	(08) 8301 4200
Relationships Australia (SA)	
Adelaide	(08) 8419 2000

Northern Area

Elizabeth Neighbourhood Policing Team	(08) 8207 9466
Northern Domestic Violence Service	
Elizabeth South	(08) 8255 3622
Reconnect	
Salisbury	(08) 8202 5939
Elizabeth	(08) 8209 5450
Centacare Family Counselling Team	
Salisbury	(08) 8250 3694
Elizabeth	(08) 8252 2311
UnitingCare Wesley, Youth and Parent Services	
Elizabeth/Modbury	(08) 8202 5160
Relationships Australia (SA)	
Salisbury	(08) 8285 4499
Elizabeth	(08) 8255 3323

Western Area

Reconnect

Pt Adelaide/Enfield 1800 448 999

Junction Community Centre

Ottoway (08) 8341 1334

Lutheran Community Care

Blair Athol (08) 8269 9300

Women's Health & Safety Centre

Port Adelaide (08) 8444 0700

Western Adelaide Domestic Violence Services
(08) 8268 7700

Eastern Area

Lutheran Community Care Counselling

Magill (08) 8331 3111

Eastern Adelaide Domestic Violence Services
(08) 8365 5033

Adelaide Hills Area

Adelaide Hills Community Health Service

Mt Barker (08) 8393 1833

Child & Adolescent Mental Health Service

Mt Barker (08) 8391 3922

Lutheran Community Care

Strathalbyn (08) 8331 3111

Lower North Area

UnitingCare Wesley

Port Augusta (08) 8642 4357

Pt Pirie (08) 8633 8600

Child & Adolescent Mental Health Service Northern Country Service
(08) 8632 5304
1800 819 089

The Growing Healthy Kids Team: York & Lower North Health

Clare (08) 8842 6500

Gawler Health Community Services

Gawler (08) 8521 2080

Murray Bridge Area

Lutheran Community Care
(08) 8531 3644

Women's Health Service
(08) 8535 6800

Reconnect ac care
(08) 8532 6192

Child & Adolescent Mental Health Service

Murray Bridge (08) 8531 3901

Contact numbers for young people

While violence is never acceptable there are often underlying factors in young people's lives and your child or adolescent may benefit from support from the following services

Kids Helpline	1800 551 800
Trace-A-Place	1300 306 046
The Second Story	
Central	(08) 8232 0233
North	(08) 8255 3477
South	(08) 8326 6053
West	(08) 8268 1225
Marion Youth	
	(08) 7425 8300
Shopfront Primary Health Services	
	(08) 8281 1775
Cove Youth Service Hallett Cove	(08) 8321 0600
Service to Youth Council	(08) 8405 8540
Mission Australia Southern Outreach Team for individuals aged 12 to 25 years old	(08) 8387 6037
Youth Central/Western Area Multicultural Youth Services	0420 921 714 (08) 8408 1313
Hive Youth Services North East	(08) 8426 9800
Northern Sound System	(08) 8255 5560

Reconnect Youth and Family Support Services

Metropolitan SA

Reconnect Old Reynella Mission Australia	(08) 8387 6037
Uniting Communities Therapeutic Youth Services	(08) 8202 5950 (08) 8202 5060
Reconnect Playford	(08) 8029 5450
Reconnect Mental Health Service	(08) 8159 1400
Reconnect Salisbury	(08) 8285 3780
South East Asian Reconnect	(08) 8345 5266
Kumangka Aboriginal Youth Service	(08) 8340 4499

Country SA

Reconnect Murray Mallee	(08) 8532 6192
Reconnect Country SA	(08) 8633 8626
Reconnect Pt Augusta	(08) 8641 2244
Reconnect Whyalla	(08) 8645 6900

Further Information

SA Government Anti-violence Community Awareness Campaign

<http://www.dontcrosstheline.com.au/>

Exposing the dark side of parenting: A report of parents' experiences of child and adolescent family violence.

A South Australian Research Report

<http://www.flinders.edu.au/ehl/humanities/exposing-the-dark-side-of-parenting.cfm>

Eddie Gallagher's Website

Eddie Gallagher, a psychologist and family therapist, has been helping parents who have children using violence and abuse in the home for many years. He designed *Who's in Charge?* a parent program specifically designed to help parents whose children are using violence and abuse in the home. His website, containing useful information, can be found at:

<http://www.eddiegallagher.id.au/>

It all Starts at Home: Male adolescent violence to mothers, a research report

This Australian research report was published by:
Inner South Community Health Services Inc, Victoria.

<http://www.ischs.org.au/Portals/0/Documents/Adolescent%20Violence%20to%20Parents.pdf>

Parenting Over Violence; Understanding and empowering mothers affected by adolescent violence in the home

This Australian research report was published by The Patricia Giles Centre Western Australia.

http://saferfamilies.org.au/Parenting_Over_Violence_Final_Report.pdf

Parent Abuse: The abuse of parents by their teenage children

Published by Health Canada, this paper provides some very useful information.

http://www.phac-aspc.gc.ca/nfcv-cnivf/pdfs/Abuse_E.pdf

Adolescent violence towards parents

A Topic Paper published on the Australian Domestic and Family Violence Clearinghouse:

http://www.austdvclearinghouse.unsw.edu.au/PDF%20files/adolescent_violence.pdf



Emergency contact numbers

Police Emergency
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Police Assistance (24 hrs)
13 14 44

Domestic Violence Helpline (24 hrs)
1800 800 098

Parent Helpline (24 hrs)
1300 364 100

Life Line (24 hrs)
13 11 14

Crisis Care (4pm-9am weekdays. 24 hrs weekends)
13 16 11

National Sexual Assault, Family & Domestic Violence Counselling Service (24 hrs)
1800 737 732

Kids Helpline (24 hrs)
1800 551 800

