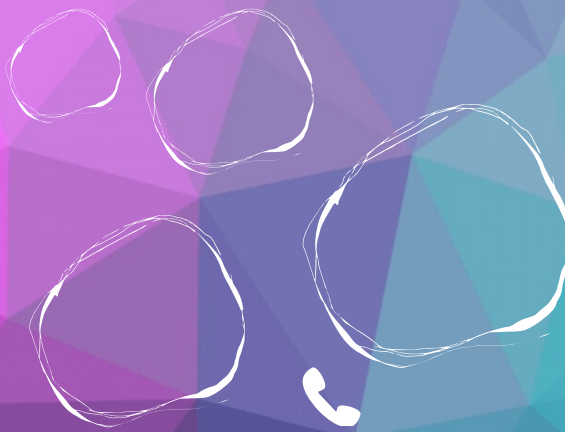


# What Can Friends/ Professionals Do?

If you suspect that a parent is dealing with an abusive child or they tell you that they are experiencing difficulties, do not be afraid to express your concern to them or offer your support.

- Do not criticise their parenting, strategies or tell them what to do.
- Listen to them and believe in their experience without judging it.
- Do not confront the child as this can lead to future complications and may increase family conflict.
- Respect their privacy and keep information confidential, unless you have their permission to tell others or you feel someone is at risk of harm.
- Stay in regular contact with them to show continuous support.



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PEGS Child To Parent  
Abuse Support



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www.pegssupport.com



We hear you.  
We believe you.  
We have been you.  
We are here to help you.  
You are not alone.

PEGS supports both parents and professionals in dealing with the issues associated with child to parent abuse.

Our awareness and training programmes help people to learn new tools and techniques when dealing with abusive children, what policies are out there to assist families, and what other support networks and frameworks exist in the UK.

# Recognising Abuse

At PEGS we understand that abuse can be physical, emotional, psychological, verbal, sexual or financial.

You may have experienced child to parent abuse if they:

- Threaten to harm you, themselves or others if you don't meet their demands;
- Attempt to embarrass or humiliate you;
- Constantly criticise and put you down;
- Cause damage to possessions;
- Blame you for their behaviour.

As a result, you may feel humiliated, isolated, despairing or fearful. We know because we've been there too.



Unfortunately, there are no simple answers and abusive behaviour won't just go away. However, the following suggestions might help you move forward, as even small changes can lead to improvement.

- Talk about what is happening with someone you trust.
- Build on any coping strategies that work for you, such as remaining calm, deflecting or de-escalating the behaviour, removing yourself from the situation, etc.
- Consider making a journal or log of your experiences including any violence. Many parents have said it helps them think more clearly as well as showing professionals the reality of your home life.
- Create a safety plan and include where you could go in an emergency, use of a phone, emergency contacts, a spare set of car and house keys, access to money or a bankcard and ensure that other children can use a phone and know emergency numbers.
- If you are in fear for your own or another's safety, call the police. Violence, threats of violence and assault are not acceptable and should be reported.

## What You Can Do

# Useful Approaches

Taking a new approach to dealing with behaviour may not work straight away. Remember that you may see things worsen before they improve but try starting with some of the following:

- Use "I" statements, e.g. "I will be very upset if..."
- Decide what behaviour is reasonable and unreasonable. Clearly state those expectations to your child.
- Don't start with too many expectations- 2 or 3 related to stopping their violence and behaving responsibly is a good start.
- Think about having consequences that are relevant and important to your child, e.g. removing privileges such as wifi, phone, etc
- Create a plan showing your child that, if they don't meet your expectations, you will put the stated consequences into action.
- Stay firm and try to follow through with the consequences, otherwise your words will lose their impact and your child will not believe you will follow through in the future.