

# TEENAGE VIOLENCE IN THE HOME

Sometimes teenagers can begin to use violence against their parents, siblings or other people living in their homes. This can leave you feeling shocked, isolated, angry, scared or ashamed. This poster can help you understand what violence looks like, why it might be occurring, and how to start seeking help.

## What is teenage violence in the home?

It is normal for teenagers to seek independence from their parents and sometimes anger and conflict, like yelling or rule breaking, occurs. When this happens it can feel like they are trying to drive you away. However, anger is not the same as violence. The purpose of using violence is to gain control and power.

Violence could be directed towards anyone in the house, including pets, and can take many forms. It could look like:

- ✔ Physical violence like spitting, pushing and hitting.
- ✔ Intimidation tactics such as threats, throwing things or damaging property.
- ✔ Verbal abuse such as calling you names, yelling, screaming, or humiliation.
- ✔ Trying to control your behaviour, like how much money you can spend or who you can spend time with.
- ✔ Stealing from you, your family or your friends.
- ✔ Getting into debt that you become responsible for.

## Why is this happening?

A range of factors can impact on a young person's behaviour choices, including:

- > Personal experiences of family violence such as watching one family member use violence towards another family member.
- > Their views around gender and gender roles within a family.
- > A lack of boundaries and consequences in the home.
- > Experiencing bullying at school.
- > It may be the only way they know how to communicate what they want.
- > The misuse of alcohol and other drugs.
- > Peer or social group influences.



## What can I do now?

It's important to know that violence is never acceptable. If the young person in your care is behaving in a violent way, here are some things you can do now:

- > Trust your own feelings, and do not make excuses for the behaviour.
- > Seek support from family, friends, and professional services. You don't have to deal with things on your own.
- > Have a plan ready to keep yourself and other members of your family, like other children, safe.
- > Consider whether the police can help intervene when violence is being used.
- > Put in place your expectations around boundaries in the home, and clearly implement appropriate consequences when these boundaries are not respected.
- > Think about your family values and how these are reinforced at home. For example, negative views around women or their roles in society can sometimes reinforce the right to use violence towards female family members.
- > Consider your own behaviour such as how you respond when you are angry. If you react with violence or aggression your teenager is likely to do the same.

## Further resources and support

- > Domestic Violence Crisis Service: 02 6280 0900 or [dvcs.org.au](https://dvcs.org.au)
- > Menslink: 02 6287 2226 or [menslink.org.au](https://menslink.org.au)
- > Canberra PCYC: 02 6296 1292 or [pcyc.net.au](https://pcyc.net.au)
- > Conflict Resolution Services: 02 6189 0590 or [crs.org.au](https://crs.org.au)
- > Relationships Australia: 1300 364 277 or [relationships.org.au](https://relationships.org.au)

Note: The terms 'child' and 'children' also refer to 'young person' and 'young people'.

Here to help! Come and talk to us if you'd like more practical ways you can be trauma informed.

### Sources:

- > <https://domesticviolence.com.au/wp-content/uploads/2020/10/Adolescent-Violence-in-the-Home-1.pdf>
- > Source images: Freepik.com



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