

## WHAT OTHER PEOPLE SAY ABOUT DVAP CHILDREN AND YOUNG PEOPLE SERVICE

*"My worker listened to me when no one else would."*

*"I'm happy getting some things regarding my Dad out of my system and I feel better."*

*"I felt like a bottle of fizzy coke that was gonna explode talking to my worker helped the fizz go away."*

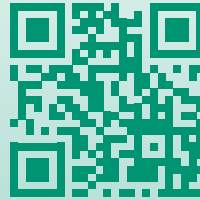
## WHO CAN HELP?

If you want to talk to someone you can call one of the Children's Team on this number: ☎ (01482) 396368  
This number can be used from 9am - 5pm Monday to Thursday and 9am - 4.30pm on Friday.

Email: @ DVAP@eastriding.gov.uk

If you want to talk outside of these times you can call childline on: ☎ 0800 11 11

**IF YOU ARE IN DANGER ALWAYS DIAL 999.**



SCAN TO ACCESS  
THE WEBSITE TO  
MAKE A REFERRAL



DOMESTIC VIOLENCE  
AND ABUSE PARTNERSHIP

## CHILDREN AND YOUNG PEOPLE'S SERVICE

SUPPORTING CHILDREN WHO  
HAVE BEEN AFFECTED BY  
DOMESTIC VIOLENCE

## WHAT IS THE DVAP CHILDREN'S AND YOUNG PEOPLE'S SERVICE?

We are a service offering support to anyone aged between 6 and 16 who has been affected by domestic violence.

This can mean a lot of different things but if there has been violence or other types of abuse at home or within your family that you have been a victim of, have seen or heard, or been told about then we can provide support for you to deal with the feelings this might bring up.

## WHAT CAN YOU DO TO HELP ME?

We know that everyone is different and we all deal with things in our own way.

Your worker will talk to you about how we can best support you. Some people feel a bit shy at first but we can take time to get to know you so you have someone to trust you can talk to.

Some people like to come and talk to someone about the different things they are feeling or thinking. Others like to get some advice about the situation.

Others like to do art work as a way of expressing themselves or write things down.

It can be a confusing time and many young people also like to get support with their feelings of anger or changes in their behaviour. It can be quite common to feel out of control and having some support can help you to get things get back on track.

Receiving support from a worker is your choice.

## EFFECTS OF DOMESTIC ABUSE

Living in a home where domestic abuse happens can have a serious impact on a child or young person's mental and physical wellbeing, as well as their behaviour. And this can last into adulthood. Getting support and at the right time can support children on a journey of recovery.

## ESCAPE THE TRAP

The Domestic Violence and Abuse Partnership (DVAP) Children and Young People's Service can work with teenagers who are in abusive relationships. We can provide the Escape the Trap Programme which is specifically designed to help all young people to recognise abusive behaviours and identify the impact of such behaviours on their mental health and emotional well-being. The programme supports them to consider their expectations of relationships and what kind of partner they would like, as well as the kind of partner they would like to be.

## HOW CAN THE DVAP CHILDREN AND YOUNG PEOPLE'S SERVICE HELP ME?



Some people like to talk about their thought and feelings...

"I find it easier to draw about my feelings."

...sometimes we play games or use cards to help us understand feelings you may be having...



...some people like to draw out how they are feeling inside...

"I liked my worker coming to see me we did nice things and I could talk to her when I felt sad."

...we can write or read different stories...

"I enjoyed working with my worker and the activities thank you for helping me."

...and we can help you keep a track of how things are going for you.