

Adopt these family rules:



No name-calling, put downs or other messages that tell family members they're not good enough.



No using threats of violence as a way to make others do what you want them to do.



No making fun of people who are different from you.




No hitting—adults as well as children should follow this rule.

Southern Valley Alliance For Battered Women

Services:

- 24-hour emergency assistance for victims of battering
- Temporary shelter for battered women and their children
- Legal Advocacy
- Support/education groups for battered women
- i'M o.K®. Children's Visitation Center
- Criminal Justice Intervention Project
- Latina Advocacy Program
- Community education
- Opportunities for volunteers.

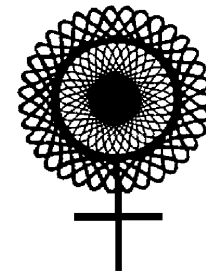
For help or information in
Scott and Carver Counties
call 952-873-4214



how to be a violence-free family

everybody can do it

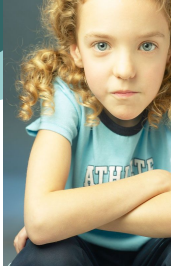
**Southern Valley Alliance
for Battered Women**



**Serving Scott and Carver
Counties**

952-873-4214

How to be a violence-free family: tips for parents and kids



Each person has strengths of his or her own. Identify them, and build on them. Give each family member a reason to feel important.



When your feelings are escalating, and stress is getting the better of you, get the help you need-before you lash out at someone.



Discourage abuse of drugs and alcohol. Use of drugs and alcohol has been associated with incidents of violence. Be a role model for responsible use.



Carefully choose toys and entertainment that reflect non-violence.



Learn about your family's history, culture or race. Celebrate it. Learn about and respect the culture of others.

Encourage play that teaches a child to be a good sport. Show children how to have fun without fighting and name-calling.



Do not keep guns in your home—real or pretend. If you must have a gun, use a trigger lock, a lock box or other type of safe storage.



Build connections with your school, other families and friends. A positive student connection with school is an important protective factor in keeping kids from becoming violent.



Use alternatives to spanking. Do not hit. Non-violent discipline strategies, such as time-outs, have been proven to be more *effective* than hitting.



Negotiate - Work out problems together by looking at alternative solutions and compromises. Make it your goal to defeat the *problem*, not the *person*.

Teach your children the ways their religious traditions/spirituality promotes non-violence.



If you grew up in a home where violence was common, make it your mission to break the cycle of violence.

Get help...no one should have to do it alone.



Examine your own prejudices and fears.



Spend time together - talk, listen, and never stop getting to know each other.



Treat your pets kindly.

