
Working to Strengthen the Family

We are committed to helping children learn the necessary skills to move through transition in a healthy way.

We ask that parents commit the same energy to support their children as they learn ways to better cope with separation, violence, and low self-esteem.



What will your child do at KIDSTRONG?

- * Art projects, small group discussions, songs, self-esteem activities, snack, and weekly homework activities to work on with a parent.



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49 Tremont Street
North Tonawanda, New York 14120

Phone: 716-692-5580
Fax: 716-694-4550
Hotline: 716-692-5643 (24 hrs)
Website:
www.ywcatonawandas.org

The KIDSTRONG
curriculum is based on the
“KIDSRIGHTS: Children’s
Domestic Abuse Program”
Curriculum.



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KIDSTRONG Children’s support Group

Sponsored by:



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What is KIDSTRONG?

KIDSTRONG is a support group for children that have been exposed to family violence. The program is divided into three age groups (3-5, 6-8, 9-12 year olds). Each session includes a topic, snack, discussion time, and parent update.

- * **Topics:** Self-esteem, safety planning, children's rights, domestic violence, assertive vs. aggressive behavior, separation and divorce, and feelings.
- * **Groups:** Groups are limited to 10 children per group with 2 facilitators. Babysitting is available for siblings not attending group.
- * **Enrollment:** An orientation must be scheduled to enroll in the program. There are no fees to attend. Children may start the program at any time.
- * **Goals:**
 1. To help children learn new ways to cope with separation, violence and low self-esteem in an environment where they feel a sense of belonging.
 2. To assist children in building positive social behaviors.
 3. To aid children in gaining self-esteem through a support group that understands and values each child's uniqueness.



How Domestic Violence Affects Children

Domestic violence in the home has a profound effect on children who are exposed to it. Even if the children are not abused themselves, being helpless witnesses to the abuse of a parent is just as traumatizing to them as direct abuse. The effects of living in a violent home may create problems for a child throughout his or her life.

- * An estimated 3.3 million children aged 3 to 17 years may witness domestic abuse of a parent every year in the United States.
- * In a national survey of over 6,000 American families, 50% of the men who frequently assaulted their wives also frequently abused their children.
- * Children living in homes where there is domestic violence against a parent are 15 times more likely to be physically abused or neglected themselves than the average for children in non-violent homes.
- * A comparison of delinquent and non-delinquent youth found that a history of family violence or abuse is the most significant difference between the former and latter groups.

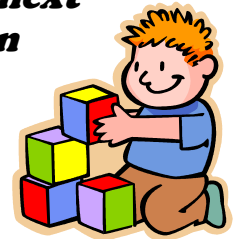


- * Men who have witnessed their parents' domestic violence are three times more likely to abuse their own partners than children of non-violent parents, with the sons of the most violent parents being 1000 times more likely to become batterers.

- * Children who witness violence at home display emotional and behavioral disturbances as diverse as withdrawal, low self-esteem, nightmares, self-blame, and aggression against peers, family members, and property.



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For more information