

Child or Adolescent to Mother Abuse

Whilst it is normal for adolescents to express healthy anger, conflict, and frustration as they go from children to being adults, we should not mistake violence for anger.



WARNING: SOME OF THE INFORMATION IN THIS FACT SHEET MAY BE DIFFICULT TO READ. PLEASE TAKE YOUR TIME AND FIND ASSISTANCE IF YOU FEEL YOU NEED TO.

Anger is an emotion. Violence is a behaviour. Domestic/family violence can be perpetrated by a child against a parent, and by a child against siblings. As a mother, carer or relative, you may believe that your child is using violence or abuse to intimidate and control you, and perhaps other family members as well.

Abusive behaviour can include, but is not limited to, things such as;

- Making comments that are insulting and/or intimidating
- Swearing, yelling and/or screaming
- Making comments or using behaviour that is humiliating and/or belittling
- Playing mind games, for example, threatening to hurt themselves or run away
- Breaking other peoples, or their own, property
- Hurting animals and pets, and
- Hitting, pushing, and throwing things

Domestic/family violence that is perpetrated by a child or adolescent has a lot in common with domestic/family violence that is perpetrated by an intimate partner because it is also cyclical in nature and has elements of power and control. This type of abuse also shares many of the tactics that are used by an abusive intimate partner and can include emotional, physical, social, psychological, sexual, and financial abuse.

As with violence that is inflicted by an intimate partner, you might need to develop a safety plan to enhance your own safety – and that of any other children or pets in the family. Whilst it might be difficult, it is important not to keep the abuse a secret or blame yourself for the abuse occurring.

It is not unusual for you to feel upset and ashamed if your child or adolescent is being abusive, and it can be a hard thing for you to even admit is happening. You could be feeling afraid and as though you are walking on eggshells and as a result change your own behaviour to avoid conflict with your child. Many parents in these circumstances feel reluctant to get support or call the police. Many mothers in these situations find that they feel guilty, like a failure as a parent, and they often feel alone. However, in any relationship – including between yourself and your children – violence is not acceptable. If you are experiencing abuse perpetrated by your child or adolescent, you should try to get help from a support service.

Relationships Australia

1300 364 277

www.tas.relationships.org.au

admin@reltas.com.au

Family Violence Counselling and Support Service

1800 608 122

9am – midnight weekdays

4pm – midnight weekends and public holidays

Further Information

Yemaya Women's Support Service

P: (03) 6334 0305

E: admin@yemaya.com.au

Please note that all information contained within this fact sheet is to be used as a guide only. If you require further information or assistance please contact Yemaya Women's Support Service.