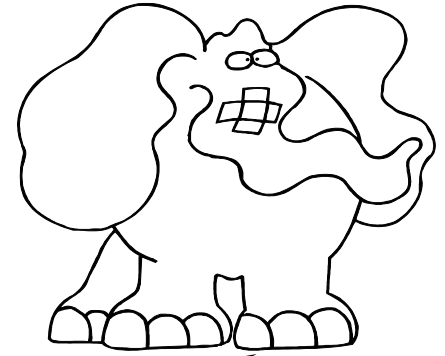


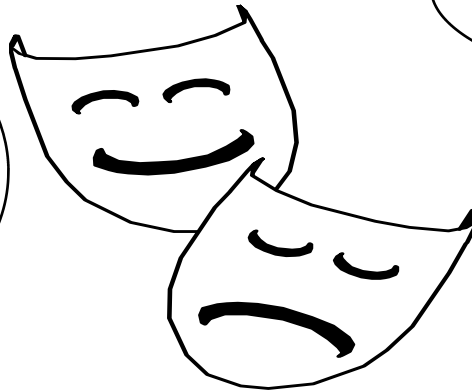
When your parents fight, it makes you sad and scared, right? Sometimes you feel it is your fault. But you know what? It is **NOT** your fault.



When your parent or anyone else hurts you, it is **NOT** okay. You might feel embarrassed to tell anyone. You might be afraid to tell anyone, especially if the person told you not to tell. But you know what? If you are hurt, you can tell someone you trust like your friends, teachers, police officers or doctors and nurses, for example.

Feel scared at home? You know what you can do?

When your parents fight, try to stay away from the room where they are fighting. If you need help, try to go to places where you feel safe like your friend's, relative's or neighbor's house. If you and your parent are in danger, call 911.



You may love **BOTH** of your parents. Even when one parent is hurting the other, or when one parent is telling you to hate the other. You know what? It's okay. I love both my mom and dad, too.

