

What to do if you're unhappy

We hope that you enjoy coming to DART and find it helpful.

Our workers will try to help you in a way that feels OK for you. If you're worried about something, it's best to talk to the person who's working with you – they'll listen and try to sort things out quickly. But if you're still unhappy, tell the person you spoke to and they'll arrange for you to see their manager.

We will do all we can to put things right as soon as possible.

Get in touch

If you have any questions or worries about DART, you can contact us at:

Need to talk?

Childline is here for you whenever you need help.

Call **0800 1111** or visit **childline.org.uk** for help and advice about any problem - no matter how big or small.



*Names have been changed to protect identity.

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Photography by Tom Hull and Jon Challicom. The children pictured are models. J20161533.



Domestic Abuse, Recovering Together (DART)

Helping you and your family recover
from domestic abuse.

EVERY CHILDHOOD IS WORTH FIGHTING FOR

This booklet tells you all about our Domestic Abuse, Recovering Together (DART) group and what you can expect.

This book belongs to _____

My DART workers are _____

What is domestic abuse?

Some adults behave in ways that hurt or upset other adults and children in their family. This can include hitting, name-calling, shouting, swearing or hurting in other ways.

When adults behave like this in a family, it's called domestic abuse.

It's never right for anyone to be hurt in these ways and no one should have to live with this.

You should always be safe from harm and be safe in your home.

Remember, you're never to blame for domestic abuse.

Talking about domestic abuse

It might feel hard. But DART is a safe and friendly place where you can both talk about your experiences. We'll meet with you and your mum once a week for ten weeks, for a two-hour group session.

What happens at the DART group?

You'll learn:

- what domestic abuse is
- that it's OK to talk about domestic abuse
- how to keep safe
- that you're not to blame.

You'll start the group by sharing an activity with your mum and all of the other mums and children.

You can then join the children's group to do different activities. Some might be hard, but there will always be helpers. At the end of each group, you can join your mum again and talk about what you've been doing.

"In my favourite session we made a volcano bottle bubble with vinegar and baking soda. It helped me to understand that bottling up things wasn't a good idea."

- JB*, a boy who got help from DART

What happens before you join?

Some people from DART will need to meet with you and your mum and then – if it's OK – with you on your own. This is to find out a bit more about you and your family.

When we see you, we'll write down everything we talk about. This will always be kept in a safe place and you can always ask to see what has been written.

You'll also be part of any decisions made about coming to the DART group. What you think is really important to us and you'll always be listened to and taken seriously.

What type of information we share

Things that you talk about during the group will not be shared with anyone else without you saying it's OK first. But, if we hear something that makes us think that you, or anyone else, is at risk or might get hurt, then we'd have to talk to other workers, so that they can help keep you safe.

Don't forget

If there is anything in this booklet that you don't understand, or if you have any questions about anything, you can talk to your worker. They'll be happy to help.

