

# Harbour Salford

Children and Young People's Domestic  
Abuse Provision

# DOMESTIC ABUSE WORKSHEETS

---

Primary  
School  
Resources

Salford City Council



Harbour Salford is a project created and run in partnership between TDAS and Salford City Council.

## Information on Harbour Salford:

**Address:**

**Phone number:**

**Email address:** [salfordcypteam@tdas.org.uk](mailto:salfordcypteam@tdas.org.uk)

**Commissioner:** Claire Baddley

Email address: [claire.baddley@salford.gov.uk](mailto:claire.baddley@salford.gov.uk)

**CYP Co-ordinator:** Jenny Campbell

Email address: [jenny.campbell@tdas.org.uk](mailto:jenny.campbell@tdas.org.uk)

## Information on TDAS:

**Address:** Trafford Domestic Abuse Services, Gorse Hill Studios, Cavendish Road, Stretford, Manchester, M32 0PS

**Website:** [www.tdas.org.uk](http://www.tdas.org.uk)

**Email address:** [info@tdas.org.uk](mailto:info@tdas.org.uk)

**Phone number:** 0161 872 7368 / 07534 066 029

**CYP Lead:** Amy Moss

Email address: [amy.moss@tdas.org.uk](mailto:amy.moss@tdas.org.uk)

# Contents Page

Page number:

## Section 1: Getting to know the child

1-2

- Who Am I?

1

- About Me

2

## Section 2: Checking In with the child's feelings

3-6

- Positive Thoughts

3

- About My Day

4

- About My Week

5

- What's My Mood?

6

## Section 3: Family and House

7-9

- My Family Tree

7

- My House

8

- My Dream House

9

## Section 4: Keeping Safe

10-14

- Safe or Unsafe

10

- When Grown-ups Argue

11

- When Adults Argue

12

- Safety Plan

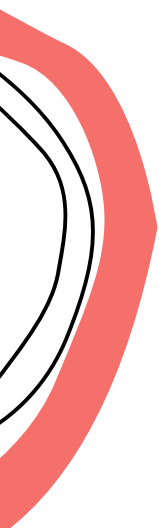
13-14

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# WHO AM I?

Use the space below to draw a self-portrait. On the left side, draw how you look on the outside. On the right side, draw your favourite toys, animals, food, or games. Colour your creation when you're done!

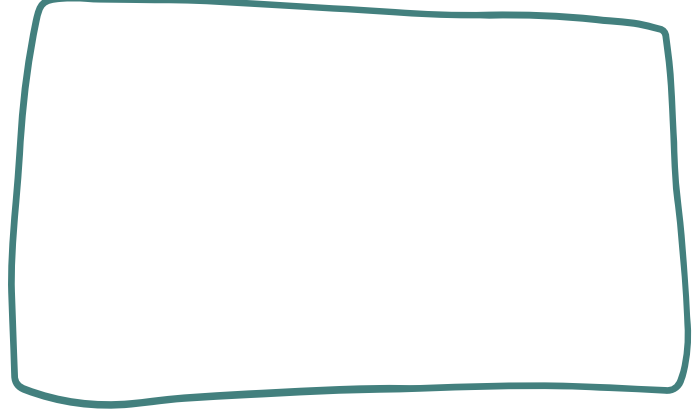


# About Me

My favourite subject is...



My favourite colour is...



I really hate it when...



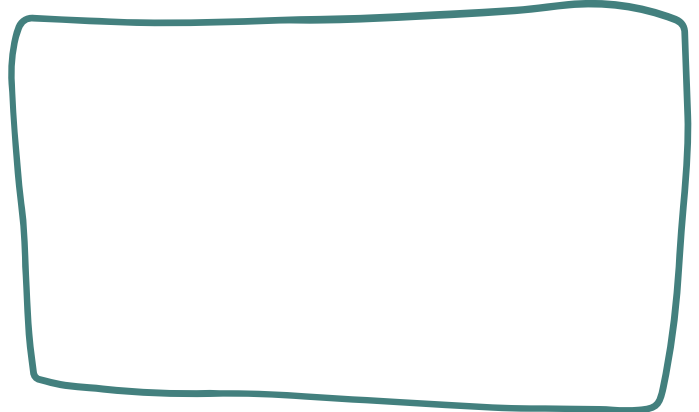
My favourite memory is...



Right now, I feel very...



If I had a million pounds...



Most people don't know that I...



I'm most happy when...



# POSITIVE THOUGHTS

Whenever you feel bad about yourself, what kind things can you think about yourself to make you feel better?



# ABOUT MY DAY

USE THESE SENTENCE STARTERS

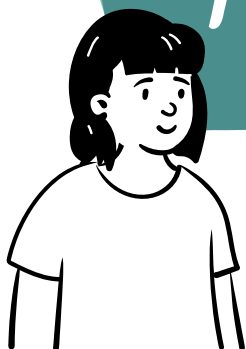
NAME

DATE

COMPLETE ONE, TWO, OR ALL OF THESE LINES BELOW:

I was excited to

# ALL ABOUT MY WEEK



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

Use these sentence starters to help you write about your week.

Complete one, two, or all of these lines below:

- This week was a good/bad for me because...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- I was excited to...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- I had the opportunity to...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- I didn't expect to...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

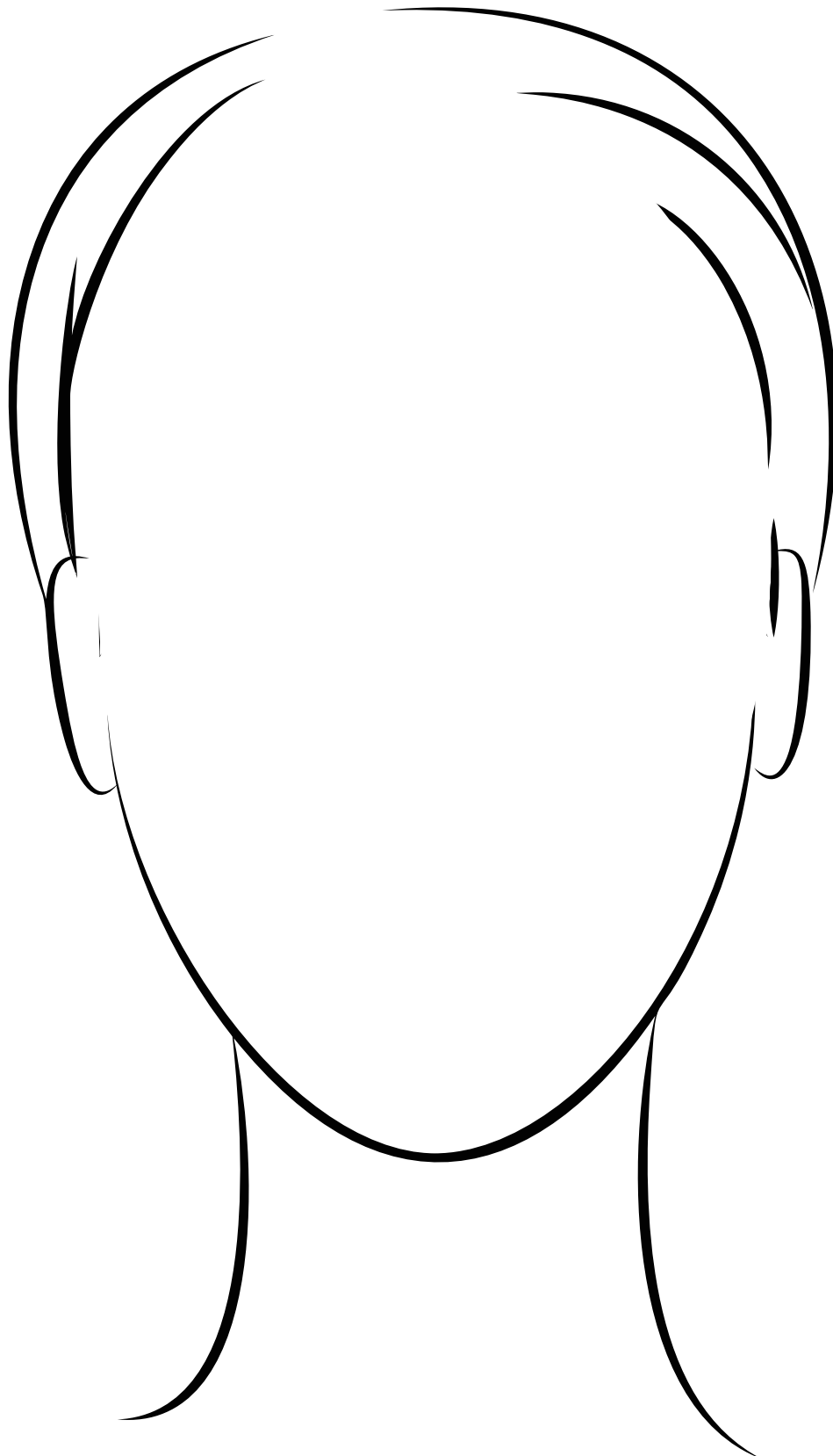




# What's Your Mood?

Artists often paint how they feel. They use bright colours when they feel happy or excited. Some use thick, heavy lines for when they're sad or angry.

Describe your own mood, using the portrait below. Use different lines, colours, and shapes and decorate the head to express how you feel today.

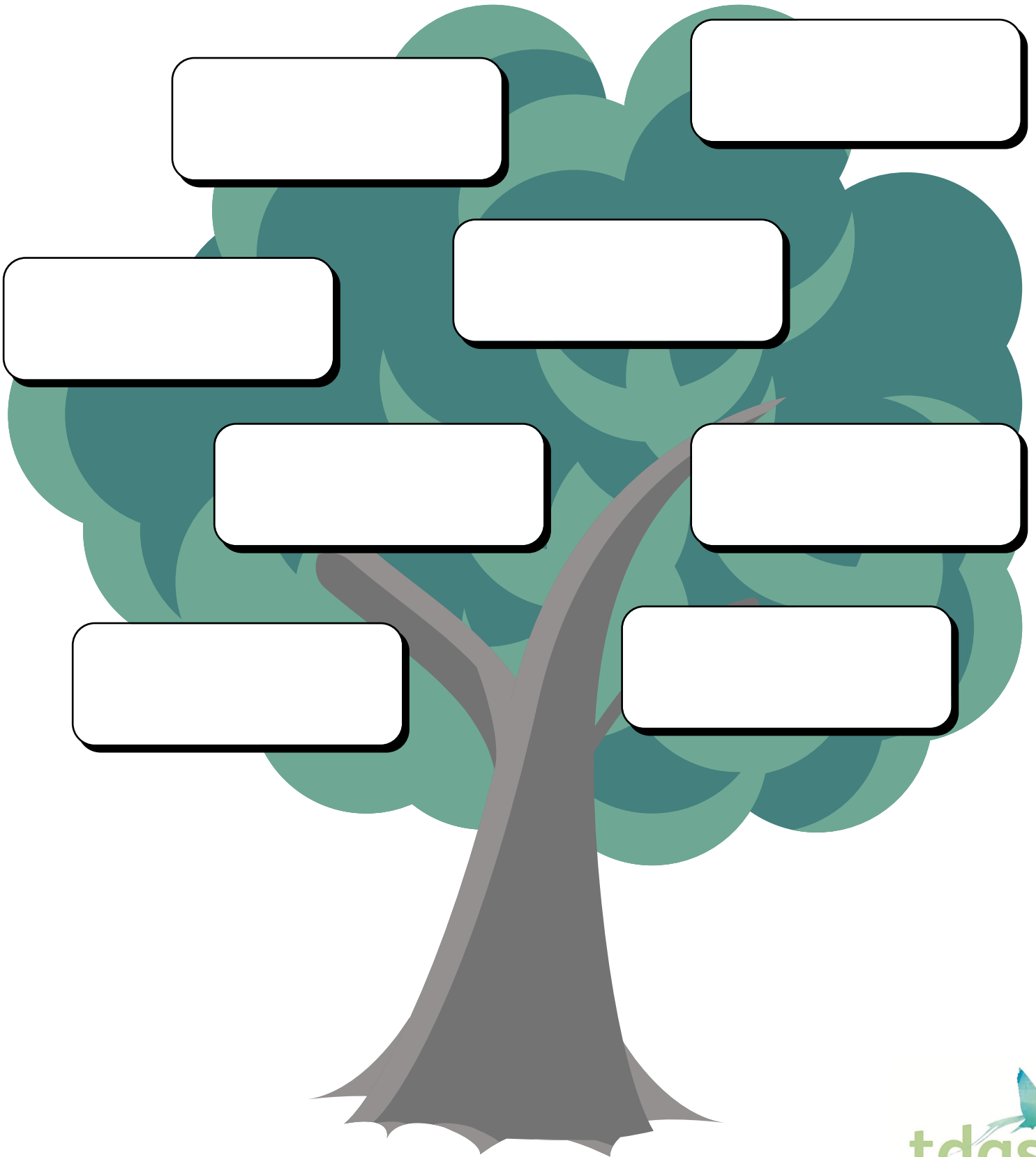


NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

# MY FAMILY TREE

Who is in your family?



# My Dream House

Draw a picture of your dream home.



What and who would you like in your home?

What and who don't you want in your home?

# Who Lives In Your Home?

Draw or write about each person in the windows.



Who doesn't live in your home but means a lot to you?

# Safe or Unsafe

Cut this page along the dotted lines and then, paste them into the columns that make you feel safe or unsafe. You can write your own suggestions too.

**SAFE**

**UNSAFE**



Dogs

My friends

My bedroom

My mum

My teacher

My grandparents

Watching Tv

The playground

Arguments

My house

My toys

My sister or brother

My school

Cats

Small spaces

# When Grown-ups Fight

There will be moments when grown-ups disagree with one another. Sometimes if they become angry enough, it can turn into a loud argument or fight. Seeing this happen can bring up a lot of thoughts and feelings. Use this worksheet to explore how you feel when you see or hear grown-ups fighting and to also think of positive ways of coping.

**What do the grown-ups do when they fight? (tick the boxes that apply)**

- |  |                                      |  |                                     |
|--|--------------------------------------|--|-------------------------------------|
| <input type="checkbox"/> Yell          | <input type="checkbox"/> Cry         | <input type="checkbox"/> Throw objects | <input type="checkbox"/> Slam doors |
| <input type="checkbox"/> Swear         | <input type="checkbox"/> Leave       | <input type="checkbox"/> Push or shove | _____                               |
| <input type="checkbox"/> Punch or kick | <input type="checkbox"/> Name - call | <input type="checkbox"/> Break things  | _____                               |
|  |                                      |  | _____                               |

**What do you do when they fight?**

---

---

---

**How does it make you feel? (tick the boxes that apply)**

- |                                 |                                  |                                   |                                |
|---------------------------------|----------------------------------|-----------------------------------|--------------------------------|
| <input type="checkbox"/> Unsafe | <input type="checkbox"/> Sad     | <input type="checkbox"/> Confused | <input type="checkbox"/> Angry |
| <input type="checkbox"/> Scared | <input type="checkbox"/> Worried | _____                             |                                |

**What are positive ways you can cope the next time they argue?**

---

---

---

**Who can you talk to about how you feel?**

---

---

# WHEN ADULTS ARGUE

When the grown-ups in your life argue, or when you see grown-ups being unkind to each other it can feel scary and sad. Draw or write what you would want to say to the arguing or unkind grown-up.

You might want to imagine yourself as a superhero like wonder woman or batman.



# My Safety Plan

If I don't feel safe inside my house, I will go to a safe place and contact my trusted adult. If I am scared and I feel that my safety, or the safety of others is at risk, I will call the police. If I need to, I will go somewhere else inside the house to make the call.

My safe space inside my house is:



My trusted adult is:



Their contact number is:



If I need to go somewhere outside my house, my safe space outside is:



I will phone the police if I am afraid myself, or someone else may get hurt.  
Their number is:





When I am not able to speak openly, I will use my code word to alert trusted people that I need help. My code word is:



Trusted people that will know my code word are:

I know the details of a support service I could use (or professional) who understands about young people experiencing domestic abuse:

Name:



Number:



I will talk to someone that I trust about what is happening to me, so that I have a friend that I can turn to when I need to get things off my chest. That person is:



I understand that domestic abuse is never my fault.

I understand that I am not alone

I understand that I need to call the police if myself or someone else in my home is not safe

# Harbour Salford



Created by Theresa Adams, Children's Trauma Informed Worker  
Email address: [theresa.adams@tdas.org.uk](mailto:theresa.adams@tdas.org.uk)