

## 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

If you feel you need to talk, Childline is here to listen. It's a free, confidential helpline for young people and it's available 24/7 – online and on the phone.

**childline.org.uk**  
**0800 1111**

# Domestic Abuse Recovering Together (DART)

A guide for children

This leaflet belongs to



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

### 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.

### Talking about domestic abuse

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

**“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.”**



In the group the first part of the session children and mums work together to complete an activity.

After this, mums go to their room to chat to the other mums and the children stay in their room and complete an activity together.

Finally, mums come back to the room and we all finish the group together.

You might find some of the activities hard, but there will always be a worker to help you.

### What happens before you join?

A worker 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.

Your worker will 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.