



What about my children?

Children and youth are highly resilient. The elements that help Latin@ children and youth cope already exist in their surroundings, families and culture. We can build resilience in children and youth by recognizing their most positive and strongest traits (artistic ability, writing & presenting skills, leadership capabilities, eagerness to serve others, etc.) and providing an opportunity to use them for themselves, their families and communities.

Domestic Violence and Children

- 15.5 million children ages 0-17 are estimated to live in homes where they witness DV in the United States.¹
- Children living in homes affected by DV are at high risk for both future perpetration and victimization—that is, they are more likely to commit acts of DV or experience maltreatment from future partners.¹
- Witnessing violence between one's parents or caretakers is the strongest risk factor of transmitting violent behavior from one generation to the next.²
- There is evidence that a child's mothers' mental health, positive parenting, and temperament all relate to wellness in children with ongoing or past family histories of DV.¹

Factors that Impact Latin@ Children

DV can affect Latin@ children differently in these ways:

- **Acculturation Levels** – Each member of the family may be at a different place in the acculturation process, so they may have difficulty understanding one another.
- **Language Barriers** – Services are frequently only provided in English. As a result, children are often asked to translate for police officers, advocates, teachers and other professionals. Click here to learn why children should never be asked to translate for parents experiencing domestic violence.
- **Immigration Status** – Documentation status sometimes determines whether a parent will report or seek help for themselves and their children.

How Can We Help?

Friends, family, peers, teachers, and coaches can play an important role in the lives of youth affected by violence. You can help youth build resilience in these ways:

- Encouraging or promoting strong and healthy relationships.
- Connecting children with teachers, coaches and other peers at school or in the community.
- Providing opportunities for children to have or be mentors.
- Promoting positive emotional development by sending messages of trust, spirituality, strength and more.
- Modeling healthy behaviors and relationships.

¹latin@ youth witnesses of domestic violence: a factsheet from the national latin@ research center on family and social change

²break the cycle. (2006). startling statistics.