

Think about ... **Family Problems**



She has
started
hitting us.
Who do
I tell?

At first it was difficult
getting used to my
new family
But things are
better now.

I never
knew
when he
was going
to lose it

My parents
are never
there. I
don't feel
important.

**They act like
everything's
OK when it
isn't.**

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There are many different kinds of families. Children can live with two parents or a single parent. Some children live with a relative, foster family, adoptive family, or in a step-family. A family is more than a group of people who live at the same address. It should be a source of love,

support and encouragement. This does not mean that everyone gets on all the time.

Rows and arguments are a part of family life and everyone experiences them

Families can experience problems such as an illness, bereavement, disability, alcohol and drug addiction, job loss, relationship problems and domestic violence. A family problem might mean you feel you're

not getting the support you need at home.

Listening to each other and working together to resolve problems are important in strengthening a family but there are times when

family problems can be too difficult to deal with. If you can't speak to a parent or a close relative about what's going on at home make an appointment to see your school counsellor.

Sources of Support

Helplines:

Childline 0800 1111

Samaritans 0845 790 9090

Lifeline 0808 808 8000

Domestic Violence Helpline
(24 hours) 0800 917 1414

Relate NI 028 9032 3454

Useful Websites:

www.nidirect.gov.uk/index/information-and-services/young-people/health-and-relationships/family-and-relationships/abusive-relationships.htm - gives advice on abusive relationships

www.thehideout.org.uk - support and information for anyone experiencing domestic abuse

www.relate.org.uk - information about support services

www.bbc.co.uk/radio1/advice/factfile_az/domestic_violence - advice about Domestic Violence

www.childline.org.uk/Explore/HomeFamilies/Pages/FamilyRelationships.aspx - advice and information on family problems