

# Know a child who witnessed violence?

Seeing, hearing or experiencing violence is harmful to children—but getting help early on can make a big difference for the rest of their lives.

Information and support is available in your community, including treatments proven to help children heal and recover.

**P O R T L A N D**  
**DEFENDING**  
**CHILDHOOD**  
**PROTECT HEAL THRIVE**

To learn more, call Portland Defending Childhood at **(207) 661-6504** or visit **[PortlandDefendingChildhood.org](http://PortlandDefendingChildhood.org)**.

# Do you recognize these signs?

## Watch for these signs that a child may be affected by violence:

- Trouble sleeping, fear of falling asleep or nightmares
- Unexplained headaches or stomach aches
- Hyperactivity or trouble concentrating
- Withdrawal from friends and activities
- Angry or aggressive play

## Please contact Portland Defending Childhood if you would like to...

- Learn more about how exposure to violence can affect your child
- Speak to a counselor to find out ways you can best support your child
- Learn about treatment options
- Learn about workshops and resources in your community

**If a child is in immediate danger, call 911.**