

# Signs a Child May Have Been Exposed to Violence

No matter how children become exposed to violence, such experiences can be devastating and difficult for them to deal with on their own. Sometimes children who have seen, heard, or experienced violence show signs of being “S.C.A.R.E.D.” If a child exhibits any of the following signs, it may be an indication that he/she has been exposed to violence.

- S*        *Sudden changes in sleep habits (bedwetting, nightmares, will not sleep alone, etc.)*
- C*        *Crying or whining frequently, clingy behavior, difficulty concentrating*
- A*        *Afraid of things he/she never feared before*
- R*        *Refuses activities once enjoyed (playing with friends, participating in sports, etc.)*
- E*        *Easily startles*
- D*        *Disruptive, violent, bullying or aggressive behavior (angry outbursts)*

*In addition, young children may recreate/reenact the incident(s) that they have experienced or witnessed in their play and/or art work.*

*Heart of Illinois Safe From the Start*  
*Providing Support, Education, and Counseling to Victims of Violence ages 0-5.*  
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