

**Child to Parent Violence**

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| **Background** | Child to parent abuse, more commonly known as parent abuse, is not as widely known as partner domestic abuse, or child abuse, but that doesn’t mean it’s an uncommon occurrence.  The [University of Brighton](https://www.brighton.ac.uk/research-and-enterprise/groups/social-science-policy/research-projects/responding-to-child-to-parent-violence.aspx), thinks 1 in every 10 families experiencing some form of parent abuse. [PAARS](https://familybasedsolutions.org.uk/paars/) states It is very difficult to make a clear cut distinction of where the abuse started or who is abusing who. This leads to stigma and shame and is unhelpful if we want families to come forward and seek support. |
| **Understanding** | What is discrimination? Discrimination has a formal definition under the Equality Act 2010: Discrimination means treating a person unfairly |

# Why it matters

**The Scale of the problem**

PAARs has gathered statistics since 2012, which shows the most common factor for parent abuse is children witnessing domestic abuse by their adult caregivers. There are of course other factors which can lead to child to parent abuse such as mental health issues, problems at school, destructive friendship groups and of course not all young people who witness domestic abuse go on to become victims or perpetrators.

Occasional conflict is normal between parents and their children when teens/young adults are attempting to separate themselves from their parents and establish their own independence. During this time, they may resist authority and become defiant.

Parent abuse is not an argument or disagreement, nor is it an anger management issue. It is control and power that the teen/young adult wants to have over their parent. They control, manipulate and try to intimidate. This abuse is ongoing and not on an occasional or one-time basis. Parent abuse is any act of a teen/young adult that is intended to cause physical, emotional or financial damage to gain power and control over a parent and/or any behaviour that is deliberately harmful to the parent. Parent abuse crosses all social, cultural and economic lines – poor and rich, educated and not. Women who are single parents are often the targets of abuse and mothers are more often and more severely abused than single fathers, however, all family members can be at risk.

The [WIC](https://whosincharge.co.uk/wp-content/uploads/WIC-Addressing-Child-to-Parent-Violence-and-Abuse-Information-to-help-parents-V1-2020-3.pdf) have produced a booklet adapted from Australia to assist parent and carers with parental abuse.



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| **Safety planning** | It is important to discuss with the parent or carer about safety planning. It is important to have a safety plan as it’s important to recognise when a child’s behaviour has moved beyond what is safe for you the parent, other family members or the child themselves.  A safety plan is needed in case you need to leave the home suddenly.  It needs to be clear in advance what the family are going to do.:   * Plan in advance how you might respond in different situations, including crisis situations. * Think about the different options that may be available to you. * Keep with you any important and emergency telephone numbers the police domestic violence unit; your GP; your social worker, if you have one; your children’s school; * Teach your children to call 999 in an emergency, and what they would need to say (for example, their full name, address and telephone number). * Are there neighbours you could trust, and where you could go in an emergency? If so, tell them what is going on, and ask them to call the police if they hear sounds of a violent attack. * Rehearse an escape plan, so in an emergency you and the family can get away safely. * Try to keep a small amount of money on you at all times – including change for the phone and for bus fares. * Know where the nearest phone is, and if you have a mobile phone, try to keep it with you. * Be prepared to leave the house in an emergency |

# Actions to Consider

Do I know as a professional about parent abuse?

Do I know where I can go to get support for a parent/carer?

How can I co-ordinate assistance?