Finding Help: Understanding Family Violence and Support Systems

🎯 Objective:

Students will identify types of family violence, understand emotional impacts, and recognize how individuals can seek help and support in difficult situations.

Read the short story:

A Safe Place for Sophia

Sophia, a 13-year-old, often heard her parents yelling at each other. One night, her father pushed her mother during an argument. Sophia felt scared and confused. The next day at school, her teacher noticed she was quiet and asked if everything was okay. Sophia told her teacher what was happening at home. The teacher connected Sophia's mother with a counselor and a community support group. With help, her family began therapy and learned ways to communicate without violence. Sophia realized that asking for help was the first step toward feeling safe again.

Group Discussion Questions:

1. What type of violence occurred in the story?
2. How did the main character find help?

LIVEWORKSHEETS

3. What emotions did the character experience before and after finding help?
4. Who were the trusted adults or organizations that helped?
5. What can we learn from this story about asking for help?

✍️ **Student Task:**

- In groups of 3-4, discuss and write your answers here.

- Include one suggestion for how schools or friends can support someone experiencing family violence.

- Each group shares a short summary of their discussion with the class.

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Reflection (Individual Exit Ticket):

- What is one new thing you learned about finding help for family violence?

- Who are safe adults or services you can turn to if someone needs help?

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