

# ADOLESCENT TO PARENT VIOLENCE

If you or  
someone else  
is in immediate  
danger please  
call 999

## INDICATORS THAT YOUR CHILD'S BEHAVIOUR COULD HAVE GONE BEYOND HEALTHY ANGER

- You are changing your behaviour to avoid confrontation with your child
- The child lashes out verbally or physically causing fear or distress
- You feel you are walking on eggshells to keep the peace
- The child is stealing or damaging other family members possessions
- The child threatens you or others.
- The child threatens to harm themselves or engage in risky behaviour. Always take threats of self-harm seriously
- The child is critical and dismissive of you and your interests
- The child blames you or others for their behaviour
- The child is cruel to pets
- The child threatens to run away from home if you don't meet their demands
- The child threatens to call others i.e. ChildLine, a social worker or other professional if their demands are not met
- You are fearful for your safety or the safety of other family members

It can be difficult to admit even to yourself that your child's behaviour might be abusive. If you do have concerns, there are support services available that can help you understand your individual situation and guide you and your family to healthier behaviours.

### **HAMPSHIRE: STOP DOMESTIC ABUSE:**

Small group work for parents and young people who are using abusive or unhealthy behaviours, plus one-to-one support to address child to parent violence.

*Contact: 03300 165112/ [advice@stopdomesticabuse.uk](mailto:advice@stopdomesticabuse.uk)*

### **PORTSMOUTH CITY COUNCIL:**

APV programmes aimed at parents and carers whose children are being abusive or violent towards them or who appear out of parental control. Portsmouth City Council offers support to parents whose child is aged 5-18 who have a current Early Help, Children's social care assessment

*Contact: [SharedMailbox.ParentingService@secure.portsmouthcc.gov.uk](mailto:SharedMailbox.ParentingService@secure.portsmouthcc.gov.uk)*

### **ISLE OF WIGHT - YOU FIRST**

Provides support and services to parents and carers who are experiencing child to parent violence.

*Contact: 0800 234 6266/ [youfirstiow@theyoutrust.org.uk](mailto:youfirstiow@theyoutrust.org.uk)*

### **HAMPSHIRE, SOUTHAMPTON, PORTSMOUTH AND ISLE OF WIGHT - YOUTH OPTIONS**

Parents/Carers with children who show violent, aggressive, controlling or self-destructive behaviours (aged 5 - 17 years). 10 weekly practical parent group sessions providing non-violent resistance strategies and guidance.

*Contact details: 02394 213678/ [enquiries@youthoptions.co.uk](mailto:enquiries@youthoptions.co.uk)*

GETTING HELP

# APV/CPV SUMMARY

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## WHAT IS APV/CPV?

Adolescent to Parent Violence (APV) or Child to Parent Violence (CPV) can be defined as 'abusive behaviour perpetrated by a son or daughter against a parent, who is legally recognised as a child and is most likely still living in the family home. Abusive behaviours which are recognised to be involved in APV include but are not limited to, threats, name calling, humiliation, threats to harm themselves or others, property damage, physical violence and theft (Holt, 2015). APV is not restricted to violence by an adolescent against a parent; it extends to violence against a family member who is acting as a parent i.e. common-law in-laws, foster family, grandparents, aunt or uncle. It must be acknowledged that there is the potential for APV to occur even when the adolescent does not live in the same property as their parents.

## STOP DOMESTIC ABUSE - ADOLESCENT TO PARENT VIOLENCE (APV) PROJECT:

Small group work for parents and young people who are using abusive or unhealthy behaviours, plus one-to-one support to address child to parent violence.

Area: Basingstoke and Deane, East Hampshire, Eastleigh, Fareham, Gosport, Hart, Havant, New Forest, Rushmoor, Test Valley and Winchester.

Contact: 03300 165112/  
advice@stopdomesticabuse.uk

## NON-VIOLENT RESISTANCE - YOUTH OPTIONS:

Parents/Carers with children who show violent, aggressive, controlling or self-destructive behaviours (aged 5 - 17 years). 10 weekly practical parent group sessions providing NVR (Non-violent Resistance) strategies and guidance.

Area: Families across Hampshire, Southampton, Portsmouth and Isle of Wight

Contact details: 02394 213678/  
Jemmacowley@youthoptions.co.uk

## PORTSMOUTH CITY COUNCIL: APV PROGRAMMES:

APV programmes (non-violence resistance and Who's in Charge?) aimed at parents and carers whose children are being abusive or violent towards them or who appear out of parental control. Portsmouth City Council offers support to parents whose child is aged 5-18.

PCC require a current assessment (Early Help, Children's social care assessment) along with an email explaining the current behaviours being seen.

Area: Portsmouth

Contact:  
SharedMailbox.ParentingService@  
secure.portsmouthcc.gov.uk

## ISLE OF WIGHT INTEGRATED DOMESTIC ABUSE AND SEXUAL CRIME SERVICE:

You First provides support and services to parents and carers who are experiencing child to parent violence.

Contact: 0800 234 6266/  
youfirstiow@theyoutrust.org.uk

