



RECOVERY | FIELD GUIDE

When a child asks if leaving was their fault

Give a clear answer without making your child carry adult details.

A note from Victoria

That question can land hard. You do not need a perfect speech. Your child needs a steady truth they can return to more than once.

What to do

Say plainly that the adults made the decisions and the child did not cause the abuse or the move. Keep explanations age-appropriate, avoid asking the child to choose sides, and invite questions later. Notice changes in sleep, school, or behavior without interrogating them. A child-focused domestic-violence advocate or licensed clinician can help with persistent distress.

Words you can use

"None of this was your fault. Adults are responsible for their own choices. My job is to help keep you safe, and you can ask me questions whenever you need to."

One useful step I can take today:

I could start with: Choose one calm moment to repeat the central message, even if you have said it before.

The strength I see in you

You are giving your child a truth that can steady them over time.

Peer support and education, not therapy, legal advice, or an individualized safety plan. If you are in immediate danger, contact local emergency services or a domestic-violence advocate.



RECOVERY | WORKSHEET

When a child asks if leaving was their fault

Use this page in your own words. You can leave any part blank.

The exact question my child asked

The simple truth I want them to hear

Who can support us if questions continue

My next manageable step

A person, service, or place I can turn to (if useful)

Peer support and education, not therapy, legal advice, or an individualized safety plan. If you are in immediate danger, contact local emergency services or a domestic-violence advocate.