



RECOVERY | FIELD GUIDE

When someone uses your child to reach you

Keep your child out of adult messages and make the next step safer.

A note from Victoria

It is painful when a child is asked to carry a message, report on you, or keep a secret. I want you to know this is not yours to manage alone, and it is not your child's job to solve.

What to do

Thank your child for telling you without questioning them repeatedly. Say they do not have to deliver adult messages or choose sides. Record the exact words and date privately if safe, without coaching your child. Review any custody order with a qualified attorney or advocate before changing contact arrangements. If there is immediate danger, seek emergency help.

Words you can use

"You can always tell me when an adult asks you to carry a message. You have not done anything wrong. The adults will handle the adult decisions."

One useful step I can take today:

I could start with: Write the facts you know, then identify the advocate or attorney who can help you decide what to do.

The strength I see in you

Protecting your child from an adult burden is a steady act of love.

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 someone uses your child to reach you

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

The words or request my child reported

What I can say without adding adult details

A qualified person to ask about next steps

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.