



RECOVERY | FIELD GUIDE

When your teen wants more of the story

Answer honestly without handing them the weight of adult decisions.

A note from Victoria

A teen can sense when adults are hiding something, yet too much detail can ask them to carry what is not theirs. You can be truthful and still have boundaries.

What to do

Ask what your teen already knows and what they want to understand. Answer the question they asked in age-appropriate language; avoid graphic details, blame assignments, and requests to keep secrets or take sides. Say clearly that the abuse was the adult's responsibility. Let them return with more questions later. If they seem persistently distressed or unsafe, seek support from a child-focused domestic-violence advocate or licensed clinician.

Words you can use

"I will answer what I can truthfully. Some details belong with adults, not on your shoulders. What is the part you most want to understand right now?"

One useful step I can take today:

I could start with: Write one question your teen asked and the simple truth you want them to hear.

The strength I see in you

You are making room for honesty without asking your child to become your protector.

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 your teen wants more of the story

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

What my teen is asking

The age-appropriate truth I can share

Adult details I will keep with adults

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.