



Art Heals



# Help for Kids When the Police Arrive

This booklet is only intended to be an informal resource for criminal justice personnel to distribute at their professional discretion and is not intended as a therapeutic tool or to be used in place of or instead of professional therapy, counseling or assistance of any kind. The writers of this document assume no liability for misuse.

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Help for children when the police arrive.

**Someone is getting hurt  
in your family!**

**Draw a picture of who it is.**

**It's NOT my fault! • It's NOT my fault! • It's NOT my fault!**



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**The police have been called  
to help you and your family.**

**Draw or write what happened.**

**It's NOT my fault! • It's NOT my fault! • It's NOT my fault!**



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**What will the police do?**

**What will happen to me?**

**It's NOT my fault! • It's NOT my fault! • It's NOT my fault!**



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## My Feelings are Important!

Circle the faces or words that show how you feel.  
Or draw your own face in the middle.



confused • sick • mad • sad • glad • scared • hurt • lucky • joyful • silly • needed • jealous  
 brave • surprised • special • helpless • smart • proud • guilty • depressed • confident • ashamed  
 rejected • free • disgusted • unwanted • trusted • alone • happy • dirty • worried • excited  
 lovable • frightened • disappointed • alive • angry • embarrassed • carefree • trapped • horrified

It's NOT my fault! • It's NOT my fault! • It's NOT my fault!



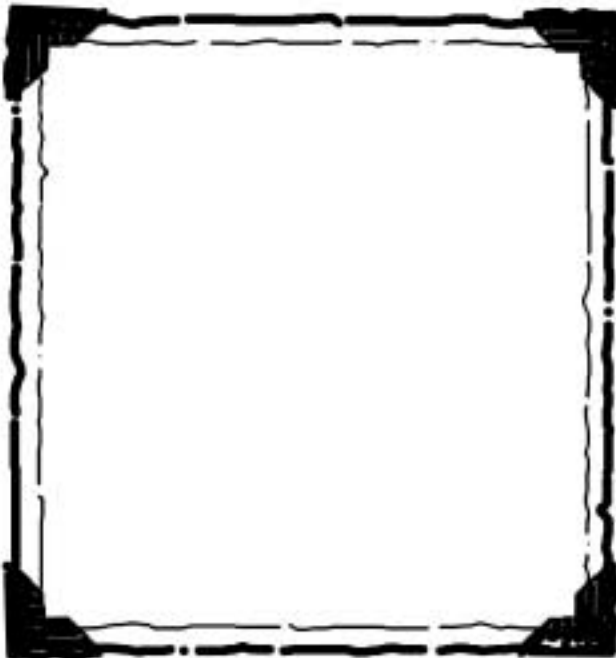
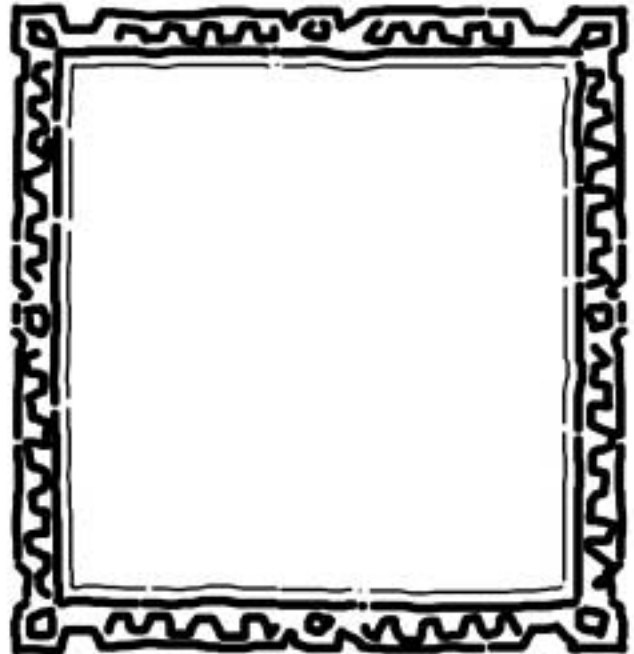
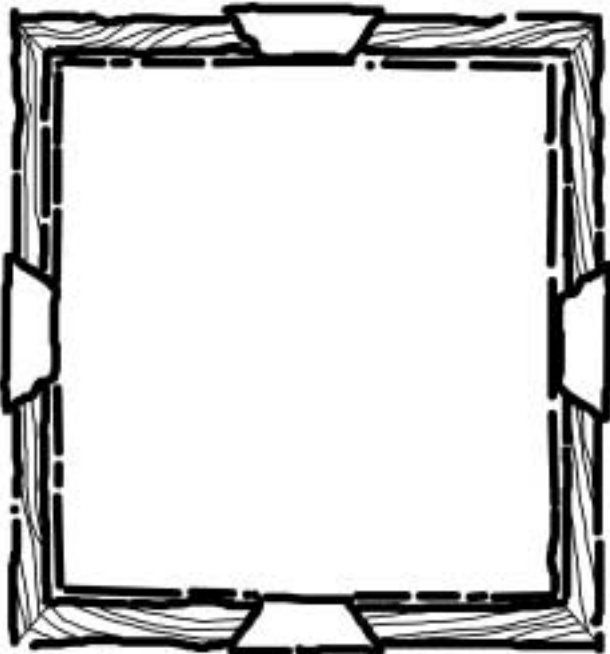
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**Draw or write about the people who can help you.**

Here are some ideas: teachers, neighbors, relatives, police, firefighters, doctors, nurses, rabbis, priests, ministers, friends, counselors



**Draw a picture of someone who loves you.**

**It's NOT my fault! • It's NOT my fault! • It's NOT my fault!**



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## I have a few questions:

You are NOT alone. Ask some adults to help you get answers to these questions.

Who will take care of me? \_\_\_\_\_

\_\_\_\_\_

Why did this happen? \_\_\_\_\_

\_\_\_\_\_

Is this my fault? **NO!** \_\_\_\_\_

\_\_\_\_\_

Other questions I have: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

It's NOT my fault! • It's NOT my fault! • It's NOT my fault!



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## Phone numbers I can call for help now...or in the future:

Here are some ideas: police, firefighters, doctors, nurses, neighbors, relatives,  
rabbis, priests, ministers, friends, counselors, teachers,

**911**

**Police**

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It's NOT my fault! • It's NOT my fault! • It's NOT my fault!



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## Wish Upon a Star!

Star Light, Star Bright,  
first star I see tonight  
I wish you may, I wish you might,  
grant the wish I wish tonight

Draw or write what you wish for.

It's NOT my fault! • It's NOT my fault! • It's NOT my fault!