

THE PUPPY'S LIFE



Written and illustrated by
Aryan

This book is written by Aryan.

Aryan is a primary school student who is 10 years old. His family

separated when he was 9 years old.

There was very bad stuff going on

at home, so Aryan started seeing

a family violence counsellor who

saw him every Wednesday. Before

the counselling, Aryan was sad and

not wanting to show much.

In the sessions, they did activities,
like drawing, playing and talking.
Slowly, things became easier and
Aryan started to open up.

Aryan wrote this book because he
wanted to show other kids that
it's ok to talk about family violence.
And other kids also experience it.

This story is about a puppy.

The puppy loves to run on the grass,
in the flat open space.

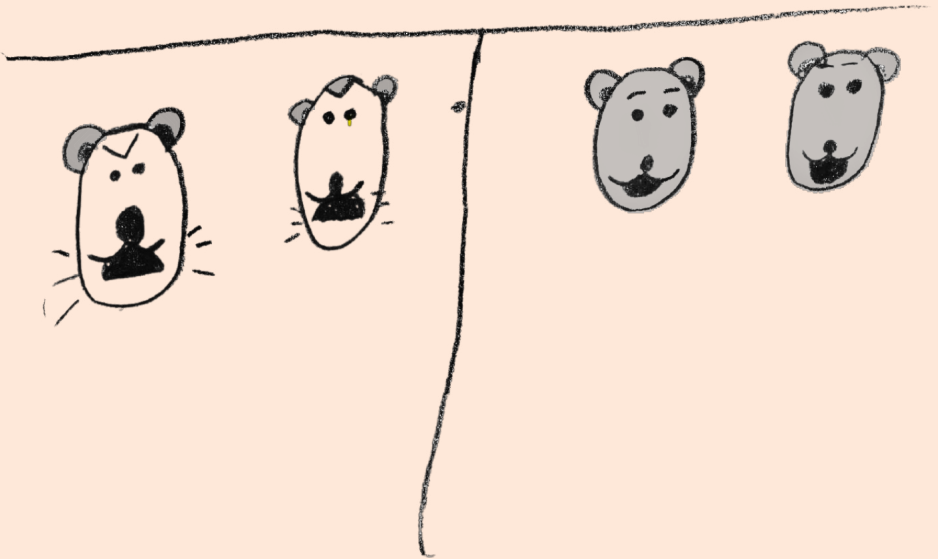
He has a mum, a dad, and a big sister.



When the puppy's parents met each other,
they fought rarely.

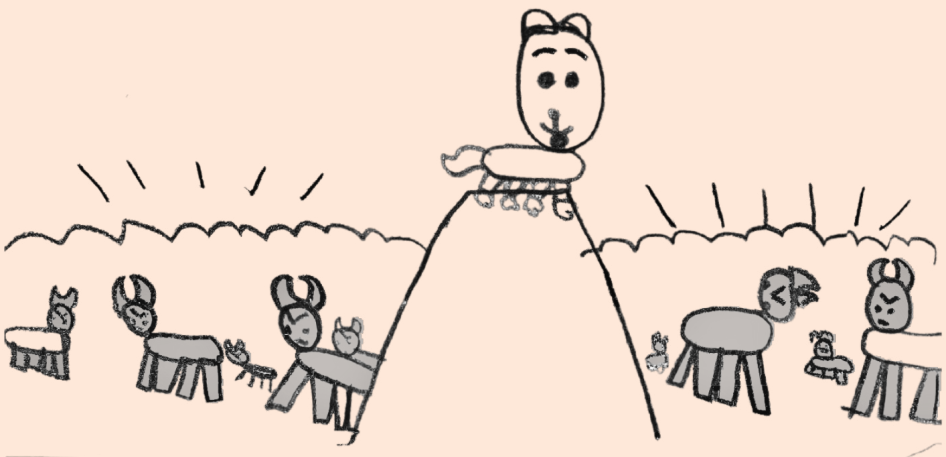
But then it became a lot.

Sometimes the puppy's parents were
happy, and sometimes they were barking
loudly to each other.



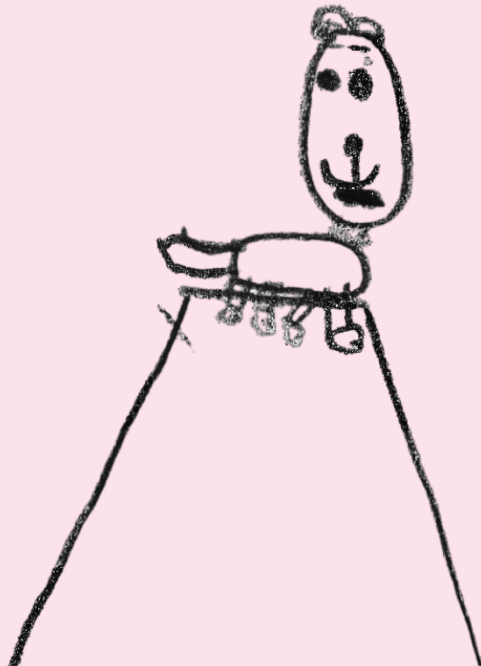
When the puppy would hear his parents barking, it felt like thousands of animals in a stampede.

The puppy couldn't make the stampede stop, and he felt like he was lost in the middle.



But one day, it stopped.

The puppy was shocked from the
change, and also a bit worried.

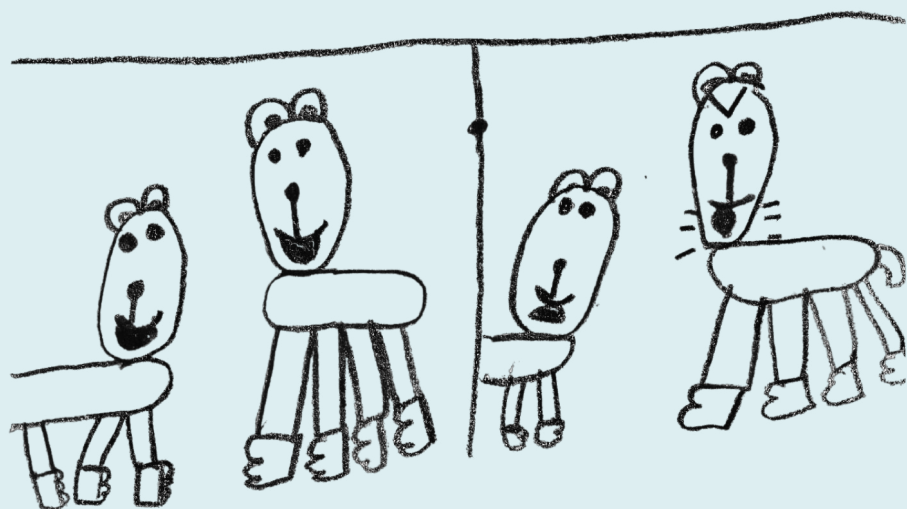


The puppy had so many questions,
about what was going to happen to his dad,
what was going to happen to him, and his
family.



The puppy always loved the father dog,
but sometimes he was scary.

He was also kind sometimes.



The puppy thought he was the only one who was in a stampede like this, but then he realised there were others.

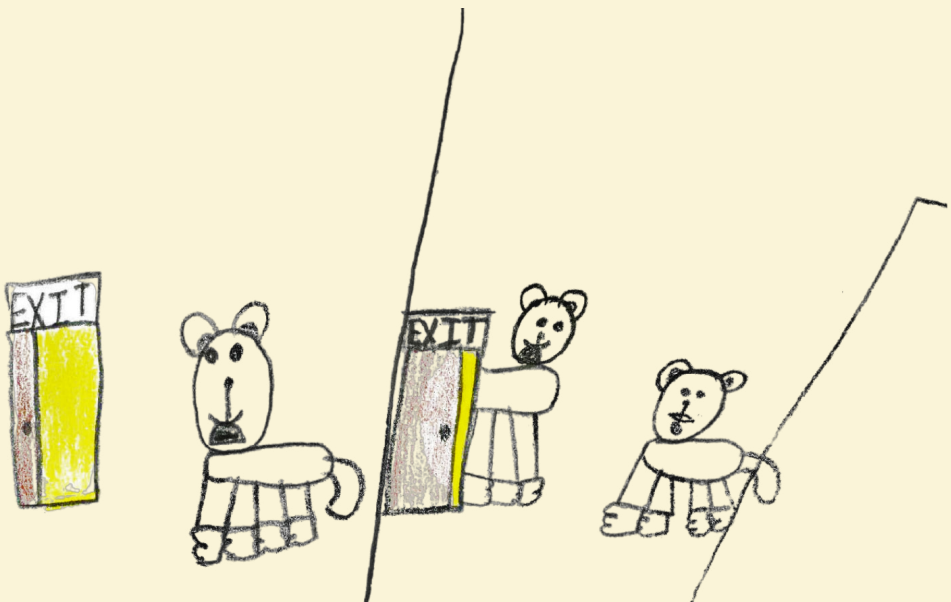
There were all kinds of baby animals experiencing this.



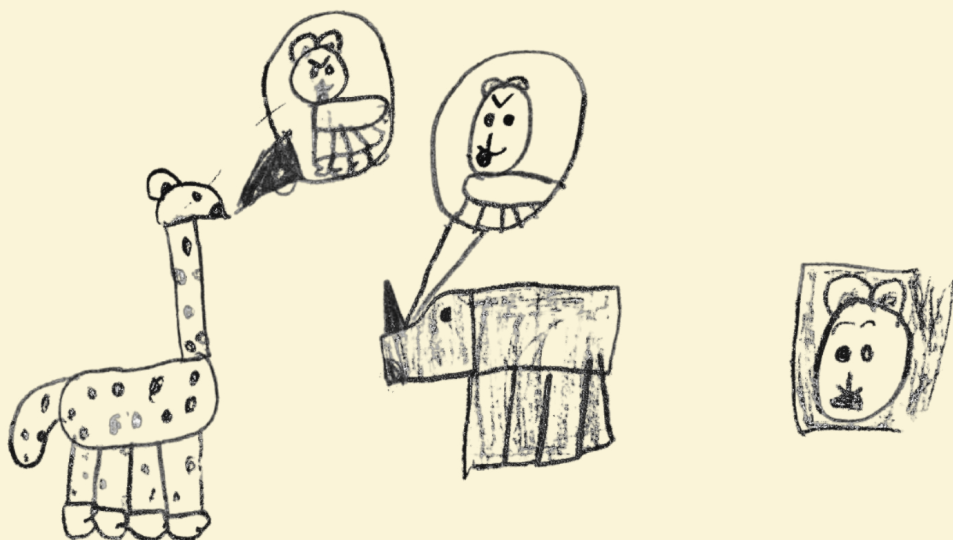
But when the stampede left and his dad
had to move out, the puppy felt very
lonely.

Because the father dog wasn't always bad.

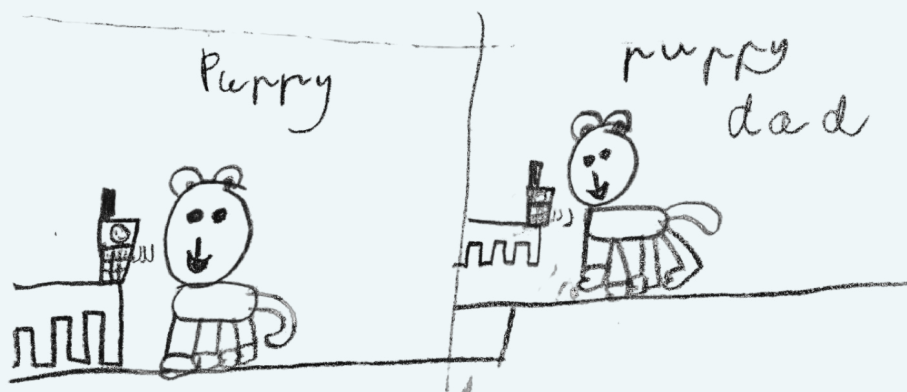
He was also funny, caring, and helpful.



The puppy was very worried for anyone to find out about what his dad did, and that they would say bad things about it.

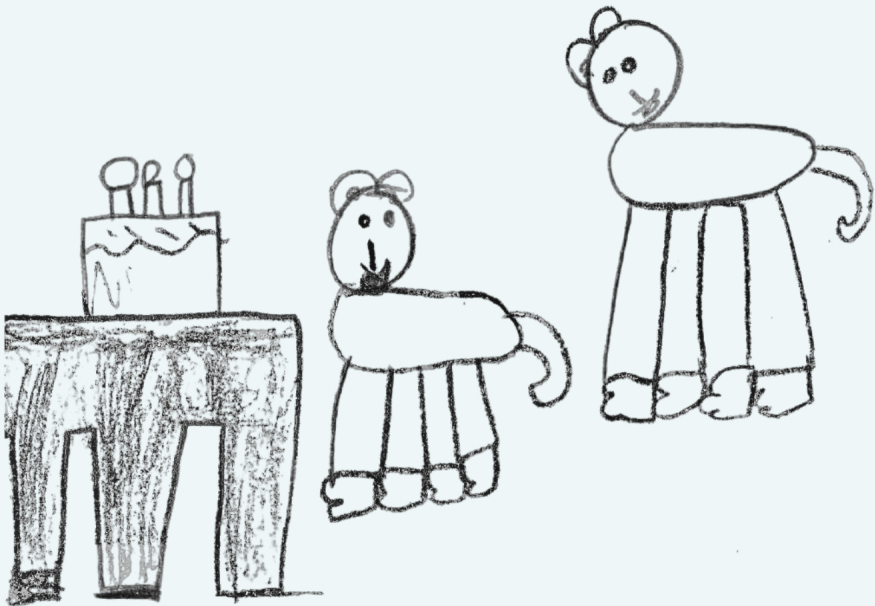


At first, the puppy could only speak
to his father on the phone, but he couldn't
visit him.



But slowly, slowly, the puppy could see the
father dog more often.

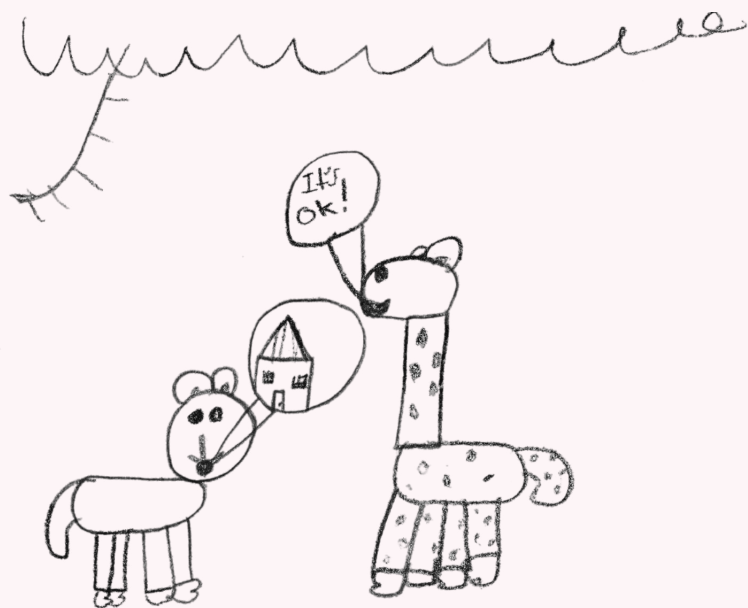
At the start he only visited the father
dog once every two weeks, but then he
celebrated his birthday with him.



While he was experiencing all of these changes, the puppy found some things helpful.

He could speak with people he trusted, and he had someone to support him.

And he learned that it's ok to speak about home things even though it has been bad.



The puppy slowly learned that things aren't always good, and things aren't always bad.

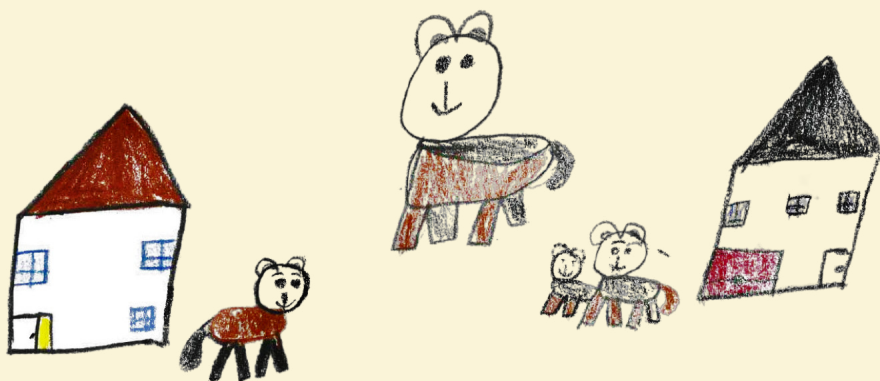
Any feeling is ok when you are going through family violence.



And now the puppy is happy.

He has two homes.

This book is going to end, but the story
isn't.





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We proudly acknowledge the Aboriginal and Torres Strait Islander communities across Melbourne's west, their rich cultures, diversity, histories and knowledges, and the deep contribution they make to the life of this region.

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If you need an interpreter please call the
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