

Child Abuse and Neglect

Recognizing, Preventing, and Reporting Child Abuse

From:

http://www.helpguide.org/mental/child_abuse_physical_emotional_sexual_neglect.htm

Child abuse is more than bruises or broken bones. While physical abuse is shocking due to the scars it leaves, not all child abuse is as obvious. Ignoring children's needs, putting them in unsupervised, dangerous situations, or making a child feel worthless or stupid are also child abuse. Regardless of the type of child abuse, the result is serious emotional harm.

Effects of child abuse and neglect

All types of child abuse and neglect leave lasting scars. Some of these scars might be physical, but emotional scarring has long lasting effects throughout life, damaging a child's sense of self, ability to have healthy relationships, and ability to function at home, at work and at school. Some effects include:

- **Lack of trust and relationship difficulties.** If you can't trust your parents, who can you trust? Abuse by a primary caregiver damages the most fundamental relationship as a child—that you will safely, reliably get your physical and emotional needs met by the person who is responsible for your care. Without this base, it is very difficult to learn to trust people or know who is trustworthy. This can lead to difficulty maintaining relationships due to fear of being controlled or abused. It can also lead to unhealthy relationships because the adult doesn't know what a good relationship is.
- **Core feelings of being "worthless" or "damaged."** If you've been told over and over again as a child that you are stupid or no good, it is very difficult to overcome these core feelings. You may experience them as reality. Adults may not strive for more education, or settle for a job that may not pay enough, because they don't believe they can do it or are worth more. Sexual abuse survivors, with the stigma and shame surrounding the abuse, often especially struggle with a feeling of being damaged.
- **Trouble regulating emotions.** Abused children cannot express emotions safely. As a result, the emotions get stuffed down, coming out in unexpected ways. Adult survivors of child abuse can struggle with unexplained anxiety, depression, or anger. They may turn to alcohol or drugs to numb out the painful feelings.

Questions

1. Do you believe humans are born with goodness? Only bad people abuse children?
2. Who do you think are the abusers, strangers or family members? Why do the abusers want to abuse children? How do they think when abusing children?
3. Do you think the abusers should be sentenced to death? Why or why not? If not, what kind of penalty do you think is appropriate?
4. If you have children in the future, how will you discipline? Are you for or against beating naughty child?
5. How do parents control their temper when facing naughty kids?
6. Will you tell fairytales to your children or the reality?
7. Do you think going to cram schools is a kind of child abuse? Is it good to give children excessive resources?
8. Do you think child labor is a kind of abuse?
9. What will children think when facing mistreatment? What kind of people do you think they will become? Will they grow up to be abusers?
10. How do you define a happy childhood?