



CHILD ABUSE PREVENTION MONTH

UNDERSTANDING CHILD ABUSE AND NEGLECT

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. Here are some types of abuse and tips to help:

<p>EMOTIONAL CHILD ABUSE</p> <ul style="list-style-type: none"> • Some examples of emotional abuse include: yelling, threatening, name calling, shaming, bullying, or rejecting/ignoring • Some tips on preventing emotional abuse are: offer praise and reinforcement, limit use of yelling or scolding, access help through anger management/parenting courses, apologize to child if you lose your temper 	<p>CHILD NEGLECT</p> <ul style="list-style-type: none"> • Some examples of child neglect are: failing to provide for a child's basic needs, whether it be adequate food, clothing, hygiene, or supervision • Some tips on preventing child neglect: early intervention for parents with children such as parenting classes, access to counseling or other support services to help address issues such as poverty, substance abuse or family violence
<p>PHYSICAL CHILD ABUSE</p> <ul style="list-style-type: none"> • Some forms of physical abuse are: severe discipline, such as using a belt on a child, or physical punishment that is inappropriate to the child’s age or physical condition which results in physical harm such as cuts, bruises or other injuries. • Some tips on preventing physical abuse are: increasing awareness of abuse signs, accessing services that will help reduce stress such as counseling parenting, reaching out to support groups or family, do not discipline your child when your anger is out of control 	<p>CHILD SEXUAL ABUSE</p> <ul style="list-style-type: none"> • Child sexual abuse is an especially complicated form of abuse because of its layers of guilt and shame. It's important to recognize that sexual abuse doesn't always involve body contact. Exposing a child to sexual situations or material is sexually abusive, whether or not touching is involved. • Some tips on helping to prevent sexual abuse are: ensure you are aware of child’s activities and who they have contact with on a daily basis, teach children not to keep secrets, teach good vs. bad touches, listen to your children and what they are telling you