

**DID YOU
KNOW?**

- The harm caused from physical abuse can range from minor bruising, to broken bones and even death of the child.
- Sexual abuse can be physical, verbal or emotional.
- Emotional abuse is a pattern of abuse that causes damage over time, affecting the child's self-confidence and sense of self-worth.
- Child Abuse can be a single incident or can involve a number of incidents, which happen over a period of time.
- Individuals who experience growing up in a violent family environment, are more likely to become victims of abuse or abusers themselves later in life.

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NEWSLETTER

JULY 2017

Volume IV, Issue VII

CHILD ABUSE

WHAT YOU SHOULD KNOW

Child Abuse is defined as the harming (physical, emotional or sexual), ill treatment, abuse, deprivation or neglect of a child or young person.

TYPES OF CHILD ABUSE

There are four different types of child abuse;

- **Physical Abuse:** occurs when a child suffers or is at risk of suffering non accidental injury. It includes beating, punching, slapping, biting, kicking, shaking, severe physical punishment, etc.
- **Sexual Abuse:** occurs when an adult, older child or adolescent uses a child for sexual gratification. It includes inappropriate sexual talk, making a child view a sexual act, rape, incest, child prostitution, engaging a child in child pornography, having sexual relationships with under-age children, etc.
- **Emotional Abuse:** occurs when a child's emotional, social, mental and psychological well-being and sense of self-worth is battered. This can happen if a child is constantly belittled, criticized, humiliated, ignored, isolated, put down, etc.
- **Child Neglect:** occurs when the basic needs of a child's life are not met. These needs include clothing, shelter, food, education, safety, medical care, etc.

WHAT CAN YOU DO

- 1) **Know the facts:** Learn about abuse and how to spot the signs.
- 2) **Minimize the opportunity:** eliminating or reducing one adult-one child situations can dramatically lower chances of abuse.
- 3) **Become your child's best friend:** develop a relationship where children can openly speak with you. Speak to them on age appropriate topics such as their body, dating, sex, etc.
- 4) **Be Alert and trust your instincts:** look for signs of abuse on children's bodies, in their phones & computers, in their behaviors or speech etc.
- 5) **Make a plan and be supportive:** In the event of abuse, stay calm, have an action plan (report the crime, get treatment & counselling, etc.) and offer your unrelenting support to the child involved.