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# **Child Abuse**

**P.G.Sem-3**

**Educational Psychology**

# Child Abuse

- The physical, psychological or sexual maltreatment or neglect of a child is termed as child abuse.
- This can happen at the hands of a parent, a close relative or a caregiver and has a significant detrimental effect on the child's psyche.
- The highest risk of child abuse is to children who are five years and below.

# Types

- **Physical abuse.** Physical child abuse occurs when a child is purposely physically injured or put at risk of harm by another person.
- **Sexual abuse.** Sexual child abuse is any sexual activity with a child.
- **Emotional abuse.** Emotional child abuse means injuring a child's self-esteem or emotional well-being. It includes verbal and emotional assault .

# Symptoms

- A child who's being abused may feel guilty, ashamed or confused.
- He or she may be afraid to tell anyone about the abuse, especially if the abuser is a parent, other relative or family friend.
- That's why it's vital to watch for red flags, such as:
  - Withdrawal from friends or usual activities
  - Changes in behavior — such as aggression, anger, hostility or hyperactivity — or changes in school performance

## Symptoms cont..

- Depression, anxiety or unusual fears, or a sudden loss of self-confidence
- An apparent lack of supervision
- Frequent absences from school
- Reluctance to leave school activities, as if he or she doesn't want to go home
- Attempts at running away

# Causes of child abuse

- Drug, alcohol or gambling problems — addiction or substance abuse may affect a parent's ability to meet their child's needs
- Low self-confidence — parents may doubt their ability to meet their child's needs and find it hard asking for help
- Past childhood experiences — parents may have experienced abuse as a child in their own families, which could have caused them to develop an insecure attachment .

# Causes cont..

- Mental health problems
- Stress — financial pressures, job worries, medical problems or caring for a family member with a disability
- Unrealistic expectations — a lack of understanding about a child's developmental stages and behaviour
- Intellectual disability or mental illness — parents may be unable to adequately care for their child



# Management

- Psychotherapy can help a child who has been abused learn to trust again and boost self-esteem.
- Trauma-focused cognitive behavioral therapy helps a child who has been abused to better manage distressing feelings and to deal with trauma related memories.

# Management cont..

- Child-parent therapy improve the parent-child relationship and on building a stronger attachment between the two.
- Community should support parents and take responsibility for preventing abuse, gender equity, awareness on child rights and child protection issues.