

FIGHTING ABUSE NOTES

What is Abuse?

Abuse is any act, or failure to act, on the part of a parent or caregiver, which results in death, serious physical or emotional harm, sexual abuse or exploitation, or an act which presents an imminent risk of serious harm.

What are the Different Kinds of Abuse?

1. Physical Abuse. A non-accidental physical injury as a result of punching, beating, kicking, biting, shaking, throwing, stabbing, choking, hitting, burning or otherwise harming a child, that is inflicted by a parent, caregiver or other person who has responsibility for the child.

2. Sexual Abuse. A form of child abuse that includes any sexual act performed with a child by an adult or older child, with or without force or threat of force.

3. Emotional Abuse. This is a pattern of behavior that affects a child's sense of worth by communicating to the child that he or she is not worthy, loved or important. It may include harsh demands, constant criticism, threat or yelling.

4. Neglect. Neglect is a failure to meet the child's basic needs, e.g., not providing enough food, shelter or basic supervision, necessary medical or mental health treatment, adequate education or emotional comfort.

What are the Signs of Abuse?

- (1) Unexplained injuries.
- (2) Changes in behavior.
- (3) Returning to earlier behaviors.
- (4) Fear of going.
- (5) Changes in eating or sleeping.
- (6) Changes in school performance.
- (7) Lack of personal care or hygiene.
- (8) Risk-taking behaviors.
- (9) Inappropriate sexual behaviour.

What are the Abuse Hotspots?

- (1) Dating Relationships.
- (2) Home and Trusted Adults.
- (3) Groups you attend.
- (4) Parties.
- (5) Online.
- (6) Texting.

Is my Partner a Potential Abuser?

Does your partner: Have a short temper? Act very jealous? Control what you wear? Try to limit who you talk to? Control your movements? Take up most of your time? Hurt you physically or throw things at you? Get angry when you disagree with them? Pressure you to engage in sexual activity? Embarrass you in front of others?

What If My Friend is Abused?

1. Waich Them – look out for signs of abuse.
2. Help Them – Be an everyday heroes – stop and help.
3. Refer Them – to a counsellor who can help.
4. Support Them – let them know they are special.

What if I am Abused?

1. Get Smart - Spot the warning signs that abuse is happening or on the horizon!
2. Get Connected - Hangout with friends – do things together and you will be much safer.
3. Get Backup – tell your friend and ask them to help you in your situation.
4. Get Help - Speak to someone who can make sure you get the professional help that you need.
5. Get Out. Stop making excuses for the person or hoping that things will changes. It will only get worse!