

Types of Abuse



From the beginning, we are constantly on the lookout to protect our children. We secure them just so in the car seat to take them home from the hospital. We guard the soft spot on their tiny heads. We teach them to hold our hand in parking lots and crossing the street. The list is endless. Abuse is hard to talk about, but it happens and we must guard against it. We learn to monitor our own stress levels, use positive parenting skills, and make good choices in the people we allow around our children. In this way we protect them from these types of abuse:

1. **Physical** abuse is when an adult willfully causes physical injury or suffering to a child. It can include willful cruelty or unjustified punishment.
2. **Emotional** abuse is when an adult uses words or actions to shame or humiliate a child
3. **Sexual** abuse is when an adult uses a child in any way for their or other's sexual pleasure. It can include exposure to pornography or sexual acts and does not have to include touch.

I CAN HELP PROTECT MY CHILD FROM SEXUAL ABUSE BY ...

- ✓ *Making sex a subject that's ok to talk about*
- ✓ *Teaching them what his private parts (covered by bathing suit) and who can and can't touch them*
- ✓ *Teaching them about heart, question mark, and NO touches*
- ✓ *Teaching them about NO, GO, and TELL.*

