

If you experience any of the following, please contact Help & Shelter for help

- ⇒ You feel lonely and isolated with no one to turn to
- ⇒ You feel nervous and unable to cope
- ⇒ You feel you have no control
- ⇒ You feel that you are not a good parent
- ⇒ You are depressed
- ⇒ Your problems seem overwhelming
- ⇒ You're afraid of what you might do to your child
- ⇒ You sometimes hurt your child
- ⇒ You experience sexual feelings toward your child
- ⇒ You suspect your child or another child may be experiencing abuse

If you want more information about child abuse, please look at some of our other brochures or contact Help & Shelter.

Services Offered by Help and Shelter

- ◆ Counselling for all forms of abuse
- ◆ Support through the court experience for victims of rape and child sexual abuse
- ◆ Consciousness raising for the community
- ◆ Training of new volunteers
- ◆ School talks to educate young people about violence

Our Phone number: **231-7249**

When you can call: 24 hours/day, 7 days/week

Who will talk with you: A trained counselor

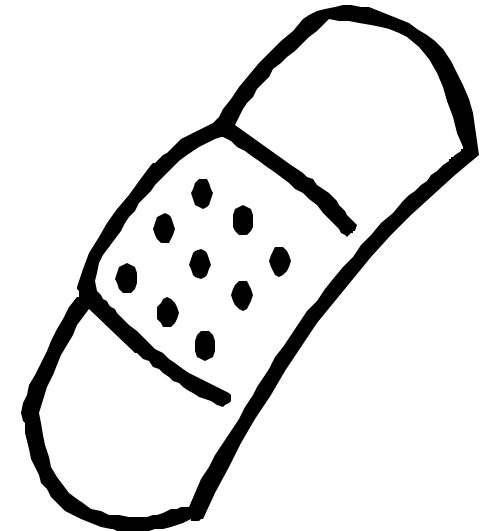
All information is confidential

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Help & Shelter

Child Abuse



Help & Shelter

c/o Ministry of Housing Annexe
Bottom Flat
Homestretch Avenue
Durban Park
Georgetown

Phone: 22-73454, 22-54731, 22-78353

Email: hands@sdnp.org.gy

Website: <http://www.sdnp.org.gy/hands>

HOTLINE—231-7249

Acknowledgements:

The Crisis Centre

Knowles House

Princess Margaret Hospital, Bahamas

What you need to know.

What is Child Abuse?

Child abuse is the ill-treatment of children by adults or older children. There are several types of child abuse.

These include:

- ⇒ **Neglect**
- ⇒ **Emotional Abuse**
- ⇒ **Physical Abuse**
- ⇒ **Sexual Abuse**

Neglect:

The failure – intentional or unintentional – of parents or guardians to provide food, shelter, clothing, health care, education, love and/or nurturing to a child.

Some Signs of Neglect:

- ⇒ Unkempt appearance
- ⇒ Lack of medical or dental care
- ⇒ Poor hygiene
- ⇒ Abandonment
- ⇒ Consistent hunger

Some Behaviours of a Neglected Child:

- ⇒ Begs for food
- ⇒ Steals
- ⇒ Lack of interest
- ⇒ Tired and listless
- ⇒ Passive or aggressive
- ⇒ Poor attendance at school
- ⇒ Rocking
- ⇒ Isolation
- ⇒ Depression

What every child should hear:

- ⇒ I'm so lucky to have you
- ⇒ You're a great helper
- ⇒ I like it when you try hard
- ⇒ Let's talk about it
- ⇒ I'm sorry
- ⇒ You're very special to me
- ⇒ Thank you for your help

Emotional Abuse:

The repeated rejection and humiliation of a child, constant negative communication, withholding of love and affection and the ultimate destruction of the child's self-esteem.

Some Signs of Emotional Abuse:

- ⇒ Physical problems resulting from stress
- ⇒ Poor performance at school
- ⇒ Low self-esteem
- ⇒ Low confidence
- ⇒ Constantly putting self down

Some Behaviours of an Emotionally Abused Child:

- ⇒ Depression
- ⇒ Excessively passive or aggressive
- ⇒ Sleep problems
- ⇒ Slow development

Physical Abuse:

The intentional physical injury or pattern of injuries caused by a parent, guardian or caregiver.

Some Signs of Physical Abuse:

- ⇒ Unexplained bruises
- ⇒ Burns
- ⇒ Fractures
- ⇒ Other injuries
- ⇒ Hiding or lying about injuries

Some Behaviours of a Physically Abused Child:

- ⇒ Afraid and timid
- ⇒ Afraid to go home
- ⇒ Resists physical contact
- ⇒ Violent to others or self
- ⇒ Lack of trust
- ⇒ Depression

If you suspect child abuse, please call your nearest Probation and Welfare Department. Or, call Help & Shelter at 2273454

Sexual Abuse:

The involvement of a child in any sexual practices with an adult or older child. Includes fondling, sexual suggestions, touching, and penetration (anal, oral, or vaginal).

Some Signs of Sexual Abuse:

- ⇒ Unexplained bleeding or discharge from genital or anal areas
- ⇒ Stress related disorders
- ⇒ Infections of the mouth or throat
- ⇒ Sexually transmitted diseases
- ⇒ Loss of appetite
- ⇒ Unexplained vomiting or gagging
- ⇒ Nightmares

Some Behaviours of a Sexually Abused Child:

- ⇒ Promiscuous sexual behaviours
- ⇒ Resist physical contact
- ⇒ Obsession with private parts
- ⇒ Fearful
- ⇒ Self-destructive
- ⇒ Suicidal
- ⇒ Withdrawal
- ⇒ Depression

Keeping Your Child Safe:

- ⇒ Never leave your child alone, even in a car
- ⇒ Listen to your child when he/she says that he/she does not want to be with someone
- ⇒ Get to know your child's friends/activities
- ⇒ Be cautious if someone shows excessive interest in your child
- ⇒ Be aware of changes in your child's behaviour
- ⇒ Do not dress your child in clothes that display your child's name. Strangers could pretend to know your child, giving the child a false sense of security
- ⇒ Be sure that your child's school or nursery does not allow anyone other than yourself or someone you have identified to collect your child from school
- ⇒ Talk to your child about who to talk to or call if lost or separated from you when away from home