

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 that 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 towards your child
- 🔊 You suspect your child or another child may be experiencing abuse

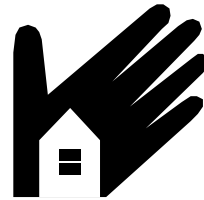
If you need more information about Child Abuse, please look at some of our other brochures or contact Help & Shelter.

### Services offered by Help & 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: 227-3454, 225-4731  
When can you call: 24 hour/day; 7 days/week  
Who will talk with you: A trained counsellor

🍏 All information is confidential



## Help & Shelter

Next to Ministry of Housing  
Bottom Flat  
Homestretch Avenue  
D'Urban Park  
Georgetown

Phone: 225-4731  
Fax: 227-8353  
Hotline: 227-3454  
Email: [hands@networksgy.com](mailto:hands@networksgy.com)  
Website: <http://www.hands.org.gy>

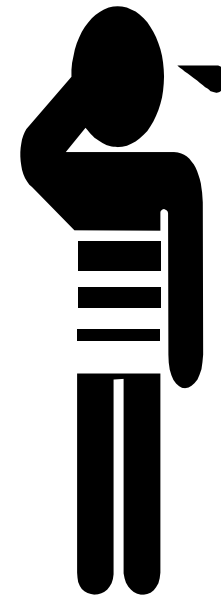
Acknowledgements:  
The Crisis Centre  
Knowles House  
Princess Margaret Hospital  
Bahamas

CIDA/Gender Equality Fund—September  
2002



Help & Shelter

# Child Abuse



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:

- 🔔 Emotional abuse
- 🔔 Neglect
- 🔔 Physical abuse
- 🔔 Sexual abuse

## NEGLECT:

The failure—intentional or unintentional—of parents or guardians to provide food, shelter, clothing, healthcare, 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
- ★ Rocking motion
- ★ Isolation
- ★ Depres- sion

#### 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

### SOME BEHAVIOURS OF AN EMOTIONALLY ABUSED CHILD:

- 🐾 Depression
- 🐾 Excessively passive or aggressive
- 🐾 Sleeping problems
- 🐾 Slow development

## PHYSICAL ABUSE:

The intentional physical injury or pattern of injuries caused by 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 or 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 & Welfare Department or call Help & Shelter at 227*

## SEXUAL ABUSE:

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

### SOME SIGNS OF SEXUAL ABUSE:

- ⊗ Unexplained bleeding or discharge from the 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
- 🚫 Resists physical contact
- 🚫 Obsession with private parts
- 🚫 Fearful
- 🚫 Self-destructive
- 🚫 Suicidal
- 🚫 Withdrawal

### Keeping Your Child Safe:

- 🔒 Never leave your child alone, even in a vehicle
- 🔒 Listen to your child when s/he says that s/he 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 have your child wear nametags or any form of identification. 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 identified by you to collect your child.
- 🔒 Talk to your child about speaking to strangers and who they should call if lost, separated from you or when away from home.