Love Shouldn’t Hurt

Counseling and Mental Health
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Types of Abuse
Types of Abuse

- Physical
- Emotional
- Sexual
- Neglect
Types of Abuse

- Physical - actions that leave marks or injury. ex.- hitting, beating, burning
Types of Abuse

- **Emotional**—when yelling and anger go too far
  - ex.: criticism, threats, self esteem affected
Types of Abuse

- **Sexual**-unwanted touching in a sexual way or sexual behavior.
Types of Abuse

- **Neglect** - person does not receive adequate physical or emotional care or support. ex.-lack of food, housing, little or no attention
Reasons Abuse Occurs

• Abusers manipulate the victim by telling them they did something wrong.

• Growing up in an abusive family, one may think abusive actions are appropriate.
• Not able to manage their feelings appropriately.

• Abuse of alcohol or drugs.
Signs of Abuse

• Self esteem is attacked

• Physical or verbal attacks

• Extreme jealousy

• Controlling demands
Effects of Abuse

- Low self esteem
- Stress
- Depression
• Trouble sleeping, eating, concentrating

• Distrust of others

• Hesitant to get help
Which type of abuse?

• A child is dirty and hasn’t eaten in several days.
Which type of abuse?

- A teen is always being put down, called names and made fun of by his mother.
Which type of abuse?

- An elderly parent is bedridden and not given his medication.
Which type of abuse?

- A husband hits his wife because dinner is not ready when he wants it.
Which type of abuse?

• Inappropriate touching between an adult and child.
References/Resources

Websites:

- Centers for Disease Control
  CDC Centers for Disease Control and Prevention - Your Online Source for Credible Health Information.
  http://www.cdc.gov/ViolencePrevention/index.html

- Childhelp.org
  Exists to meet the physical, emotional, educational, and spiritual needs of abused and neglected children. Focus in the areas of treatment, prevention, and research.
  http://childhelp.org

- Kidshealth.org
  TeensHealth offers a safe, private place to get information about health, growth, and emotions.
  http://kidshealth.org/teen/your_mind/families/family_abuse.html

- Prevent Child Abuse America
  Prevent Child Abuse America was established in 1972 to build a nationwide commitment to preventing all forms of child abuse.
  http://www.preventchildabuse.org