Love Shouldn’t Hurt

Counseling and Mental Health
Teacher may want to share statistics of number of various types of abuse cases in county, Texas, or US.
Teacher may want to share statistics of number of various types of abuse cases in county, Texas, or US. Ask students if they have heard of any cases of abuse and to share what they know of them.
Types of Abuse

- **Physical**-actions that leave marks or injury.
  ex. - hitting, beating, burning

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Types of Abuse

- Sexual - unwanted touching in a sexual way or sexual behavior.

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Types of Abuse

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

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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.

Solicit answers from students as to examples of situations that relate to each reason. Ex.-You made me hit you because you received a C on your test.

Example: A mother hits her children for misbehaving, therefore the children hit others.
• Not able to manage their feelings appropriately.

• Abuse of alcohol or drugs.
Ask students to brainstorm other signs of abuse.
Ask students what the consequences of these effects may have on a person’s life.
Example:
Low self esteem = being withdrawn, stress = difficult to think and handle simple problems.
• Trouble sleeping, eating, concentrating

• Distrust of others

• Hesitant to get help

Ask students why they think the victims would have difficulty sleeping, trusting, helping......
Ask students to identify the type of abuse in each situation. Answer-Neglect
Which type of abuse?

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

Ask students to identify the type of abuse in each situation. Answer-Emotional abuse
Which type of abuse?

- An elderly parent is bedridden and not given his medication.

Ask students to identify the type of abuse in each situation. Answer-Neglect, Emotional abuse
Ask students to identify the type of abuse in each situation. Answer-Physical abuse
Ask students to identify the type of abuse in each situation. Answer: Sexual abuse.
References/Resources

Websites:
- Centers for Disease Control and Prevention (CDC) - 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 is 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://teenshealth.org/teen/school/health_info/more_info.php
- 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

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