

About abuse

What is abuse?

“Abuse is something a forceful person does against a weaker willed person. It is in itself an illegal action, and causes the weaker willed person feelings of being used and/or insulted.”

There are many different ways a child can be affected.

Incidents happen often in the home, but even at school and in their sparetime. Usually there are four different types of abuse.

It is important to remember that the victim is influenced in many different ways.

To be forced to do something (physical abuse) can for example also be insulting (psychological abuse).



Physical abuse/injury:

When a child is physically violated it is always called abuse. Even when the abuse is deliberate. To take a severe grip, drag, or hold fast a child can also be called as abuse.

For example:

- Physical abuse
- Kicking
- Fast holding

Neglect:

If a child is not fed properly, given necessary healthcare, suitable clothing, education or the lack of possibilities to play, is also negligence. Parents normally do not neglect their children deliberately. Sickness, addiction or psychological problems could be examples of reasons for neglect. It is important that the family/child are given assistance.

Example:

- Malnutrition (under fed)
- Unacceptable hygiene
- Non-existent healthcare

Emotional/psychological abuse:

To threaten, frighten, discriminate, ridicule, isolate or control a child severely is an example of psychological abuse.

When children are exposed to psychological abuse their feelings of security and self-confidence are affected.

Stress is also a common reaction that can cause stomach pains.

Example:

- Derogatory (negative) comments
- Constant criticism
- Guilt

Sexual abuse:

Sexual abuse, is when a child is exposed to sexual actions which are not understood, or given consent to. Sexual abuse covers a wide spectre, from rape to actions without physical contact with the child. For example, blotting, or to show children pornographic material.

To insist suggestions to meet, can also account to sexual harassment, regardless of the child's age.

For example:

- Rape
- Sexual molestation
- Sexual harassment*

**Sexual contacts between children under 15 years and older persons are forbidden.*

If the older person is close in age, usually it is not considered a crime. If the child is dependant of the adult, for example, a teacher, step parent or similar, the age limit rises to 18 years. It is also forbidden for adults to make contact with children (15 years) regarding sexual purposes. (Sweden)

Zero vision against violation and bullying!

Many organisations have an anti-bullying plan, which works actively for the prevention of bullying and violation. How have you formed your anti-bullying plan?

Bullying

Bullying is usually described as “repeated negative action against someone”. Bullying can present itself in many different ways. Psychological bullying can involve the whole class sighing or giggling as soon as someone says something. Physical bullying can involve systematic beatings, pushing or to have their clothes destroyed. Verbal bullying can involve insulting behaviour, because of a persons’ appearance, or to be called by negative nick names against their wishes.

A more modern kind of bullying is spread on the internet and can involve a feeling of powerlessness. Pictures and statements can circulate forever and reach a very large readership.

It is difficult for a child on it’s own to prevent bullying. Therefor adults must intervene immediately. It is important to remember that one single action of either psychological or physical abuse is unacceptable. Discussions should be avoided to determine if an action is bullying or not. Focus instead on how to react against all forms of abuse.



Other possible situations when a childs heath and development are endangered.

Violence within the family

To grow up in a family where violence is common, between adults or adult against a child, has a negative influence. Even if the child itself is not involved. Many suffer from psychological and social problems, both in childhood and later in life.

Self-harming behaviour:

When a child abuses alcohol or drugs, harms itself, or is criminal, or shows self-destructive behaviour are signs of ill health. It is important to have enough courage to intervene. Discuss your suspicions and the matters in question regarding these problems, even if the situations happen outside of your organisation. To break the negative behaviour, the child often needs professional help. It is also common that problems within the family could be the reason.

Plan of action:

To prevent bullying and abuse in your organisation, leaders and members require a plan of action.

Do you need help to compile a plan of action? Contact us for further information.
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