

# Abuse

Child abuse is wrong. Child abuse is any action by another person adult or child that causes significant harm to a child. There are several type of abuse:

## ***Physical***

someone deliberately hurts you by causing cuts, bruises, broken bones or other injuries. Physical abuse includes hitting, shaking, throwing, poisoning, burning, and slapping

## ***Mental/emotional***

someone severely and persistently ill treats you which can harm your confidence and self-worth. It may be a parent or carer failing to show you that they love you

## ***Verbal***

someone says something horrible or hurtful to you

## ***Neglect***

a parent or carer fails to keep you healthy, clean and well-cared for

## ***Sexual***

someone forces you to take part in sexual activities or encourages you to behave in sexually inappropriate ways.

It can be really hard to tell someone but there are lots of people who can help if you or a friend is being abused in any way. You must tell someone about the abuse if you want it to stop. What is happening is wrong and it is not your fault, even if the abuser tries to convince you of this. No one should be made to feel that way and you need to tell someone as soon as you can. There are three main reasons why you need to tell someone:

- For the abuse to stop
- So you can start to move past what has happened to you and start to live a normal life again
- To protect other children and young people. If the person who is abusing you thinks they can get away with it, they may do it to someone else.

You might find it easier to talk to a parent or sibling or it might be easier, if the abuser is in your family, to talk to somebody outside of the family. Try and pick someone who you feel comfortable with and who you think you can trust. This might be:

- Parents
- Grandparents
- Brother or sister
- Auntie or other relative
- Friend
- Parents' friend
- Teacher
- Counsellor
- School nurse
- Doctor
- Youth worker
- Learning Mentor

## **ChildLine**

If you don't feel like you can talk to someone you know, there are helplines and other professionals that you can talk to. Call ChildLine on **0800 1111** or [visit their website](#). If you are being abused and you are in immediate danger, call **999**.