

Resource 4 (Activity 4)
Types Of Abuse (1 of 5)

TYPE OF ABUSE

PHYSICAL

DEFINITION

Causing physical harm to a person

EXAMPLES

Pushing, shaking, pinching, hitting, punching, burning, gagging, depriving a person of sleep, throwing, tying up, stabbing, beating with a belt, suffocating, not giving appropriate medical attention

SIGNS

Burns, cuts, bruises, fear of other people, withdrawn, under-achieving, difficulty concentrating, depression and thoughts of suicide

Resource 4 (Activity 4) Types Of Abuse (2 of 5)

TYPE OF ABUSE

EMOTIONAL

DEFINITION

Persistent emotional ill-treatment

EXAMPLES

Name-calling, ridiculing a person, only valuing behaviour that meets the needs of other people, verbal threats, humiliating comments in front of other people, hurting a pet or damaging something that the person is emotionally attached to, seeing someone else being physically abused, telling someone that everything is their fault, being cold and withdrawn, showing no warmth or affection, constant criticism, stalking, unreasonable control over where a person is allowed to go, how they dress, how they should think etc.

SIGNS

Depression, lack of interest in things, withdrawn and quick-tempered, problems concentrating, under-achieving, eating disorders, thinking of suicide

Resource 4 (Activity 4) Types Of Abuse (3 of 5)

TYPE OF ABUSE

SEXUAL

DEFINITION

Any sexual act where someone does not consent or is pressurised into consenting

EXAMPLES

Verbal remarks, fondling or kissing, attempted or complete intercourse, making someone watch sexual acts, forcing someone to look at sexually explicit materials

SIGNS

Inappropriate sexual knowledge, easily manipulated, aggressive, fear of a particular person, or type of people, eating disorders, thinking of suicide

Resource 4 (Activity 4)
Types Of Abuse (4 of 5)

TYPE OF ABUSE

NEGLECT

DEFINITION

Not meeting basic physical, emotional and medical needs

EXAMPLES

Lack of affection or warmth, failure to provide food, warmth, health care, education and shelter

SIGNS

Unsuitable clothing for weather conditions, not clean, no rules about use of free time, hungry, suicide risk

Resource 4 (Activity 4) Types Of Abuse (5 of 5)

TYPE OF ABUSE

BULLYING

DEFINITION

Persistent humiliation exclusion or intimidation

EXAMPLES

Name-calling, ridiculing a person, verbal threats, humiliating comments in front of other people, damaging a person's property, forcing someone to hand over money or possessions, threatening comments, blackmail, being ignored and left out, making jokes at someone else's expense (about, for example, race, colour, gender, sexuality, appearance, clothes, ability, weight...)

SIGNS

Depression, lack of interest in things, withdrawn and quick-tempered, problems concentrating, under-achieving, afraid to go to certain places, feel worthless, thoughts of suicide

Resource 5 (Activity 4)

The Boy Who Lost His Temper And A Bag Of Nails

The next time you are tempted to say something hurtful to someone just because you're angry, you might want to stop and remember this story.

There once was a little boy who had a very bad temper.

His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence. The first day, the boy had to hammer 37 nails into the fence. Over the next few weeks, he learned to control his anger and the number of nails he hammered into the fence became fewer. The little boy discovered it was easier to hold his temper than to drive those nails into the fence.

Finally, the day came when the boy didn't lose his temper at all. He told his father about it and his father suggested that the boy now pull out a nail on each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that he had pulled out all the nails.

The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same again - it is full of holes. It is just the same with people; when you say things in anger, they leave scars just like these holes. A verbal wound is just as bad as a physical one, because they still leave marks. It won't matter how many times you say "I'm sorry", the wound is still there."

The little boy then understood how powerful his words were. He realised how much hurt his thoughtless comments caused to people around him, and how much we can hurt each other without realising it. He looked up at his father and said, "I hope you can forgive me father for the holes I put in you."

"Of course I can," said the father.